



CLINICAL HYPNOSIS CBT & FPS

Counselling, Relaxation,
Guided Imagery &
Stress Management Course

The College of Medical Hypnosis

Suites 1 - 2, 1A Ashley Lane
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This training is RACGP approved for 76 CPD hours for the 2023-2025 triennium for the following categories:

Educational Activity: 39.5 hours
Reviewing Performance: 30 hours
Measuring Outcomes: 6.5 hours

This Certificate Clinical Hypnosis CBT-FPS Course also contains 30 hours of FPS-ST training approved by the GPMHSC

and includes 5 Approved Activities (5AAs) with the RACGP

Increase your therapeutic power, boost compliance, encourage loyalty & expand your practice.

You will learn how to help your patients with and without medication. Learn the theory and how to put it into practice.

THIS IS A PRACTICAL COURSE

Expect to learn a lot from this course and to enjoy using these skills - for self hypnosis and for helping your patients. You will learn and understand how hypnosis is produced, including its occurrence in everyday life.

This course will teach you the fundamentals of counselling, stress management and relaxation. The emphasis is on using a positive approach with your patients.

You will also be practicing hypnosis with your colleagues each day in small groups. All activities are voluntary. No activity is compulsory. You will learn a variety of techniques so that you can vary the hypnotic procedure according to the personality of the patient. All training has a **CBT and FPS** platform.

Each time we relax, confidence building suggestions are given to improve wellbeing, concentration and self-esteem. **Rapid induction techniques** are included which are useful for the busy practitioner.

- You will learn how to achieve relaxation and self hypnosis
- You can use these skills in your practice immediately
- This is one of the best courses that you will ever attend

When you know how to develop a feeling of relaxation yourself, you are more effective at using relaxation with others. By the end of this course you can expect to have core proficiency at inducing relaxation and hypnosis and using CBT principles with appropriate patients and in your own life.

About us

The College of Medical Hypnosis has been conducting courses in Clinical Hypnotherapy for decades and we are the only organisation to provide clinical training in hypnosis with an FPS and CBT component, the latter approved on behalf of Medicare for GPs by the GPMHSC (includes the APS).

The College of Medical Hypnosis regularly conducts Clinical Courses and Advanced Clinical Courses and we have trained thousands of health professionals from every state in Australia as well as from overseas. This course is restricted to health professionals only who have medical, para-medical including psychological or social work training. The core therapies taught are:

- Anxiety reduction
- Smoking cessation
- Improving concentration
- Weight loss
- Insomnia resolution
- Memory enhancement
- Boosting self esteem
- Treating pain and pain related depression
- Handling abreaction and emotional distress

Our Clinical Courses are held over 6 days from 8:30am - 5:30pm and involve 48 hours of interactive learning. Assessments are held during the course for the award of the:

Certificate of Clinical Hypnosis (CBT-FPS)

There are further courses available once you have consolidated the skills which you learn in the Clinical Course. There are also 3 different Advanced Courses:

Certificates of Advanced Clinical Hypnosis (CBT-FPS)

With further course training and assessment these courses lead on to the:

Diploma of Clinical Hypnosis (CBT-FPS) and Diploma of Advanced Clinical Hypnosis (CBT-FPS)

Our Course is endorsed for CPD with the:

The following bodies approved the courses for FPS-ST for GPs as members of the GPMHSC:

- The Royal Australian College of General Practitioners
- The Australian College of Rural and Remote Medicine
- The Australian Psychological Society
- The Royal Australian and New Zealand College of Psychiatrists
- Mental Health Australia
- The General Practice Mental Health Standards (GPMHSC) for Focused Psychological Strategies Skills Training (Level 2) for GPs to register with Medicare to use additional mental health item numbers. Also approved for GPs for MH-CPD & FPS-CPD.

Also approved by

- The Australian & New Zealand College of Anaesthetists
- The Australian College of Midwives
- The Royal Australian College of General Practitioners for CPD hours

Previous endorsements, most for reapplication

- The Australian Association of Social Workers
- The Australian College of Mental Health Nurses
- The Australian College of Nursing
- The Australian Primary Health Care Nurses Association
- Occupational Therapy Australia

Introducing Our Principal Lecturer

Dr Alan Fahey

Bachelor of Medicine, Bachelor of Surgery, Master of Psychiatry, Master of Psychological Medicine, Fellow of the Australian Society for Psychological Medicine, Dip. Clinical Hypnosis, Dip. Master Hypnotist, Dip. Advanced Clinical Hypnosis FPS-CBT.

Dr Fahey is a Sydney based medical educator and general medical practitioner who originally began using hypnotherapy after he first discovered and became aware of its many clinical uses. Dr Fahey believes that there are many other ways to help people in addition to using medication and he very quickly became one of Australia's leading proponents of medical hypnosis, helping many thousands of patients to overcome fears, phobias, anxiety, addictions, insomnia, low self esteem, depression, eating disorders & many more clinical conditions.

