

NGH HYPNOTHERAPY TRAINING 2012



Prospectus

Welcome Note	2
Your Certification	3
National Guild of Hypnotists	4
Your Instructor	5
Why train with Bodywatch Ltd	6
Course Content	7/8
Member Benefits	9
Investment	10
Course Dates & Venues	11
Eligibility	12
Testimonials	13/14/15/16/17
Why Choose Bodywatch	18/19
Contact us	20

Welcome Note

Welcome to the wonderful world of hypnosis. We are delighted to be able to share some information with you regarding our exciting training programme.

Within this prospectus we hope you find answers to many of the frequently asked questions about hypnosis training and if you have any more questions we will be delighted to answer them if you would like to call us or contact us by email.

We, at Bodywatch are very happy to be able to bring the National Guild of Hypnotists (NGH) Training Programme to Ireland and the UK. The NGH are the oldest and most established hypnosis organisation in the world with thousands of members worldwide.

We hope that you enjoy reading through this prospectus and that you gain an insight into this very rewarding and exciting profession,

Warm regards,

Niamh

Niamh Flynn DHP CI BA MMEDSCI MBA

Bodywatch Ltd

Your Certification

On successful completion of the course you will be eligible to use the letters C.H. after your name. You will be qualified as a Certified Hypnotist with the National Guild of Hypnotists. You will also receive a year's free membership with the NGH. This valuable membership includes regular journals and publications keeping you up to date on current issues in the field of hypnosis and also offers you the opportunity to avail of significant discounts on books, conferences, cds and dvds. See www.ngh.net for more details.

If you would like to know more about hypnosis you can see Rachel Wyse from City Chanel interviewing Niamh on

www.hypnosistrainingireland.ie/youtube

or

www.bodywatch.ie/youtube



Niamh Flynn MBA MMEDSCI BA CI DHP

National Guild of Hypnotists Training

This NGH training programme offers a comprehensive hypnosis training programme. The NGH curriculum is an effective, proven programme for helping individuals resolve problem areas in their lives. You will also receive training on record keeping, effective marketing and advertising, as well as tips on how to set up your successful hypnosis practice.

The tuition includes a minimum of 100 hours of combined classroom instruction, homework assignments, practice sessions, and supervised clinical practice. (80 hours of face-to-face classroom and 25 hours of reading assignments, written homework, practice of all the inductions and techniques learned in class, watching videos, listening to CD's and creating a preliminary business plan.

Students are also required to submit work as part of the course. You will be invited to participate in an interesting training schedule which will include demonstrations of processes, lectures, questions and answers and supervised hands-on practice and demonstration of techniques. You will be given direct experience and the opportunity to apply the theory behind the practice of hypnosis. Students will be able to work in pairs to put the techniques into practice and benefit from instructor feedback.

NGH Certified Hypnotists have a variety of options on completion of their training. They can set up their own private practice or work with other health professionals or, in some instances, use their new skills to complement their existing work.

Upon successful completion of this training, you will be awarded your NGH Certification and membership status.

Your Instructor

Niamh Flynn MBA MMEDSCI BA CI DHP

Your Training Instructor Niamh Flynn, brings a wealth of knowledge and experience to your training course with the National Guild of Hypnotists. Niamh is a director of Bodywatch Ltd, the successful Sport Psychology & Hypnotherapy Consultancy based in Galway and established in 1997. She has a diploma in Hypnotherapy and Psychotherapy, a Bachelor of Arts degree in Psychology from NUI, Galway, a Masters degree in Sports Medicine from the University of Sheffield and several certificates in health and fitness. She is also a certified instructor with the National Guild of Hypnotist.

Niamh has a Masters degree in Business Administration (MBA) from the Michael Smurfit Graduate School of Business, Dublin

A member of the National Guild of Hypnotists, America's most prestigious Hypnosis Organization, Niamh has been featured regularly in several publications including The Sunday Tribune, The Galway Independent, The Irish Times and many others. She has also featured on City Channels Evening Show discussing hypnosis and how it works. Clip available at www.hypnosistrainingireland.ie/youtube or www.bodywatch.ie/youtube

With a wealth of knowledge about business and hypnosis Niamh is able to provide an insightful perspective to course participants on this most interesting profession.

