



icchp *insights*

Welcome to the long awaited Winter 2022 edition of ICCHP *Insights*, which is the newsletter for ICCHP students and graduates. *Insights* is designed to provide updates on ICCHP programme and course developments and also includes articles and resource links to additional information which may be of interest to students as well as practitioners. Students and practitioners are invited to submit information to be included for publication on *Insights*, this can include learning resources, articles, book reviews, research, patient case studies and/or any other information which may be of interest to our community of learning and practice. All material for submission/inclusion can be forwarded to insights@icchp.com.

Looking Forward

So much has happened since the last *Insights* Newsletter. In true, solution focused, goal directed therapeutic style, this newsletter is going to present the positive outcomes of the past two years with a focus on moving forward whilst creating desired future outcomes. Like when we educate our clients to instead of reliving their past negative experiences, we help them to understand, uncover and explore their positive learnings and resources from the past to create a much more enriched and rewarding future.

The ICCHP is now in its 11th year and has consistently applied this same approach to our programme and course delivery to ensure that we can continue to deliver quality training to our students, as well as outstanding support to our graduate practitioners. We would like to thank all of our previous students and graduates for your continued support and extend a warm welcome to all of our new and future students.

We hope that you enjoy this edition of ICCHP *Insights* and find it of great value.

Course Completion Awards

Please join us in congratulating our new graduates on their achievements and giving them a warm welcome into the hypnotherapy profession.

Practitioner Certificate PCHyp Graduates

Namrata Patel
Angie Helman
Chang Mong Shan
Alex Hooper
Therese Charalambous
Jamal Qureshi
Marcia Santos
Emma Prentice
Berni Riding
Chris Moate
Mel Kowin
Kai Xuan Lee
Tammy Neo

Ely Nayir
Marie Lee
Zulkifli Bin Rahmat
Dr Angela Siok Hoong Yeo
Ling Siew Tan
Diana Yeo

Santa Le Sueur

Online Practitioner Certificate CHyp Graduates

Trisa Hugo
Thales Antonio Souza Fernandes Lopes
Margaret Colli- Vignarelli

Practitioner Diploma PDHyp Graduates

Estelle Detrembleur
Inessa Stroguina
Daniela Becucci
Sonia Morales
Mark Chanda
Bernadette Qian Mo Chin
Jia Rui Ang
Lisa Huan Li
Sharon Geok Hong Loh
Roger Mortimer
Melvin Muk
June Chan
Angelyn Wee
Amy Chan
Mey Chan
Tanyaradzwa Tande
Lee Piau
Goh Aik Chin
Francis Loh
Priya Majmudar
Candice Chaignat
Candice Cai
Anna Pei Ling Lo
Say Piu Chan
Cosmas Leo Chee How Lee
Ricky Yee Meng Lim
Daryl Daniel Heng Yong Lim
Kevin Koh
San Ho Yew
Sze Jen Ngo

Online Practitioner Diploma DHyp Graduates

Robert Bartosik

Remember, it is important for students to let us know when all of the course components have been completed so certificates/diplomas can be presented or sent by post.

International Accreditation & Validation

The ICCHP our proud to announce the validation and accreditation of our courses by the National/International Council of Psychotherapists (NCP/ICP) and the International Association of Counselors and Therapists (IACT). We would like to thank Aloysius Tay for all of his help with these accreditations.



Our practitioner courses have been accredited by the National/International Council of Psychotherapists (NCP/ICP) at Diploma level. Diplomas are accredited individually as practitioner training and the NCP's aim is to maintain and develop professional standards. Diploma training accreditation is offered at two levels for members. Entry level diploma accreditation validates that a training course is the equivalent of an Ofqual Level 5 (DipHD/HND)) with a minimum of 370 Guided Learning Hours (GLH). Also, diploma accreditation for courses rated at Level 6 (BSc) or Level 7 (Masters) with a minimum of 370 Guided Learning Hours (GLH). The Office of Qualifications and Examinations Regulation (*Ofqual*) regulates

qualifications, examinations and assessments in England.

The ICCHP's Practitioner Certificate in Evidence-based Integrative Clinical Hypnosis (PCHyp) is accredited at Level 5 and the ICCHP's Practitioner Diploma in Evidence-based Integrative Clinical Hypnosis (PDHyp) is accredited at Level 6.

ICCHP graduates in the UK can now join the NCP and those outside the UK can join the ICP.

For more information visit:

<https://www.thencp.org/>



The International Association of Counselors and Therapists (IACT) is a premier association for holistic practitioners that provides a forum where members may exchange ideas, information, techniques and methodologies.

Establishing itself apart from the rest as a multidisciplinary association, which specializes in holistic techniques. IACT's membership includes medical practitioners, psychologists, clinical social workers, coaches, stress consultants, NLP practitioners, clergy, licensed massage therapists, hypnotists, hypnotherapists, biofeedback specialists, nutritionists, educators, mental health therapists, substance abuse counselors and others in the helping, healing arts.

ICCHP graduates can now join the IACT.

For more information visit:

<https://www.hypnosisalliance.com/iact/>

The British Psychological Society (BPS) Validates the ICCHP Practitioner Courses

The ICCHP has just been informed that our classroom based PCHyp and PDHyp practitioner

courses, along with our online CHyp and DHyp courses have been approved by the British Psychological Society (BPS), having met their 5 Standards of Accreditation for Continuing Professional Development (CPD).