Dr Fahey continues passionately lecturing, teaching and sharing his extensive breadth of knowledge and specialised skills to upskill the next generation of registered health professionals, to help to improve their patient's lives, as well as to improve their own lives.

Content of the program and it's relevance to you as a health professional

As health professionals we are often the first point of contact for people struggling with mental health conditions. We have a complex and challenging work environment to manage on a daily basis and maintaining our own health and wellbeing are central to enabling us to best help our patients whilst reducing the risk of becoming unwell ourselves.

The skills obtained in this course will assist you to recognise and manage stress in your own life, as well as to assist you with your clients or patients. You will gain the educational knowledge, and the tools and techniques to help you to cope more effectively and efficiently and to help you to empower your patients to cope well and to manage better in their own lives as well.

All health professionals in clinical practice need peer support and stress management strategies. We are leaders and motivators within the community, encouraging our patients and clients to optimise their health, happiness and social integration, which in turn helps to prevent or reduce the impact of illness and distress.

The topics covered in the Clinical Course are:

- Abreaction (catharsis)
- Autonomic nervous system
 - Clinical relevance eg. anxiety, tension
 - Sympathetic and parasympathetic nervous systems
- Bedside manner
- Behaviour modification (important core principles)
- Belief systems
- Body Language changes and markers
- Biofeedback eg. temperature, galvanometry
- CBT - Cognitive Behaviour Therapy
- Counselling skills including:
 - Attending and listening
 - Pacing
 - Client centered orientation
 - Interpersonal dynamics
 - Reattribution
- Communication skills
- Confidence - importance in the psychotherapeutic setting
- Confidentiality and consent
- Catharsis
- Cathexis
- Clinical significance of spontaneous somnambulism
- Cognitive therapy (important core principles)
- Depth of hypnosis - various scales
- Diurnal or circadian rhythm

- Exercise programmes
- FPS - Focussed Psychological Strategies
- Goal setting
- Guided imagery
- History taking
- Hypnosis
- Meditation - clinical significance
- Motivational interviewing (core principles)
- Precautions with the use of hypnosis
- Physiology and principles of diet
- Positive and realistic thinking
 - Mental attitude
 - Self image
- Relaxation
- Reality testing (care to avoid perfectionism)
- Rapport
- Record keeping
- Semantics
- Self hypnosis
- Self esteem
- States of consciousness
- Subconscious/conscious mind
- Stress management comfort zone
- Structured problem solving
- Therapeutic suggestion
- Time management in the clinical situation
- Trance states
- Waking hypnosis and waking suggestion
- When to refer to another professional

Within the skills are specific procedures used when employing relaxation or the trance state of hypnosis. You will be taught the **steps required to use relaxation or hypnosis** in a clinical situation. These include:

- Rapport skills
- History taking
- Goal setting including reality testing
- Obtaining consent
- Confirm technique suitability
- Positioning of patient
- Induction technique (s) of trance
- Seclusive suggestions
- Maintenance technique (s)
- Testing for involvement
- Ego strengthening with appropriate suggestions
- Facilitative suggestions
- Wake up procedure and its importance
- Post hypnotic/relaxation procedure
- Elicitation and recording of subjective experiences reported by clients
- Ability to handle catharsis and abreaction
- Arranging follow up sessions

Inclusions and benefits which you will gain during the course

Personal skills to help you to optimise your health and to cope easier with stress.

Practical professional skills to expand your practice with treatment approaches for anxiety, insomnia, smoking, obesity, pain and for boosting concentration, positive realistic thinking, decision making, memory, self confidence, calmness, feeling in control and for healing.

An enjoyable learning experience with other professional health colleagues.

Daily relaxation sessions both with the whole group and also in smaller groups of two or three during which tension reducing and confidence boosting suggestions are given.

The course handbook is provided. The course booklet is sent to you after you enrol for pre-reading before the course and also the Being Relaxed recording is sent to you to help to acquire the skills of relaxation and guided imagery when you perform your own daily relaxation. You will also receive a note book at the course for you to take notes if you would like to do so.

The book “**A Positive Mind**” by psychologist Dr Jason Han.

The text book “**CBT in General Practice**” by Dr Lee David.

Lunch, morning and afternoon tea are provided each day.

The Certificate of Clinical Hypnosis (CBT-FPS).

Course Fees - 2025

Courses fees are \$2,599 * for early bird fee
6 days = 48 hours of interactive face to face learning per course plus
pre and post course activities.

Full Course Fees are \$2,799

Early bird fee for full payment 5 weeks prior to the course inc GST = \$2,699

Early bird fee for full payment 10 weeks prior to the course inc GST = \$2,599 *

We limit our Face to Face classes to between 6 - 8 participants for a more
thorough learning experience and for Covid safety.

