



# HYPNOTHERAPY TRAINING 2026

WEEKENDS IN CASTLEFORD



YORKSHIRE HYPNOTHERAPY TRAINING 01977 678593

# 7 STEPS TO BECOMING A HYPNOTHERAPIST

A GUIDE FROM YHT

STEP 1

## CHOICES

Decide what you want from your course - is it for general interest, to add to existing therapists' skills or to start a new career? When do you want to train - weekends or weekdays?



STEP 3

## MAKE CONTACT

For each of your short-listed schools make personal contact with whoever will be your teacher and ask a few questions. Attend a taster day, if they are available, or at least speak on the phone.



STEP 5

## THE COURSE

You might not have studied anything recently but you'll soon get back into the habit - classes, practice hours, reading, videos and writing. We have a free ebook on relevant study skills.



STEP 7

## YOU'RE OFF!

Now start looking to the future - make contacts, arrange a room, get insurance, advertising and paperwork in place, and look forward to meeting your first client.



STEP 2

## RESEARCH

Learn about the voluntary regulations (we offer a free ebook to help you do that). Decide what accreditation will suit you and make a short-list of suitable schools.



STEP 4

## ENROLMENT

Send in your form, and keep your fingers crossed!



STEP 6

## GRADUATION

Yay! All your hard work is paying off!



# WELCOME TO YHT

For those with no prior hypnotherapy training, Yorkshire Hypnotherapy Training offers three courses that give you an increasingly comprehensive knowledge of hypnotherapy and hypnosis.

1. Hypnotherapy Training Taster Courses: a fun, informative introduction available 100% free and online.
2. Foundation Level Training - an introductory course offering 200 hours of study over approximately four months. This is made up of 52 classroom hours (8 days) and some home study over approximately four months.
3. Practitioner Level Training - for those wishing to become professional hypnotherapists, this course offers 450 hours of study over a year, made up of the four Foundation modules plus six further Development modules. Altogether, you complete 130 hours of live training (20 days) plus home study, and this takes about ten months to complete.

We train in Castleford at weekends.

# WHY MAKE HYPNOTHERAPY YOUR NEW CAREER?



Perhaps others already confide their problems to you and you want to know how to help them? You may be seeking a more satisfying and fulfilling career, wanting to control your working hours or to have a practical and transportable skill to help you become self-employed.

A hypnotherapist is, quite simply, someone who is trained to combine hypnosis and therapy to help those with personal problems. Hypnotherapists are not doctors or psychologists and do not work with serious mental illnesses. As a hypnotherapist, you'll be helping people with issues such as panic attacks, anxiety, stress, phobias, weight control and unwanted habits such as nail-biting or smoking.

Hypnotherapy is an effective, rapid and results-oriented therapy. In fact, research comparing many different studies of hypnotherapy has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone.

You'll find more about the effectiveness of hypnotherapy, and what life as a professional hypnotherapist is like on our website. Yorkshire Hypnotherapy Training offers a friendly, practical and professional practitioner course which gives you all you need to begin a career as a professional hypnotherapist.

FACEBOOK REVIEW, CHRISTINE HOWSON



**A FABULOUS COURSE  
WITH OUTSTANDING  
TEACHING AND  
RESOURCES**

# WHO ARE OUR STUDENTS?

Our youngest student was 21, and our oldest was over 80!  
We welcome people from all backgrounds and sections of the community.

- Some want to take their lives in a different direction by investing in a challenging, rewarding and enjoyable new career.
- Some already work as complementary therapists or in the caring professions and want to add a new set of skills to their existing knowledge.
- Some want a part-time therapy practice to supplement their existing income, or to keep them active in retirement.
- Some simply wish to improve their communication skills, and their understanding of themselves and others.



# ABOUT PRACTITIONER LEVEL TRAINING

The Practitioner Course includes all you will need to practice as a professional hypnotherapist.

It is completed in stages, four Foundation and six Development modules. Our small class size allows for plenty of personal attention.

The class is held in Castleford at weekends and allows you to learn whilst you continue in your present employment.

In your time with us, you will develop sound theoretical knowledge and strong practical skills. Each module will offer a range of topics by way of tutor demonstrations and presentations, class discussion, and practical exercises.

