

ANDREW **PARR**  
PRACTITIONER ACADEMY

# **Diploma In Professional Hypnotherapy & Hypnosis**

(Includes Elements Of Psychotherapy, Coaching,  
Counselling & Behaviour Therapy)

2020/2021

# Introduction and Welcome

## A NOTE FROM THE ANDREW PARR

Hello and thank you for your interest in becoming an Andrew Parr Certified Professional Hypnotherapy & Hypnosis Practitioner.

From this moment onwards I will assume you are here because:

- You would like to have a deeper understanding of the human mind and how it works
- You would like to gain the skills and knowledge to help others solve personal, emotional and habitual problems, transform their lives or move closer towards their goals.
- You may wish to use these skills and knowledge to start a business or enhance an existing one.
- You may also wish to undergo some personal development and transformation yourself

I have been immersed in the world of Hypnotherapy, Hypnosis & Personal Development for nearly thirty years and have now carried out in excess of 17,000 one-to-one client sessions, most involving the use of what I call Natural Hypnosis.

I founded Professional Hypnotherapy & Hypnosis Training in 2013 to train people like you, from all walks of life, to become Professional Hypnotherapy & Hypnosis Practitioners - either for personal interest or as a rewarding career.

The training has evolved, as I have, and this is the latest incarnation of what I have learned, and what I feel will be helpful to you.

The more I became involved in training, the more I realised that I actually have quite a unique approach, drawing upon many elements from many sources. What you will learn with me, therefore is not *“the way”*, but more *“a way”* of helping people - but what I will teach and share is what I am actually using with clients of all ages, week in, week out, with great success.

*“That was the most powerful hour of my entire life”*, one lady said very recently.

What you are about to embark upon is not easy and it will be challenging at times - but if you are persistent and courageous you will find the study of the human mind, and in particular with the methods I am going to teach you, a fascinating and lifetime engagement, as well as providing you with an abundance of career opportunities, should you seek them.

As you delve deeper into the practical use of these methods you will unleash amazing potentials within yourself and those you treat, and I promise you will never view life in the same way again.

As stated earlier, I've been doing this for nearly years - I hope I never stop.

But enough about me - from now on, it's all about you.

To your success, with my best wishes,



Andrew Parr  
Founder & Director of Training.

## Useful Contacts

**Andrew Parr – Owner & Director**

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**Debbie Mahon – Head Of Training**

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07894 277595

**Heather Brown - Student Support & Mentor**

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**Alison Baldwin - Accounts & Financials**

[accounts@andrew-parr.com](mailto:accounts@andrew-parr.com)

**Yvette Lowery - Coursework Assessment & Extra Support**

[loweryyvette@gmail.com](mailto:loweryyvette@gmail.com)

**Antoinette Kelly - Website & Tech Support**

[antoinette@519collective.com](mailto:antoinette@519collective.com)

## This Course Will Help You To ...

**Understand** how we  
create personal,  
emotional & habitual  
problems and what  
really needs to happen  
to bring about change

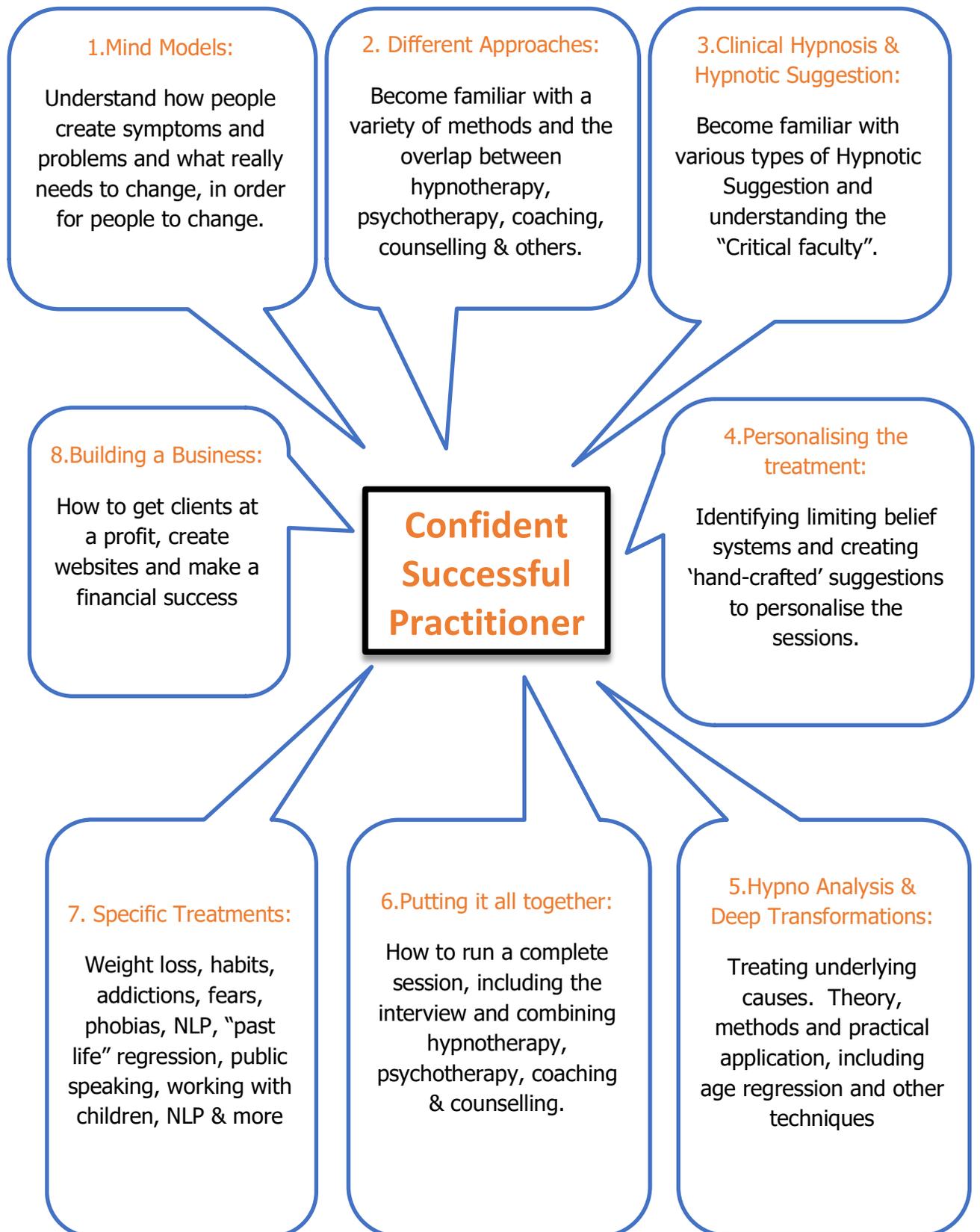
**Gain the skills &  
knowledge** to  
conduct an effective  
therapy session