Further courses

The Clinical Course leads to the award of the:

The Certificate of Clinical Hypnosis (CBT-FPS)

Advanced courses are also held each year. There are 3 different Advanced
Clinical CBT-FPS Courses, each with a different emphasis. These are:

- **Gestalt Principles**
- **Ericksonian Approaches**
- **Regression and Hypnoanalysis**

Each of the three different Advanced Courses leads to the three different:
Certificates of Advanced Clinical Hypnosis (CBT-FPS)

Single Mental Health Modules are also available

All courses and workshops contribute toward the:

Diploma of Clinical Hypnosis (CBT-FPS)

(after 13 days or 104 hours of examinable participation) and then the:

Diploma of Advanced Clinical Hypnosis (CBT-FPS)

(after completion of the Clinical and all three Advanced Courses)

Testimonials

“A practical skill with immediate effects, that can be used anytime. Useful not only for patients, but for ourselves and colleagues. At last, something for our heartsink patients”

- Dr Leanne Abas, Medical Practitioner, Woree QLD

“Has made me keen to continue to more advanced levels” - Dr Campbell Cockburn,
Medical Professional, North Epping NSW

“A useful skill that I will use daily” - Dr Darren Corbett, Medical Practitioner, Kings Park NSW

“Interesting, informative and helpful. Both personally and professionally
Dr Suzanne Daly, Medical Practitioner Avalon NSW

“Very practical. Personally and professionally helpful” - Dr Jenny Davis, Medical Practitioner
Menai NSW

“I should have done this 18 years ago!” - Dr Marc Daniels, Deloraine TAS

“Even if I never hypnotise a patient, this Course has improved my life as a person and a
doctor” - Dr David Downs QLD

One of the most stimulating, practical and thoroughly enjoyable Courses that I have ever
attended.” - Maureen Eadie, Psychologist TAS

“Every medical practitioner - GP or specialist - should do this Course” - Dr Peter Fitzpatrick,
remote rural practitioner NT

“The Course overall was extremely beneficial. A thoroughly enjoyable Course and extremely
well presented” - Denise Farrell, Nurse, Sydney NSW

“There was sufficient theory and practice to be able to implement hypnosis in practice”
Dr Ron Gibson, Dentist, Brisbane QLD

“I thoroughly enjoyed this Course. It was practical, fun and inspirational! Thank you.”
- Ms Win Gordon, Psychologist, Cairns QLD

“Good value” - Maurice Gourley, Psychologist, Calvary Pain Centre TAS

“Alan’s ‘voice will go with me’ - a Course full of applications, clinical practice and taught with
such a sense of presence and ease. It’s easy to believe hypnotic techniques work!”

- Ms Margaret Gourley, Psychologist, Cairns QLD

“Incredibly insightful. The most practical workshop that I have ever attended”

- Ms Ana Guinea, Psychologist, Weetangera ACT

“The hypnosis is working well at induction of anesthesia, the patients are waking up calmer, more relaxed and needing less narcotics. Thank you for your tutoring at the Adelaide January Course. It was great...” - Dr Phil Murray, Anesthetist, Adelaide SA

“The first time in sixteen years that I have found a medical course fascinating”

- Dr Linda Porteous, Lobethal SA

“Can’t wait to do the Advanced Courses!” - Ms Lynette Sutherland, Psychologist
Thornside QLD

“Dr Fahey and his course are marvelous and have given me a fresh, relevant and edifying new approach to my medical practice” - Dr Leonard Kitson, Medical Practitioner,
Charlestown NSW

“I now understand what hypnosis is, feel confident to use some aspects in my practice and want to learn more” - Dr Jacqueline Korner, Medical Practitioner, Paddington NSW

“The Course was a real eye opener. It was as if I had been sitting on that seashore playing with the occasional pebble, while the whole ocean lay out there unexplored. I doubt that I will ever look at or listen to my patients, colleagues or friends in quite the same way. It was as if a fog or mist had lifted.” - Dr Stamati Ktenas, Medical Practitioner, Maroubra NSW

“A very useful introduction to very powerful therapeutic techniques” - Mr David Heap,
Psychologist, Manly NSW

“I felt the course enhanced both my personal and professional development” -
Ms Janna Hobbs, Psychologist, Baulkham Hills NSW

“It was an adventure!” - Dr Steve McKenzie Ph D Psychologist, East Geelong VIC

“Brought together 30 years of medicine, psychology, anaesthetics and counselling skills into a better organized teaching modality, for a majority of patients” - Dr Dermot Lynch, QLD

“Congratulations. The Course you conducted on hypnosis, counselling & stress management over the previous two weekends, was not only highly educational, but was also elegantly and dynamically presented, and unlike most Courses, enjoyable, attention commanding and delivered with verve and commitment”

- This quotation is a tribute to the late Dr Bruce Cantwell, Milton QLD