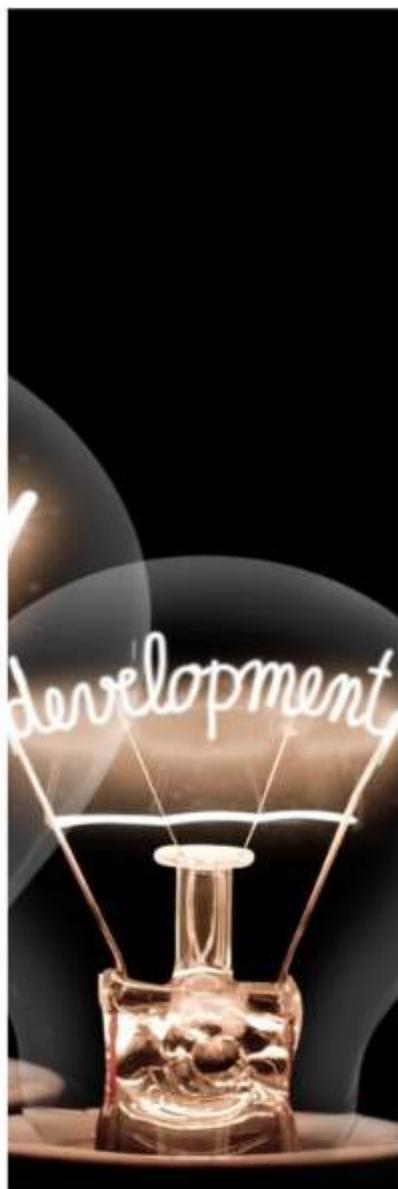
We enrol all practitioner-level students on an externally validated specialist qualification, which you receive in addition to your practitioner diploma.

This is included in the fees you pay for the course and counts towards your home study hours.

You also have the option of attending our externally accredited QPR Suicide Awareness & Prevention Course (2 hours on Zoom) free of charge while you are a student.



# FOUNDATION LEVEL TRAINING



The Foundation Certificate is a recognition of useful skills gained for personal development, or to add to another modality such as counselling or coaching.

You may join the General Hypnotherapy Register at the Affiliate level if you hold a Foundation Certificate, but not as a practitioner as the course does not meet the criteria for you to practice as a hypnotherapist.

The Foundation course is held over approximately four months and offers a choice of attendance patterns to make learning as easy as possible.

If you attend the Foundation course and later decide you want to continue to Practitioner level, you can do so.

# YHT SYLLABUS

*For Foundation level, you complete the first four modules only*

## Module One – Introduction to hypnosis

The history of hypnosis, Elman and Erickson  
Contraindications and ethical considerations  
What is hypnosis and how does it work?  
The evidence for hypnotherapy  
Basic hypnotic inductions  
Levels of trance and deepeners

## Module Two – The therapeutic relationship

Building rapport: sensory preferences and non-verbal communication  
Active listening and questioning skills  
Developing your hypnotic skills

## Module three – From hypnosis to hypnotherapy

Using hypnotic tests and convincers  
Direct and indirect suggestion, metaphor  
Developing a SMART therapy plan  
Organising your sessions  
Working with motivation

## Module four – Applying your skills to stress and related issues

Stress and anxiety  
Phobias and panic attacks  
Dealing with abreactions and secondary gain  
*Basic skills assessment*

## Module five – Working with habits

Making audios and recordings  
Rapid inductions  
Neuroplasticity and how it affects behaviour  
Unwanted behavioural habits  
Smoking cessation

*For practitioner level, you must complete all ten modules.*

## Module six – Self esteem / Weight control / Parts techniques

The development of the belief system  
Working with confidence  
Improving self-esteem  
Parts techniques  
Working with weight control  
Comparing CBT and analytical approaches

## Module seven – Analytical hypnotherapy

Age regression and exploring the past life experience  
Ego defence mechanisms  
Working with the inner child  
*Advanced skills assessment*

## Module eight – Health and wellness

Hypnotic pain control  
Working with serious illnesses  
Childbirth and fertility  
Autogenic training

## Module nine – Introduction to wider skills

Working with groups  
Working with children  
Gestalt and dream analysis  
*Final summation assessment and exam*

## Module ten – Business building

Record keeping and data protection  
The professional body, CPD and supervision  
Promoting your services, and the ASA guidelines  
Self-care in self-employment  
*Graduation*