**Put it into  
practice**  
to build  
confidence and  
success



*Understanding is one thing ...  
Applying it is something else ...  
And promoting it is another level entirely!*

# An Overview Of The Course



# Setting Some Ground Rules

Every course or training event needs some guidelines or rules in order to make it as enjoyable and informative as it can be for everyone.

These ground rules will form the basis of our interaction and to help you, I've included a few to start off.

## General

- **Practice, Practice, Practice**

Get involved in the practical side - and it's Ok to make mistakes when learning - in fact we expect you to! In the early exercises and "solution focused" approaches it is fine to work with friends, family (can be difficult!) or colleagues. However, when practicing analytical techniques please be aware of your relationship with your practice client. It is advised that analytical work should not be undertaken with close family members or close friends as the analytical/ therapeutic process can change the relationship between you and the 'client'.

- **Coursework**

You are welcome to do this course for personal interest only but we are unable to issue any Diplomas until all coursework is completed. If you are aiming for the Diploma we recommend you submit the coursework for each module before progressing to the next.

- **Facebook Members Only Group**

Our members-only Facebook group is provided for students and practitioners to ask questions, seek guidance, share relevant information, keep in touch and generally build a community which is relevant and supportive of Hypnotherapy and its practices. Please try and keep content relevant and be aware and sensitive to other people's beliefs and values. Also, please do not attempt to add anyone else to the group.

- **Account Security**

Please keep your username and password private and confidential. It is critically important that we all maintain the integrity, privacy and security of the training material as well as your own personal information.

- **Public Computers**

If you are using someone else's computers or device to access the on-line training material please ensure that you Log Off from the training site at the end of the session and also delete any stored password or cookie information. If you have any queries on how to do this please get in touch. Failure to do this could allow a subsequent user of the computer to access your on-line training account without the need to enter your password.

- **Training Site Integrity**

The training site is large, heavily used and frequently being updated with the latest techniques and information. If you notice any issues with the training site, particularly if you are having access issues, or have noticed it not working as you would expect, please let us know as soon as possible so that the issue can be addressed and the integrity of the training site maintained for all its users.

- **On-Line Training Material**

All training material is copyright and owned by Andrew Parr Training Ltd. Please do not distribute training material to anybody not taking part in the training without the express permission of Andrew.

## When Attending Online Practice Sessions

- **Be respectful of others beliefs and values.**

Everyone is important, don't talk over or interrupt others, allow everyone the chance to talk, it's OK to disagree.

- **Classroom Practice Protocol**

When carrying out practice sessions in the classroom please be aware of others, keep your voices down, especially if you finish before others.

- **"Silent Observer"**

Very often, when practising, we shall use the counselling model, whereby we practice in 3's. One person will be the client, one will be the therapist and the other will be the silent observer. When you are the silent observer, please be respectful to the person playing the role of the therapist - ie remain silent unless they specifically ask you to speak.

- **Switch Off Your Mobile Phone**

We take regular breaks when you can check messages and emails so please keep phones off during the lecture and practice periods.

- **Live Demonstrations**

When there is a live demo in front of the group or class please remain as quiet as possible, and avoid tearing off sheets of paper, pouring drinks, unwrapping sweets, etc

- **Good Timekeeping**

Please be on time!