Why Train With Bodywatch Ltd?

We are teaching the official NGH programme which is recognized internationally.

Your tutor has an established hypnosis business, allowing you to learn from someone who has experience in running an hypnosis business.

We include comprehensive, detailed NGH course materials with our Training Programme.

We offer the official NGH Hypnosis Training Programme in a new modular format.

You benefit from a full years membership to the National Guild of Hypnotists on successful completion of the course.

You will be able to use the letters C.H. (Certified Hypnotist) after your name on successful completion of the course.

Your instructor, Niamh Flynn is a highly qualified, experienced hypnotist, business woman and lecturer. You can benefit from her wealth of experience and insight into how you can help people to make effective, positive changes within their lives.

As part of the course you will be given ample opportunity to put the theory into practice and develop your confidence as an hypnotist.

We will teach you how to help people stop smoking in one hour.

We will give you scripts, cds and dvds to make your journey into your hypnosis career an interesting one.

We will demonstrate how you can help people to get rid of their fears and phobias using age regression techniques.

You will learn invaluable tips on how to start your own business and find an area or areas which you can explore further and potentially specialize in.



BODY WATCH

Course content

As part of the course you will learn..

The Basics Part I Part II

The Basics....

How to...

- Influence people using hypnotic language
- Develop excellent listening skills
- Empathise with others
- Be brilliant in your career
- Hypnotize friends, family and clients in SECONDS
- Develop superb listening skills
- Spot those whom you can hypnotize in seconds
- Use hypnotic anchors
- Eliminate fear and facilitate the trance state
- Create a comforting environment for your clients
- Encourage others to accept your suggestions
- Increase your knowledge about body language and its influence on communication
- Increase your own self confidence and the self confidence of others
- Uncover self-sabotage issues and how to resolve them
- Build communication
- Use hypnotic convincers
- Use misdirection techniques
- Uncover lost memories
- Understand how stage hypnosis operates

You will also learn...

Part I

- Introduction - Goals and Training
- Suggestibility tests
- Classification of subjects
- Influences and dangers
- Misconceptions and truths
- Subconscious vs Conscious mind
- How to hypnotize
- Rapid inductions
- Instant inductions
- Deepening techniques : Depth tests and scales
- Bringing client back to full awareness
- Developing rapport
- Indirect suggestion
- Applications of hypnosis
- Powerful inductions and deepeners
- How to decide which inductions to use based on the client's needs
- Mechanical aids
- Historical overview of hypnosis
- Complete Smoking Cessation Programme
- Weight Control and Stress Management Programmes
- Scripts and their use within your practice

Part II

- Conducting your first session with a client
- Behavioural assessment; goal setting & reinforcement
- Conducting sessions two, three and four, etc. with a client
- Designing and teaching a self-hypnosis course
- Age regression work
- Affect bridge and calendar regression techniques
- Eliminating fears and phobias
- Regression Exploration
- Advanced hypnosis techniques
- Stress reduction strategies
- Discomfort Control
- Performance Enhancement techniques
- Self hypnosis techniques
- Effective marketing and business strategies
- Legal considerations
- Part II exam

Upon successful completion of Part II, you will receive your NGH Hypnosis Certification, and you qualify for membership in the NGH, the largest and most established and prestigious hypnosis organization in the world. Your first year of membership is included.

NGH Members Receive:

- Quality training and instructional materials
- Access to Hypnosis Educational Conferences
- Discount on Solid Gold Week-end Conference
- Hotel Discounts
- The "Hypno-Gram" quarterly newsletter
- The "Journal of Hypnotism" quarterly magazine
- Referrals through computer listings
- Video and audio tape rental library for it's members
- Discounts on hypnosis DVD, CD and Books
- Local chapter networking and education
- Access to continuing education programs
- Professional Service

Investment

New Monthly Installment Option

We are delighted to offer a new payment plan system so you can pay in installments. There is a deposit of €300 and then the balance can be paid in monthly installments over the five month period.