*This is a guide to what is covered in our course. However, we regularly update and revise course content to reflect new research, and in line with any changes in the voluntary regulations. Therefore, we reserve the right to change this if appropriate.*

**DEBBIE IS AN AMAZING  
TUTOR... IF YOU ARE SITTING  
ON THE FENCE, MY ADVICE IS  
TO JUMP OFF AND LAND ON THE  
SIDE THAT LEADS YOU TO A  
FUTURE OF GREAT POSSIBILITY.**

# COURSE STRUCTURE



Hypnotherapy in the UK is classed as a "complementary" therapy.

There is a voluntary regulation agreement in place, a voluntary regulator (the CNHC), and a Training Standard to which all those working inside the voluntary system must adhere. The Training Standard only recognises in-person training.

You do not need to register with the CNHC to join a professional body, get insurance and successfully practice hypnotherapy.

However, if CNHC registration is important to you, you need to take an in-person course. Ask us if you have questions about this.

The Training Standard says that a practitioner-level course is a total of 450 hours of study including at least 120 hours of live training. The rest is personal study and homework, some of which is assessed and some of which is your own personal study time.

Each month you will be given information and ideas about suitable activities to meet these requirements, and we have a special students website which contains links to relevant reading, videos, and other resources.

The in-person element of our practitioner course is made up of ten training weekends in Castleford, and the rest you do at home to support your learning.

Foundation-level students attend just the first four modules in any format.

# ASSESSMENT

The Training Standard says that you need to be evaluated on theoretical knowledge, application of that knowledge to real-life situations and practical skills. Although some of this can be done by observation and feedback, it must also include case studies and exams.

At YHT, we assess you on both homework and what you do in class. Your tutor is primarily responsible for this, but some of your written work and some of your practical work in the classroom will also be reviewed by a suitably qualified person who has not otherwise been involved in your training. This 'second opinion' acts as a kind of quality control for both you and your tutor, and you can meet our most regular independent assessors on the 'tutors' page of the website.

In our experience, being assessed in any way can be a worrying thought, especially if you haven't taken any kind of test for some time. But imagine you were going to see a therapist; you would certainly want to know that they had proved that they had reached a good standard of skill and knowledge before being given a professional qualification. Your clients will be just the same.



Time can be spent looking at study skills for anyone who feels they are a bit 'rusty' and we have a free ebook giving study tips which you can request through the website.

Your tutor will be there throughout to help and support you, and can be contacted at any time between classes if you feel you need additional guidance.

If you have any concerns or questions about this, please get in touch.

# DO YOU HAVE WHAT IT TAKES?



- Attendance: there is a 90% attendance requirement. Catch-up/deferral procedures are available but it may delay you in passing the course. If we need to arrange an assessment specifically for you, there may be a charge for the assessor's time.
- Independent study: you will need to work through the study sheets each month, and complete the assignments set, on time and to a satisfactory standard. Extensions are granted only for exceptional circumstances.
- You are encouraged to keep in touch with other students between classes for peer support, discussion and practice as part of your independent study.
- You will be asked to assume the role of 'client' for other students in some classroom exercises, so you need to be willing to share personal information. Confidentiality rules apply to whatever you share in class, and if there are specific issues you prefer not to discuss this will be respected.
- You will be required to log at least 25 hours of therapy practice outside the classroom as part of your independent study. These hours usually have to be completed with other students, family and friends.
- You will not be allowed to charge for hypnotherapy sessions while you are still a student.

# SUPPORT FOR OUR STUDENTS

We offer plenty of support during and after your course.

