

# With)n Sight

Professional Diploma in Hypnotherapy and Psychotherapy



Prospectus

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*'When the Uncommon Knowledge course closed there was a clear gap for a course that provided sound sensible training in hypnotherapy and psychology. I have gathered a team of the best trainers and therapists I know. Between us we have developed a course that will teach future students to bring fast and lasting change to themselves, families, friends and future clients. It is my passionate belief and experience, that from any point of sadness, anxiety or difficulty, people can once again find clarity, vitality and hope'*

*Jill Wootton March 2009*

## The need for a simple psychotherapeutic model for wellness

In these times of change, we need more than ever to manage our emotional state and care for our physical body. The ability to sleep well, have lots of energy, stay calm under pressure and feel happy are all a by product of well being.

But how is it that happiness is so often knocked aside and replaced by anxiety, depression, anger, addiction and exhaustion? As life does not come with a guide book, finding solutions can be a game of guessing, going on courses, buying endless self help books or years of therapy.

Even therapists can find their heart sinking, when faced with a client's overwhelming depression or anxiety. So the need for a clarifying, organizing structure for physical wellness, and sound emotional health, increases in today's modern world.

That is why Within Sight has developed a course based on what we know helps people to get better and stay well. The course combines hypnotherapy, brief therapy (or short-term solution focused therapy) and a recognition of our basic human needs. All rooted in up to date scientific understanding, the course provides simple, flexible, yet highly effective guiding principles and techniques for emotional and physical health.



## **Hypnotherapy**

Hypnosis is a core part of our human experience. Understanding what hypnosis is and how to do it has been a turning point for many people. Armed with the ability to see the bigger picture, stepping outside of imprisoning patterns, and relaxing deeply can bring a freedom that enables you to get the most out of life.

The hypnotic state is similar to the rapid eye movement state (REM). Recent research has shown that it is during this process we lay down new, and update old templates for the way in which we interact with our world. Working with this natural process can bring profound and lasting change, even when problems have been in place for many years.

## **Brief therapy (or solution focused therapy)**

Brief therapy does away with years of retrospective analysis; a therapist and their client can focus on bringing about beneficial change quickly.

Brief therapy is respectful to the individual client; it does not try to fit each unique client into a pre-accepted dogma. Instead, the trained therapist uses a highly flexible form of questioning and feedback to gather relevant information and use the client's own resources. Helping people break out of thinking patterns that hold problem patterns and behaviour in place, is key to brief therapy.

## **Professional or personal development?**

Because the skills taught are based upon the innate way that our mind and body works, everyone can apply that understanding to personal or business life, or, to clients.

Knowing how to deal with fundamental issues that affect all human beings makes every student more effective, whatever circumstance they apply the knowledge to.

The jargon-free, sensible, easily applied psychology and knowledge of the mind/body helps everyone perform at their best.

Therapists become more effective and confident at treating anxiety, depression and addictions. The business man or woman who has vibrant health, focus and clarity is ahead of the game. And, if you want to change careers, this is the only course that you need to do.



## Take one course!

The professional diploma in hypnotherapy and psychology will enable you to change career or get the edge in everyday situations. Students on this course gain skills and knowledge that clarify why we go off track, and how to confidently get back.

The course is structured around three basic principles:

- The hypnotic state is an innate part of human psychology. When we understand how hypnosis affects our emotions and physical state, this knowledge gives a key to well being.
- We come to this world with a set of physical and emotional needs which if met, help us to flourish and if not, can cause mental and physical illness.
- Solution focused or brief therapy is highly effective in bringing about positive change

Personally or professionally, being able to deal with anxiety, depression, anger, relationship issues and a whole lot more can change your life and those of others around you.