Those paying in full, in advance, may be eligible for a discount*. Please refer to the booking application page on the web page for further information.

Bodywatch Ltd reserve the right to change venue and times although this is unlikely to occur. In the event of a cancellation of a course a full refund will be made and Bodywatch Ltd will not be responsible for any additional expenses incurred by students.

Full time students with a student card are welcome to ask about our special student rate.

Your investment includes all course materials and a full years membership to the National Guild of Hypnotists on successful completion of the course.

*If you would like to pay in full in advance you can make a saving of almost 300 euro. We are delighted to offer a choice. Call us today on 091 720145 to discuss your options in further detail.

Course Dates and Venues

Course Dates

Galway, Ireland, Intensive Summer School June/July 2012

- June 25th to 29th 2012
- July 2nd to 6th 2012

Saturday 9am -5pm

Sunday 9am - 5pm

Dublin, Ireland, October 2012 – February 2013

- October 13th and 14th 2012
- November 10th 11th 2012
- December 1st 2nd 2012
- January 12th 13th 2013
- February 2nd 3rd 2013

Saturday 9am -5pm

Sunday 9am - 5pm

Enquire About Our Easy To Pay Installment Plan Today

Eligibility of Applicants

You do not need to have any prior experience of hypnosis or hypnotherapy training.

Although you do not need any prior academic qualifications if you intend to practice as a hypnotist we feel that you must have an empathy for people as clients will be looking to you for assistance with a variety of issues. It is important too, to be able to establish a rapport with people and you must of course be able to meet the academic requirements of the training.

This course is designed for individuals who have a background in psychotherapy, health care or psychology and wish to incorporate hypnotism into an existing practice.

It is also suitable for individuals who have an interest in helping others and wish to establish an hypnosis practice.

This course is not suitable for people with specific medical conditions including bipolar, schizophrenia or epilepsy.

Testimonials:

Read what some of our previous graduates have to say....

Niamh, I would like to say thank you for the great work you did on your well structured course. It was a pleasure working with you as it was a very interesting, informative and practical course. you explained everything in great detail in an easy to understand way, from the first time I spoke to you on the phone to the end of the course and after. Also, being your first blind student I think you were excellent and very helpful in all you did for me. I would recommend this course with Niamh for anybody whether you want to practice as an hypnotherapist or just for your own personal use.

Many thanks Niamh.

Vincent Stack, Dublin

I went into the course with an interest in hypnosis. I came out... Wow... the course itself.. I couldn't have enjoyed more... The people, friends and confidence I found were invaluable!

Tina Cunnane, Sligo

Going forth and back from Cyprus to Ireland isn't the easiest thing. Even though this cost me time and money, I do not regret it one bit because what I've gained is something that is permanent and beneficial for my whole life and inner being. Niamh is both an amazing instructor and a person. The way she embraces her subject is professional and at the same time she brings into the classroom that touch of her spirit and vitality which gave me motivation and wings on my shoulders. The effort I had to put in becoming a hypnotherapist has been zeroed because being in class with Niamh made me realize, at the age of 46, that when your instructor, as diligent and motivating as Niamh is, teaches you both how to become a hypnotherapist and a better person.

Irene Michaelidou, Cyprus

This course has given my career a new direction.

Jason O'Callaghan, Dublin

Niamh is the best teacher I have ever had. Course was amazing.

Derek Feeney, Kildare

Niamh is a fantastic tutor who made the course easy to learn. She encouraged the class in every way possible with plenty of support.

Maria Clifford, Waterford.

The course was excellent and the practical element was great. I am a confident hypnotist at the end of the course. Highly recommend.

Paul Matthews, Dublin

The course was a great experience. I learned so much and gained so much confidence in my abilities. Recommended to all who want to learn about hypnosis. Thanks Niamh!