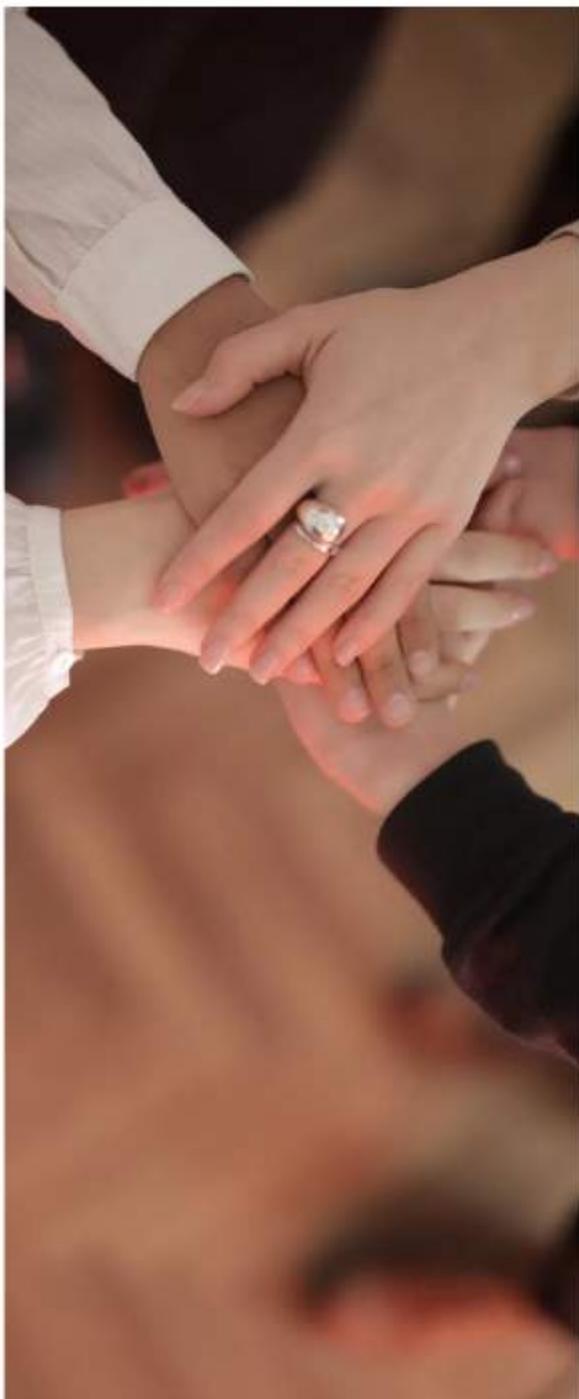
Time is set aside in every module for discussion of what you have learned so far, the practice you have been doing since the last class, and any other questions you might have.

You are free to phone or email your tutor for advice at any time between classes or to arrange a one-to-one tutorial.

We have quarterly supervision meetings which both students and graduates are welcome to join.

Our Facebook page features items of interest to students and is also useful for those promoting a new practice.

Our support is ongoing after you finish your course. You can contact your tutor at any time in addition to any other supervision arrangements you might make.



**NOT ONLY WAS THE CONTENT  
SPOT ON, THE PACE PERFECT,  
THE ASSIGNMENTS  
CHALLENGING BUT  
ACHIEVABLE, THE THING I  
VALUE MOST IS THE SUPPORT  
RECEIVED DURING AND AFTER  
THE COURSE.**



# ACCREDITATION & QUALIFICATIONS



The Hypnotherapy Practitioners' course offered by Yorkshire Hypnotherapy Training has been assessed and validated at the Practitioner Level by the GHSC and the APHP, and graduates can register with the CNHC (Complementary and Natural Healthcare Council), the national voluntary regulator for complementary healthcare practitioners in the UK.

Our training is also recognised by the International Certification Board of Clinical Hypnotherapists and others. Please check the website for up-to-date accreditations. All students can join any of these bodies at the practitioner level once they graduate.

When you pass the Foundation level modules you will be given the interim award, the YHT Foundation Certificate in Hypnotherapy.

When you have also successfully completed the development section of the course, you will receive:

- The YHT Diploma in Professional Hypnotherapy (DipPH)
- The YHT Certificate of NLP Skills (CertNLPS)

If you register as a practitioner with the GHR, you will also receive their Award, the GQHP.

In addition, you will receive a certificate for the externally validated course you have completed as part of your independent study.

# COSTS AND FEES



Unchanged from 2025

£2950 for Practitioner level (ten modules: Foundation and Development levels)

If you sign up for the Foundation level only (four modules) you will pay £1240

All students pay a non-returnable deposit of £100 on acceptance of a place, and the balance can be paid by whatever method suits you best:

- spread the cost with monthly payments,
- save 5% by paying in advance (practitioner).

Monthly instalments represent a proportion of the course fees, not a cost per module, and are therefore payable even if you are unable to attend any of the training days.