## You will learn how to

- Gather relevant information that aids beneficial progress
- Understand the cycle of depression and lift symptoms of depression
- Communicate with your client so that they feel understood and build trust in you, build rapport quickly
- Not dwell unduly on the past
- Ensure your own emotional patterns do not stand in the way of the clients progress
- Set clear outcomes for the therapy
- Be able to apply skills in a flexible way so as to be confident to treat a wide variety of presenting problems
- Not get bogged down in detail, clearly see the patterns that cause the problem
- Help your client to feel calm about worrying past or future events
- Teach clients how to gain the skills they need to help overcome problems
- Identify and get rid of PTSD symptoms (Post Traumatic Stress Disorder)
- Enable client to recognize and utilize their resources
- Help clients to see perceived problems in a new more beneficial light
- Impart skills knowledge and techniques that help a client outside of the therapy room
- Ease physical pain
- Reach the goals set in therapy in few a sessions as possible
- Know when the client could be helped by intervention from another professional, e.g. osteopath/nutritionist/doctor
- Build client's confidence in their ability to reach their goal

*My parents (great teachers in a way themselves) have always stressed the importance of a good teacher and it is true that one never forgets them. I am fortunate to have always had great teachers that I can look up to and learn from. The quote below does not really do justice to how great I (and I'm sure many students) think you are.*

*A great teacher guides, inspires and teaches the student how to think for themselves. Jill, you are a brilliant trainer and I would like to thank you again for the thought-provoking learning experience. The passion, experience and intelligence you bring to your thoroughly enjoyable training, alongside your personable approach make you one of the best trainers and therapists in the country. I am really looking forward to seeing the verve and knowledge that you will bring to your new courses. I am sure that many others like I have done, will benefit from the exceptional skills and the extra mile that you put into your worthwhile work.*

*Shammi (PR manager)*



## **Learn with a highly experienced, professional and friendly team**

We believe that all learning should be fun. And although you have to put the effort in, we have a wealth of experience in getting the skills across in an easy to absorb and enjoyable way.

The team has been selected for their expertise and friendly approach. All highly effective therapists and trainers, you won't find any stuffy jargon-filled lectures; only lively presentations and unique practicals that help embed your knowledge.

## **Build your knowledge gradually and confidently**

Our training embraces all learning styles. Backed up by a mentoring scheme and constant exposure to the basic principles, students steadily build their knowledge and can confidently apply their skills.

You will find that you will be able to apply your insights to many different situations and problems. This is because you will understand how problems occur and why the knowledge that you have works, all backed up by the latest scientific evidence. Students will gain confidence and flexibility in the practical application of their skills.



## You will receive

- Course manual
- A dedicated mentor who will work with you for the duration of the course
- All relevant lecture notes and support materials
- Recommended course books
- All examination fees for written and observed sessions are included in the price
- Membership of Hypnosis Downloads for one year (hypnotic scripts and insights)

*Jill brings expert knowledge and passion to her training. Whether talking to me one-to-one or within a group, she always motivated me and made me feel like a confident learner. Her commitment to her students and to clients shines through.*

*Carol (Business coach)*

## Modules

Introductory weekend Hypnosis: Skills for change  
(prerequisite for Diploma)

As for the whole diploma course, this first weekend will be an exciting mix of the latest scientific understanding of hypnosis, NLP and practical experience.

You will see demonstrations, experience, and practise hypnosis. You will learn more about the true nature of hypnosis and emotional health this weekend than the majority of practising hypnotherapists.

What you will gain:

- The insight and skills to make positive changes
- Know how to hypnotise yourself and others
- A leading edge understanding of what hypnosis is
- Key skills for relaxation and a calm mind
- Four hypnotic techniques that will:
  - Enable you to relax more easily
  - Deepen the hypnotic state
  - Gain new and more beneficial perspectives on problem situations
  - Self hypnosis for increased well being, creativity and focus
  - Disrupt old unwanted habits
  - Learn how to access resourceful states in any situation
- Hypnotic language
- Ericsonian hypnosis: How to do hypnosis without scripts
- An understanding of how we can get locked into a cycle of worry and depression
- Essential skills for emotional health
- The basic needs: a look at the 'human givens,' a guide to lasting wellness

## Diploma modules

The Diploma has been developed from four pillars of skills that are needed to do effective therapy. The training will equip the student to deal with any client that walks through their clinic doors. However, the knowledge and practical abilities gained also impart a huge advantage to any person in business or in their personal life. You will learn:

1. Advanced hypnotic skills
2. Positive psychology: solution focused or brief therapy
3. The therapist's mind set
4. The application of hypnosis and solution focused therapy in a wide variety of presenting problems

The course has a large practical element to build confidence, understanding and flexibility in the student's skill base. Here are the main modules:

- **Effective counselling skills using the RIGAAR model**
  - quick rapport building skills to gain client's trust and make the most of any encounter
  - collect the relevant information for change
  - reflective listening skills
  - clear, measurable goal setting
  - role of mental rehearsal to consolidate long lasting change
- **The therapist's mindset**
  - Develop your emotional intelligence for increased therapeutic effectiveness
  - Make sure your patterns do not stand in the way of learning and helping others
  - Increase your spare capacity to effectively help others
  - Work with the basic needs of all human beings
  - Effective strategies for dealing with resistance
  - Understand the difference between coaching, teaching and counselling, and when each is useful
  - Understand the power of influence to avoid creating false memory, and negative expectation in your client
  - Know when to refer on
  - Work confidently, intuitively and without scripts
- **Positive psychology: Solution focused therapy**
  - Use questions to initiate expectation of positive change
  - Set goals to create a clear, mutually understood path for therapy
  - Look at patterns not detail: how to avoid getting sucked in to a client's negative mind set
  - Uncover and utilize innate resources
  - Teach missing skills to aid recovery

- Separate fact from imagination
- How to change limiting labels
- Reframe unhelpful beliefs
- Using the 'observing self' to gain beneficial perspective on problems
- Set tasks for continued change outside the therapy room
- How to keep therapeutic intervention moving
- **Our metaphorical minds:** How to use our innate ability to work with metaphor to facilitate subtle and profound change
  - How and why our brains work with metaphor naturally
  - Bypass logical resistance
  - How to use metaphorical cues therapeutically
  - How to create healing stories
  - Use analogy to convey complex messages in a simple and clear way
- **Nutrition and health**
  - How what we eat effects our mental health
  - Calm an anxious brain through food
  - Eat to sleep better
  - Good mood foods
  - Nourishment for day long energy and vitality
  - Allergies and sensitivities
- **Addictions and dependencies:** Learn the key skills to free people from addictions
  - From smoking to self harm; how the brain 'addicts' and why some habits are so compulsive
  - How to break the addictive trance state
  - How to help people stay 'stopped'
  - Increase motivation and belief in a beneficial outcome
- **Anxiety, phobia and trauma: and the Rewind Technique**
  - Mind body link: the body listens to everything the mind tells it
  - Stress v anxiety
  - Stop panic attacks
  - Recognise, and alleviate phobia's, post traumatic stress disorder (PTSD) and sub-threshold traumas
  - Stress management techniques
  - The Rewind technique: lift phobia's and PTSD in one session
- **Advanced hypnotic skills**
  - Advanced Hypnotic language
  - Ericsonian model
  - Indirect and direct hypnosis
  - Use hypnosis throughout a client session

- Gaining your client's attention
- Learn how to use the trance state in a flexible and effective way
- **Anger management**
  - The psychobiology of anger
  - Learn about the physical and psychological causes of anger
  - Reframe the emotional triggers that press the anger buttons
  - Strategies to engage logic and help sufferers to manage rage
  - A technique to stop anger in its tracks
- **Relationship and sexual problems**
  - Physical and other causes of male and female sexual difficulties
  - Proven strategies that produce long lasting relationships
  - Communication skills for understanding and resolution
  - Male female differences in communication
  - Lower performance anxiety
- **Lift depression**
  - Learn the latest psychobiology of depression
  - How depression can be lifted in one session
  - The role of anxiety, dreaming and thinking styles in depression
- **Weight problems**
  - Nutrition and weight, understand the links
  - Self image and eating problems
  - Why diets don't work
- **Self esteem and confidence**
  - Thinking styles that fix low self esteem in place
  - Tips for building confidence in stressful situations
  - Heal past damaging experiences
  - How to change limiting perceptions that cause misery
  - Communication and relationship skills to enhance self confidence
- **Peak performance**
  - Public speaking
  - Sport
  - Business
- **Conscious medicine. Dealing with physical illness:**
  - Techniques for accessing the mind/body link
  - Using the mind body link to facilitate wellness
  - From IBS to cancer: how hypnosis can help
  - The body listens to everything the mind tells it, recognise the influence of mind body conflict in illness, and learn skills to bring resolution

- **OCD Obsessive Compulsive Disorder**
  - Skills to break down the compulsive activities
  - Take away the anxiety around not doing the activity
  - The importance of the basic human needs
  - Faulty pattern matching and compulsions
  - Tasking and paradoxical interventions
  
- **Understanding autism and Asperger's syndrome**
  - Recognize the symptoms
  - How food can change behaviour and concentration
  - Uncover the paths that motivate
  - Access their world and build self confidence
  - Lower anxiety
  
- **Setting up in practice**
  - From marketing to the place of work, a module that gives detail to help set up in practice and sustain the therapist's well being.

