



Become an Emotion and Soma Sensory Hypnotherapist

Graduate with an Advanced Diploma in Healing Trauma Through Hypnosis

Learn the three phased approach to help clients release, repair and recover from traumatic experiences and PTSD

INTRODUCTION TO HEALING TRAUMA THROUGH HYPNOSIS ADVANCED DIPLOMA COURSE

Many professional hypnotherapists believe that trauma therapy is beyond the scope of their abilities. Therefore the vast majority of trauma survivors are left on psychologists waiting lists for years and have no one locally to turn to for support and therapy. Now for the first time since the 1800's you can become fully qualified to heal trauma through hypnosis.

HYPNOTHERAPY IS THE ORIGINAL TRAUMA THERAPY

Back in the 1800's Pierre Janet was the first therapist to develop a systematic, phase orientated treatment of post traumatic stress. It relied heavily on the use of hypnosis. He taught that treatment consisted of three phases and his recommendations and observations remain the bedrock of trauma therapy today (van der Hart, Paul Brown, van der Kolk, 1989). The three phased approach developed by Janet are:

Phase I: Safety and Stabilisation

Formation of a safe and stable therapeutic relationship. Symptom-oriented treatment and preparation for dealing with traumatic memories.

Phase 2: Processing of Traumatic Memories

Identification, exploration, processing and transforming of traumatic memories into meaningful experiences.

Phase 3: Recovery and Reintegration

Relief of residual symptoms, relapse prevention, removal of learned helplessness, personality reintegration and relationship rehabilitation.

Judith Herman, Bessel van de Kolk, Peter Levine, Pat Ogden, Janina Fisher, Babette Rothschild, Grabbe and Miller-Karas and other trauma experts incorporate elements of Janet's three phases into their work. There is universal acceptance from trauma experts that:

- Hypnosis was the original and most effective way to treat victims of trauma.
- Hypnosis has played an essential role in the development of modern day psychotherapy.
- Hypnosis remains at the heart of effective trauma treatment and recovery.

Despite this, there has been no definitive hypnosis focused trauma training for therapists who want to work with acute, chronic and complex trauma – until now.

JOIN SUSAN WALLACE ON THE DIPLOMA IN HEALING TRAUMA THROUGH HYPNOSIS

By taking this course, you will learn how to deliver highly effective, phased trauma hypnotherapy to your clients.

You'll become skilled and qualified to help clients release their mind, body and beliefs from the effects of trauma, repair their lives and recover their identity and freedom. You will be able to –

Slow down and deliver process focused hypnotherapy through each of the three phases of trauma therapy.

Deploy hypnotic techniques designed to release trauma from clients who are frozen and/or dissociate from their body or have early attachment wounds.

Release procedural memory blocks so clients can complete blocked survival responses that stop them from re-connecting with their body.

Enable clients to develop empowered responses to environmental, social, sensory, emotional and psychological triggers.

Explain and use the neuro-biology of trauma, polyvagal theory and attachment theory to help you clients understand that trauma is a highly efficient survival response and that they can release, repair and recover.

Manage client expectations and deliver long-term highly effective, fully supportive, deeply engaging trauma therapy and healing.

Develop the skills to support clients through the release and recovery from difficult past experiences.

Utilise an extensive portfolio of tried and tested tools and strategies to help clients move through each phase of therapy at the pace that is right for each individual.

Understand that recovery isn't linear and guide them through the ups and downs of recovery in a professional, supportive and securely attached way.

Confidently and competently sit with clients while guiding and supporting them in a way that leaves space for healing and growth.

Heal trauma through hypnosis and through highly specialised, long-term emotion focused, phased work.



COURSE STRUCTURE AND DELIVERY

- You will be guided through the 30 online lessons and the three phases of Healing Trauma Through Hypnosis.
- Enjoy six days of live in person (or online) demonstrations and skill building events.
- Trauma Tuesday Training. Every week we connect on Zoom from 7pm to 8:30pm as part of your leadership training – you get access for two academic years so you move from learning to delivery with Susan's support and mentorship.
- Online learning hub contains lectures, live sessions and an extended library of effective trauma interventions.
- Full course manuals, client handouts and client workbooks and many extras are included.