Agnieszka, Wicklow

I enjoyed the course hugely. I've gotten so much out of it from all angles; from a personal development point and now I myself am going on and actually working with people using hypnotherapy. The course has helped me become more focused in my life and I hope I can help others to do the same.

Annmarie O'Brien, Dublin

The hypnosis course delivered by Niamh was brilliantly practical and thoroughly enjoyable. I would never have anticipated learning so much from one course. I would highly recommend it.

Brid Falconer, Fermanagh

Hi Niamh, I don't want you to think of this as a testimonial. If anything this is a note of gratitude and appreciation for a job well done and a course beyond all my expectations. The course was a great benefit to me in my job as sales representative & customer service for The City Bin Co. I now find that my communication skills are much more sharper. I now know how to communicate with my potential client in a more proactive manner, to suggest the better options to them in relation to our products and most importantly, get results. Now a days we know that the best businesses are thinking outside the box. I would say to any professional business person that if you want that tool that your competitor doesn't have in their tool box that will open doors for you and your business, the Bodywatch Ltd hypnosis training course is it. As well as the advantages to my career in sales and customer service there has been a secondary gain for me. The course showed me how to easily set up and market my own business which I have done. While working Monday to Friday in sales & customer service for The City Bin Co. I now run a successful Saturday Hypnotherapy clinic called Drop the Monkey Hypnotherapy. I have doubled my income within weeks of finishing the course. I would highly recommend this course to others. Niamh managed to get excellent group interaction right from the beginning, the course was very interesting, informative and very well presented . The material & advice was limitless and priceless. In fact, Niamh is always there to take a call if I have any questions. The personal extras were a hidden plus for me. My confidence is at an all time high and of course, the extra income comes as a huge bonus. I thoroughly enjoyed this excellent course and highly recommend it to anybody looking for a change in their career, looking for that secret skill that other businesses don't have or simply want a second stream of income.

Regards, Oisín Browne C. H. Ngh Certified Hypnotherapist
www.dropthemonkey.com

This course is great for anyone. I have taken so much from it, thanks chiefly to Niamh and her people skills.

Seamus Mahon, Derry

The information and confidence I gained from this course is priceless. The class was taught in a very professional manner and I recommend it to anyone with an interest in hypnosis or personal development.

Paul Nicell, Athlone, Co. Westmeath

I enjoyed the course hugely. I've gotten so much out of it from all angles; from a personal development point and now I myself am going on and actually working with people using hypnotherapy. The course has helped me become more focused in my life and I hope I can help others to do the same.

Anmarie O'Brien, Dublin

The NGH Certification course has provided the basics in order to start a professional hypnotherapy practice. The practical element of the course has given me additional confidence and Niamh's personal experience is invaluable to provide insight and support. The documentation and handbooks etc. are extremely professional and will provide long lasting supportive material in a practical way.

Sarah Smith, Galway

I found the course to be very practical and well delivered by Niamh.

Bernie Cadogan, Kerry

I really enjoyed the course. It was very informative and I am looking forward to putting it into practice.

Margaret White, Mayo

I really enjoyed the course and feel very confident in continuing in hypnosis.

Mary Gaughan, Mayo

The course was thorough, concise and superbly structured. A very relaxed, informative course which allowed me in my own time to absorb all the information. Unlike a college structure which I find suppresses information absorption.

Phil Molloy, Dublin

I was amazed at how easily I was able to put the techniques into practice. I now feel confident starting my own practice

Sharon O'Grady, Galway

I recommend the NGH hypnosis course for any person interested in pursuing hypnosis as a career.