### **Examination**

The examination process will be based on a series of observed client sessions, ongoing assessments and written examinations. The emphasis will be heavily weighted to the practical application of the skills. (The suggested process is at present being assessed externally to ensure fairness and rigor at every stage.)

### **Course recognition**

The course is accredited by the GHSC General Hypnotherapy Standards Council and the Hypnotherapy Association. On successful completion of the Diploma, students will be able to apply for membership and professional insurance to either. The module on anxiety and PTSD (Post Traumatic Stress Disorder) where the rewind technique is taught, is recognised by the Red Poppy charity and successful students can then register to go on their list of therapists who offer this effective technique.

## Principal Trainers

### Jill Wootton

After completing a Social Science degree, Jill started working life in sales and marketing. Within a few years she was directing a team managing international exhibitions and conferences. After re-training Jill worked as a massage then acupuncture therapist, working extensively with people with cancer. She went on to study hypnotherapy with Uncommon Knowledge, after seeing the beneficial effects of hypnosis in her own clients. Using hypnosis and brief therapy she built a busy practice in Cuckfield West Sussex, but was asked to join the two other directors of Uncommon Knowledge as the company's training director.



Working with Roger Elliott and Mark Tyrrell, they created one of the most popular hypnotherapy courses in the UK. Over the past nine years Jill has trained over two and a half thousand people. She is a compassionate and effective therapist, whose extensive knowledge continues to help many people get back on track.

After Uncommon Knowledge relocated to Scotland, Jill founded Within Sight and created a new professional diploma in hypnosis and psychology. Jill has taken the best of practice that succeeded over the years and added extra dimensions to strengthen the therapists and their effectiveness.

Jill enjoys life! She loves music and singing; other activities on the top of her list are walking in the mountains, sailing, good food and wine and spending quality time with family and friends.

As a trainer, Jill makes learning fun and easy to absorb, clear, professional and friendly. She has a unique style that has enabled hundreds of people to become therapists, and many others to make more of their lives than they thought possible.



## Sally Anne Soulsby

Sally-Ann Soulsby has over 20 years experience as a therapist and a trainer. She runs a private practice in East Sussex, including hypnotherapy as well as running personal and professional development workshops and retreats within the UK and USA.

Her television and radio work has focussed on families under stress and her corporate work included being a co-founder of the London Employee Alcohol Project. While working in London she worked with Alcohol Concern and is author of their training manual *Drink Drugs and Work – Options for Action*. She spent 8 years working within Further Education managing and lecturing on professional counsellor training courses at Sussex Downs College.



She currently lives in Eastbourne with her husband and teenage children. She regularly updates her “bliss list” of activities which she says “feed her soul”, including walking in the Lake District, music, reading in the sunshine, travel and yoga. Her passion is creating safe space to allow people to heal and grow and thus fulfil their potential. She lives and loves what she teaches!

*Sally Ann has been my teacher throughout my journey to becoming a therapist, one which has been rewarding in so many ways.*

*Sally Ann, is an inspirational teacher, she is incredibly positive and intuitive. She is able to guide you out of your comfort zone without you really being aware, which allows you to become incredibly confident in learning new skills and growing with them.*

*Some people are natural born teachers, Sally Ann is one of them, inspiring you to want to do your best for yourself and for the dedication and commitment invested in you!*

*ED  
Eastbourne*

## Dates

Diploma 1 February 11th - 12th  
Diploma 2 March 18th - 19th  
Diploma 3 April 22nd - 23rd  
Diploma 4 May 20th - 21st  
Diploma 5 June 17th - 18th  
Diploma 6 July 15th - 16th  
Diploma 7 September 2nd - 3rd  
Diploma 8 October 7th - 8th  
Diploma 9 November 4th - 5th  
Diploma 10 December 2nd - 3rd

The course will be held at the Checkland Building, University of Brighton. The university confirms dates six months prior, so although highly unlikely, the latter dates may be subject to change.