Fees include all you need to pass - classroom tuition, support between modules, handouts, marking, assessments, and certificates. It includes one of the textbooks but you may choose to purchase others.

You might also decide to take out student insurance, which tends to be around £20-25 for the year. We'll talk about the pros and cons of this in module one.

An additional fee may be payable if you miss a classroom assessment carried out by an independent assessor, to cover their time.

Once you are qualified, there will be costs involved in setting up your practice, such as advertising, insurance, professional memberships etc. Please bear this in mind when planning your future business.

# HEAD TUTOR

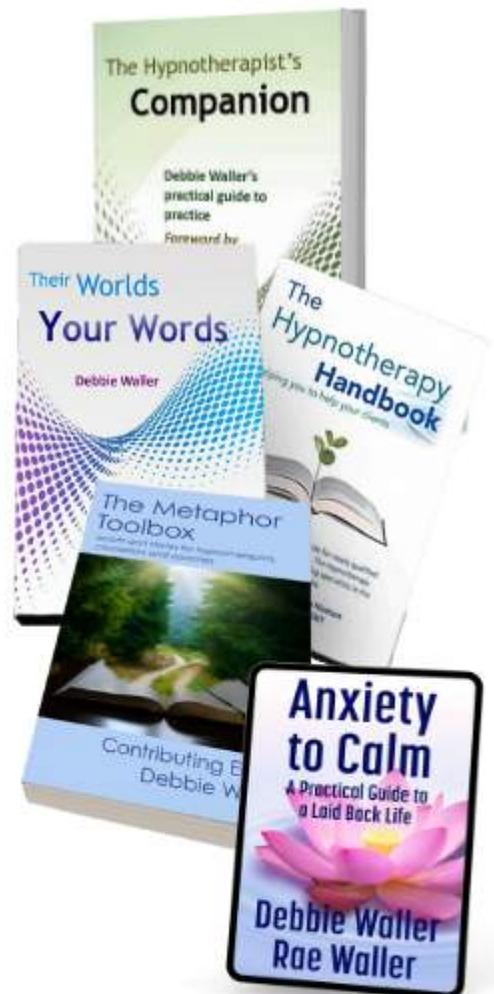
## DEBBIE WALLER

My name is Debbie Waller. I had 15 years of experience as a voluntary advisor/counsellor for a national charity and was awarded a First Class degree from Leeds Metropolitan University before becoming qualified as a Hypnotherapist, Stress Management Coach and EMDR/BLAST practitioner.

As well as running a successful therapy practice and Yorkshire Hypnotherapy Training

- I am a registered hypnotherapy supervisor and run several peer support groups as well as working one to one
- I have spoken at the UK Hypnosis Conference in London and at many other venues
- I am the author of 'The Metaphor Toolbox', 'Their Worlds, Your Words' and 'The Hypnotherapist's Companion', and a co-author of the 'Hypnotherapy Handbook' and 'Anxiety To Calm'. These are all available on Amazon in paperback and Kindle format.
- I am a former editor of the Hypnotherapy Journal.
- I am the editor of and primary contributor to the online journal Hypnotherapy Training & Practitioner.

You can find out more about my qualifications and professional affiliations in therapy and in training on the website.



# TAKE THE NEXT STEP TO YOUR NEW CAREER



## How do I enrol?

When you're ready to enrol on the course you can do so online. Just visit our website.

[Click here to sign up](#)

## I still have questions

If you still have questions,  
[CLICK FOR OUR FREE ONLINE TASTER COURSE](#)

Or get in touch:

Debbie Waller

01977 678593

[debbie@yorkshirehypnotherapytraining.co.uk](mailto:debbie@yorkshirehypnotherapytraining.co.uk)

# ACKNOWLEDGEMENTS AND LEGALITIES

This prospectus is copyright to Debbie Waller of Yorkshire Hypnotherapy Training. Please note that the information contained in this prospectus is accurate at the time of publication but may be subject to change. Classes are offered subject to sufficient enrolment numbers, and we reserve the right to amend or cancel any class that does not meet the minimum required. We will make every effort to inform applicants of any changes as soon as possible and provide suitable alternatives where available.

Please see the website for details.

Yorkshire Hypnotherapy Training is a trading name of Yorkshire Therapies & Training Ltd.

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