

# THE 7 SKILLS OF A CONFIDENT AND COMPETENT HYPNOTHERAPIST

Susan Wallace's Triple Diploma in Hypnotherapy, Mind Coaching and Online Therapy Course ensures you are *qualified* and *accredited* to do the following:

01



## COMMUNICATE WITH POTENTIAL CLIENTS

Describe who you are and what you are qualified to do while understanding the scope and limitations of the service you offer. Explain how you deliver Hypnotherapy and Mind Coaching in person, in groups and online. Authentically communicate and inspire potential clients to take action. Communicate your pricing structure. Take bookings with confidence because you will discover what your clients want and use that information to plan sessions in advance.

## EXPLORE AND ESTABLISH CLIENTS NEEDS, EXPECTATIONS AND GOALS

Explore and establish clients' needs, expectations and goals so you can collaborate and plan sessions. Recognise contra-indications, know when and how to refer and/or include relevant others in the process. Discuss how to evaluate progress and help your clients to make informed choices. Encourage participation and empower clients to be actively involved in the process of transformation. Explain the importance of feedback and teach feedback techniques.



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## DEVELOP PLANS FOR HYPNOTHERAPY, MIND COACHING & ONLINE THERAPY

Take a formal case history and explore influential events, beliefs, cognitions, behaviours and environmental factors. Develop a treatment plan and collaborate to decide how progress will be measured. Explain the role your clients play in achieving progress. Use evidence-based feedback informed techniques to keep things moving forward while developing the expertise and confidence required to run a rewarding and successful coaching and therapy practice.

## DELIVER SOLUTION FOCUSED HYPNOTHERAPY

Identify and select the interventions most appropriate for your clients. Ensure outcomes have been agreed upon before proceeding. If beneficial, explain what you are doing and how it will benefit your clients. Explain your clients' role in successful outcomes. Modify your approach to match your client's beliefs around the pace of therapy and time frames. Teach Mind Coaching techniques to empower clients to take action and exercise greater personal responsibility.



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## USE THE 10 TOOLS USED BY TALENTED THERAPISTS AND ACCESS THE HUB

Finding the right intervention to use at the right time is extremely easy when you use the 10 Tools Used By Talented Therapists. Access hundreds of hours of lectures, demonstrations and Master Classes in the online learning hub. Add 101 Interventions for Busy Coaches, Therapists and Healers to the home screen on your phone so you can plan and prepare session content with ease and have excellent scripts and strategies in the palm of your hand.

## MEET ETHICAL, LEGAL AND INDUSTRY OBLIGATIONS

Obtain Informed Consent, meet GDPR requirements and join the GHR and other associations. You'll obtain professional indemnity insurance. Add safeguarding protocols, develop a referral system with other professionals and work within the Children First Law. Manage unexpected reactions, abreactions and disclosures correctly. Encourage clients to put your Mind Coaching and Hypnotherapy interventions into practice and to develop self-care routines.



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## RECORD, REFLECT AND GROW A SUCCESSFUL & REWARDING PRACTICE

Evaluate the outcomes with your clients and give appropriate advice on post-session aftercare. Accurately record relevant information. Use self-reflection skills to assess, reflect on and improve the delivery of your services. Engage in supervision with IACP/BACP supervisors (who are hypnotherapists) and link in with our peer support networks. Access our wide range of CPD courses to help you Be the Best. Have the Best and Give Your Best.