## Costs

Introductory weekend: Hypnosis: Skills for change £199.00

Diploma: £2999.00

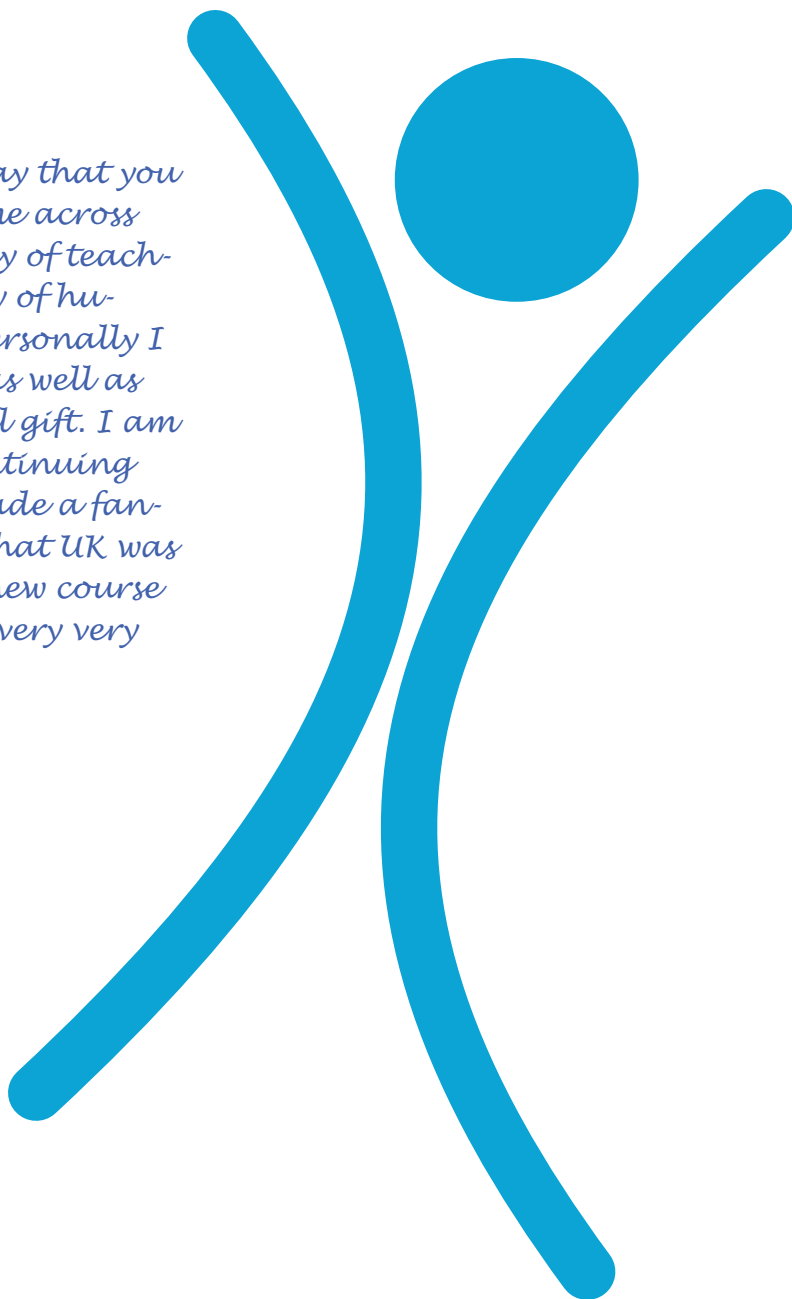
Take a look at our website or call the office to find out about our early bird discounts. Contact details are on the back page.



Hi Jill,

Well where do i start! I can honestly say that you are one of the best trainers I have come across in my working /learning life. Your way of teaching is clear, thorough and with plenty of humour which is so important. For me personally I found that you teach from the heart as well as the head and that is such a wonderful gift. I am so pleased to hear that you will be continuing teaching, I thought you and Mark made a fantastic team and was so sorry to hear that UK was ceasing. However I do know that the new course will be even better and I wish you the very very best.

Gayle (Osteopath)



# Within Sight

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