THIS COURSE HAS THE POTENTIAL TO COST YOU NOTHING

If you wish to work with just three clients twice a month and if you charge a heavily discounted rate your earnings will more than cover the costs of this course. Training on how to obtain case studies and what to do and say during each of the three phases is provided as part of your education > if you wish to do so.

NO STUDENT GETS LEFT BEHIND

This advanced diploma course is structured to ensure that no student gets left behind. The additional weekly Zoom classes will remain available for you for an additional year – after you graduate. This means that you'll have ongoing support to help your clients experience post traumatic growth.



QUALIFICATIONS, ASSESSMENT AND ACCREDITATION

You will graduate as an **Emotion and Soma Sensory Hypnotherapist** with an **Advanced Diploma in Healing Trauma Through Hypnosis**. You will be qualified to provide progressive, *process* focused hypnotherapy to clients who present with challenges that require long-term support to achieve authentic healing and recovery.

Assessment is based upon attendance, completion of a short essay on a trauma topic of your choice and completion of three case studies. This advanced diploma course is validated and accredited by the GHSC (UK), Hypnotherapy Business Academy (Ireland) other associations.

HOW TO BECOME CONFIDENT AND COMPETENT DELIVERING PHASED HYPNOSIS WORK TO HEAL TRAUMA

Many therapists feel uncertain about their ability to guide clients through deep trauma work and that's only natural when you don't yet have the skills, experience or the qualifications to do so. Therefore it's important you understand our four guiding principles and apply them to every stage of your training and to your delivery of trauma therapy to clients.

- 1. Take your time.
Quality is better than quantity.**
- 2. Repeat skills that work for you
and your clients.**
- 3. Stop when you need to.
There is plenty of time.**
- 4. Strengthen your resources.
You've got more than you realise.**

Susan will remind you of these principles regularly throughout your training and case study work. It's ok to feel nervous, anxious and uncertain as you step out of your comfort zone. The Trauma Grounding Kit you receive when you sign up for this course will provide you with key skills to become grounded and ready to do the work.

THIS COURSE IS FOR YOU IF...

If you want to grow a long term, successful practice and work with **long-term** clients that need **space and support** over months and even years then this course is for you. It takes as much time and effort to get one client in for a three sessions as it does to get a client booked in for long-term, on-going trauma support. You'll teach clients how to **regulate** their thoughts, feelings and automatic trauma responses.

You'll enable them to put difficult experience behind them, so they can **live** more fully present, and **break free** from feedback loops, dissociation, lack of trust, environmental triggers, body memories and trauma seeking activities that keep them stuck. You'll help them **activate** post traumatic **growth**, **express** emotions and **expand** their window of tolerance.

You will be competently qualified to work with the following:

- Emotional, mental, physical or sexual abuse.
- Porn addiction and sex industry exploitation, sex trafficking and cult exploitation.
- Accidental injury, natural and man-made disasters, war and displacement.
- Anxiety and stress related conditions that are difficult to overcome through brief therapy.
- Recurring often unexplained pain or illness.
- Problems originating from repressed memories.
- Intense emotional reactions that cause self-sabotage and/or self-harm and substance abuse.
- Inability to experience pleasure, hope, meaning and other positive emotions.
- Self-sabotage and negative thoughts that create lack of deserving of good things.
- Post-traumatic stress and/or flashbacks, nightmares. Feeling frozen or stuck in circumstances without understanding why.
- Early relationship attachment challenges: neglect, violent or harsh childhood parenting or experiences, childhood sexual abuse or child-parent separation.
- Adult relationship wounding: difficult divorce, separation or break-up, lack of love and difficult sexual and/or intimate relationships.
- Feelings of detachment from self and the world.
- Return to secure attachment and reduction in avoidant / dismissive / anxious responses.
- Ethnic, sexual, racial, religious or gender challenges

CONTACT SUSAN AND RESERVE YOUR PLACE

Reach out and speak to Susan Wallace direct by phone, WhatsApp or email.

UK: 07953 006 758

Ireland 086 343 2992

Email: susan@hypnosisacademy.ie

WATCH THE MASTERCLASS AND VIEW COURSE DATES AND LOCATIONS

Please visit Susan's website to watch the free Healing Trauma Master Class and Pre Training

View dates, price options and book your place by visiting:

www.hypnosisacademy.ie/trauma-training