We'll start without you if you're late! If you need to arrive late or leave early, please let us know in advance to avoid disrupting the class, whether online or in person.

However if something unexpected happens, please relax! Sometimes, that's just the way it is and of course that is absolutely OK.

- **Questions**

Ask anything you want as long as it's relevant and at an appropriate time. There will usually be plenty of opportunity for questions.

## Exercise: Why am I here?

Duration: 5 minutes

Equipment Needed: Notepad & Pen

Practice Partner: Work alone

### Background

You are here for a reason, and sometimes it is helpful to clarify that reason both now, and for later on.

### Instructions

Think about why you are doing this course and write your answers to the questions below.

(Ideally, please also submit your answers to these questions in the form in the welcome unit online.) There is no right answer, just whatever means something to you.

My name is:

I am on this course because I want to *have*: (ie what do you want to get?)

I want to *feel*: (how do you want to feel differently afterwards)

I want my "average" day to be:

I would like to feel the following change in my status or role in society or life:

## Exercise: Getting Acquainted

Duration: 10 -15 minutes

Equipment Needed: Notepad & Pen

Practice Partner: Work in 2's or 3's

### Background

We will be spending a lot of time with each other so it is good to get to know each other. Plus, a vital part of any therapeutic process involves the ability to listen, take notes (mentally or in writing), and be able to use that information to help someone.

This exercise will kick start both of those processes for you.

### Instructions

In groups of 3's choose one person each and interview that person to find out more about each of their answers to the previous "Why am I here?" questions. You will have 5 minutes per person to do this. Make some notes as you do so that you have a good understanding of that person's reasons and aims for being on this course.

# Obtaining The Andrew Parr Diploma In Professional Hypnotherapy & Hypnosis

You are welcome to do this course for interest only, but to gain your Diploma In Professional Hypnotherapy and Hypnosis you must complete these steps as you progress through:

1. **Coursework** - The coursework is listed at the end of each Module. Once you have completed the work, please submit it in Word, Google docs, or as a PDF to Yvette Lowery who is our Independent Assessor. Email: [loweryyvette@gmail.com](mailto:loweryyvette@gmail.com)

Yvette will go through the assignments and send you feedback within 7 days, helping you clarify any points if necessary or approving it so you can proceed with the next module.

2. **Reflective Practice Journal** – You must carry out a minimum of 40 hours of therapeutic practice as you work through the course, and log it in your reflective Practice Journal. This will show us how much practice you have performed and the outcomes of the sessions - you may include practice sessions with fellow students from the course within our structured sessions, as well as any practice you do with people outside of the course. The 4 case studies (of at least 2 sessions each) need to be with people outside of this course. (The Personal Learning Journal is an optional extra. This shows any additional learning such as reading books, watching demonstrations etc).
3. **Case Studies** - You will be required to submit 4 Case Studies of clients you have worked with, for at least two sessions each. Please demonstrate a variety of conditions and techniques used. These can be presented in a format of your choice and should be at least 800 words each. (Further guidance notes at the end of this section).
4. **Statement of Personal and Professional Philosophy** - You will be required to submit this at the end of the course. All we are looking for is a bit of background on yourself, why you chose to study therapy and your preferred way of working. You could also mention the techniques you intend to use (analytical, regression etc). There's no right or wrong with this, it is a good idea to mention that a commitment to client welfare is paramount. You should aim for 800 to 1000 words.
5. **Bibliography** - Please ensure you include a **bibliography/webography** of all books/websites read or referred to when completing your coursework.

### **Further Guidance Notes for Case Histories**

Please choose 4 clients you have worked with, at least two sessions with each client and give a summary of the sessions and treatments used. This does not have to be a completed course of treatment, what we are looking for is your analysis of the client's presenting problems, the method(s) used and why, what happened, and anything you learned or would do differently.

These should be around 800 words in length each and you can use the following template.

- Client Description: Age, Sex.
- Presenting Symptoms or Problems:
- Your first Impressions:
- What induction process you decided to use and why?
- What methods or techniques you used and why?
- What happened?
- Anything you learned or would do differently
- Any feedback from the client

### **Other Qualifications**

On successful completion of the course and coursework, we will also issue you with a **Combined Certificate In Hypnotherapy, Psychotherapy, Coaching & Counselling Skills.**

## Summary

That's it for the welcome and introduction, except to say:

### **Do make sure you have access to the private Facebook Group**

Even if you are shy of social media, there is a lot of useful information available from reading others' questions, answers and discussions. It is also a great place to get people to practice with when you first start out.

### **Be kind and patient with yourself**

There is a lot to learn and get used to - but the course is designed so that you do not have to remember. Just keep working through the modules, watch the videos, do the exercises and you will find you start "knowing" without even realizing.

### **Support**

Support is always available. If you have a question, just ask!

Each month for the 12 months after joining you are entitled to a free 30-minute 1-1 mentoring session with your student mentor (Heather).

This is to chat through any queries and questions relating to the course.

If you would like a some extra, structured support, or to book a discounted treatment session to work on your own issues and gain a deeper understanding please message Heather directly.

We are here to help.

Now ... let's get on.