David Kelleher Westmeath

The course was educational, very instructive, very professional as was Niamh, the instructor. Would highly recommend.
N Gallagher, Galway

This is a wonderful course for people wanting to help others. The instructor (Niamh) is pleasant and makes everything easy to understand. She creates a great atmosphere among class members.
Pat Harris, Sligo

Niamh is a brilliant instructor, the course was great. I learned so much in such a short amount of time, I am very confident in going out to work as a hypnotist. Thanks Niamh!
Caitriona Mullins, Kildare,

I felt the course was excellent. it will definitely help me to broaden my horizon in my present field as a psychotherapist. I have no hesitation in recommending the course to any therapist who is looking for a wonderful, useful tool to help in our work with clients. Thank you Niamh.
Patricia Heneghan, Galway

Niamh was excellent, She was so helpful in every aspect of the course. She made the course enjoyable as well as educational. I would like to say a big thank you.
Aoife Coughlan. Galway.

The course surpassed my expectations greatly. Niamh is an excellent instructor and has a great way about her. I have learned so much coming from a background of no experience with hypnosis.
Rory, Westmeath.

I found Niamh's course to be a professionally positive experience both for my personal and professional life. I would highly recommend it. I feel I benefited greatly.
Louise Lyons. Galway.

Cheap mé go raibh an Cúrsa thar a bheith maith agus Niamh iontach ag tabhairt an chúrsa.
Mairéad Mac Con Iomaire. Gaillimh

The course is very practical, not just reading and learning. Very conducive to learning. I would rate it as A+.

Fiona Linnane, Galway

Doing this course has opened up a whole new world for me. I enjoyed every minute of it and recommend it to anyone with an interest in hypnosis and in helping people.

Áine Parkes, Galway

The Bodywatch NGH course run by Niamh is extremely worthwhile. The course may be short however it is very rigorous and intense. The time involved is equal to one whole college semester. I now have the confidence to venture out and start my own business and flourish.

David C.J. Conroy, Dublin

GET ALL THESE BONUSES WITH BODYWATCH NGH CERTIFIED HYPNOSIS TRAINING COURSE

FREE mention in our monthly newsletter:

Once you have completed your course and if you set up a business of your own we are happy to mention your business in one of our newsletters like so many others who have featured. We are delighted to promote your business in this manner.

FREE course materials

The National Guild of Hypnotists materials are comprehensive and you will receive all your manuals, cds, dvds and lots more to ensure you are well equipped to start your business straight away.

Accelerated Learning

The Bodywatch NGH Certified Hypnotherapy course is taught in a way that makes it easy for those who have no knowledge of hypnosis whatsoever to learn quickly and easily and to pick up techniques rapidly.

FREE one years membership of the NGH

Included in your course investment is a one year membership to the National Guild of Hypnotists. You will receive invaluable up to date information on what is happening globally in hypnosis in regular free newsletters and journals throughout the year.

Individual Attention

We ensure our class sizes are kept small to ensure that you get personal attention throughout. Before each course we make sure we know what every person wants to achieve from the course and we do our very best to make sure you achieve your learning objectives.

FREE concrete advice from an experienced hypnotherapist

Your instructor has run a successful hypnotherapy business for years so you gain the benefit of real, hands on experience in the business. This is truly the best way to learn.

Dynamic structure

Yes, we know it seems like a very short time to learn but we have put a of time and effort into the programme to ensure that you learn a huge amount in the best time structure possible. Actually, the number of hours is equal to the number of hours in a typical college semester. As you will see from our graduates testimonials there is a common thread where people are constantly surprised about how much they can learn in so short a time. We know that time is a premium for people and we value your time so we promise to make constructive use of the time you spend with us. Our progamme is about providing a high standard of training and delivering it in the best, most efficient way possible and we always do our very best to ensure that you will enjoy working with us. We are also in touch with most of the students long after the course whether it is meeting for a coffee or a chat on the phone. The support is free and we are delighted to offer it.

Contact Details

By Post: Niamh Flynn Suite 29 Floor 2, The Galway Clinic, Doughiska, Galway

By Phone: 00 353 91 720145

Mobile: 00 353 86 8234337

By email: info@bodywatch.ie

Web: www.hypnosistrainingireland.ie

We welcome your enquiries and look forward to speaking with you.