This means that members of the BPS will be able to apply ICCHP practitioner training to meet their CPD training requirements. It is also a representation of the high quality of professional training offered by the ICCHP. For more information visit:

<https://www.bps.org.uk/>



the british
psychological society
approved

The ICCHP Supports The British Association For Holistic Medicine And Health Care (BMHA)

The ICCHP are promoting the British Association for Holistic Medicine and Health Care (BHMA). This charity based organisation creates, supports, educates and informs an inclusive community of healthcare professionals and all parts of society about the principles and practice of compassionate, holistic medicine and health care.

Those students and graduates interested in becoming members of this highly respected professional organisation are welcome to join.

For more information visit: <https://bhma.org/>



The ICCHP Promotes And Supports Anxiety UK

Anxiety UK was established to promote the relief and rehabilitation of persons suffering from

agoraphobia and associated anxiety disorders, phobias and conditions, in particular, but not exclusively, by raising awareness in such topics.

The organisation is a dedicated, friendly and approachable charity that believes that anxiety, stress and anxiety based depression are treatable and manageable. Anxiety UK has over 50 years' experience of supporting individuals and organisations requiring assistance with anxiety, stress and anxiety based depression. The charity offer a range of innovative and high quality services delivered by professionals; supported by staff and volunteers with personal experience of anxiety, stress, and anxiety based depression.

A number of ICCHP graduates are now Anxiety UK volunteer hypnotherapists. We encourage our graduates to join and offer their services to the organisation. It is a great way to build experience and provide needed help to those in distress.

For more information visit:
<https://www.anxietyuk.org.uk/>



Master Classes & Workshops

The ICCHP endeavours to offer interesting master classes of value to our students and graduates. We are continuously planning future classes of interest to our students, so if you have any specific topic interests that you would like us to present, or if you would like to present your own master class, then please let us know by emailing admin@icchp.com.

Looking forward we will be introducing some new online and classroom based master classes in 2022. Some suggestions so far include: Healing the Inner Child, EMDR, Script Writing, Integrating Traditional Chinese Medicine with Hypnotherapy, Treating Chronic Pain, Mind Body Health Practice and Integrating Nutrition with Hypnotherapy.

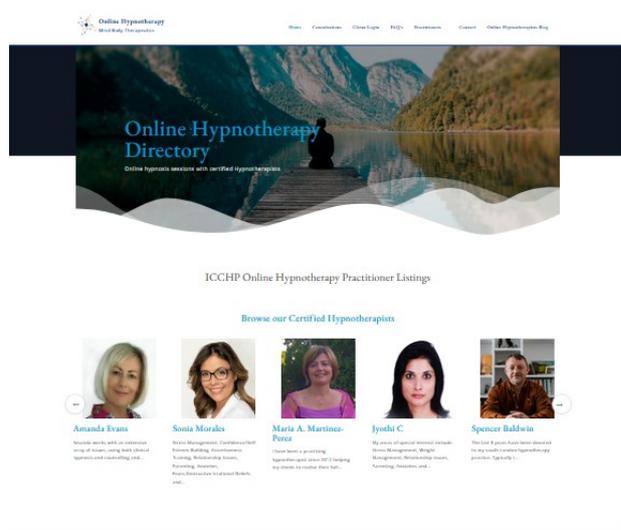
ICCHP Classroom Courses Now Available Live-Streamed

The ICCHP PCHyp and PDHyp classroom courses are now available live- streamed, so students are able to

attend the classroom courses from anywhere worldwide. Students will get the full classroom learning experience, but without the classroom face to face physical practise. This option may appeal to those students who want more than just the asynchronous online training courses, or those unable to attend ICCHP classroom training centres.

Remember to Have Your Practice Promoted on the ICCHP.NET Virtual Clinic Website

For those of you in practice, don't forget to have your details featured on the ICCHP virtual clinic website (<https://www.icchp.net>). This website is marketed so that potential clients can find ICCHP trained practitioners. All PCHyp and PDHyp graduates are eligible to be listed free of charge. This portal is part of our graduate support services.



If you would like your details added then please email your full contact details (email, phone, address, website address, etc.) to admin@icchp.com and if you want to include the geographical area/county covered and any special areas of treatment (i.e. vetted and working with children, sports hypnosis, etc.) then please indicate these.

The portal offers integrated calendar, booking and payment features, so your clients can use the portal to manage all of their appointments with you. It also features an integrated video conferencing system, just like Zoom and other similar applications, but it uses the most secure communications protocols, unlike Zoom and others. It is the same secure system used by the large

online therapy providers and meets government and professional body regulations, so that you can ensure complete client confidentiality.

You can use as much or as little of the functionality and at no cost. It is part of the ICCHP support provided to our graduates in practice.

The ICCHP Voted Best Hypnotherapy Course Provider 2020/2021

We are very proud to be the recipients of a number of business and industry awards in 2020 and 2021. This is recognition for our efforts to deliver to our students a high quality and value for money hypnotherapy training programme, along with a high level of service to ensure that our students obtain an outstanding learning experience.

- Best Hypnotherapy Course Provider 2020 & 2021 (Greater London Enterprise Awards)
- Hypnotherapy Course Provider of the Year 2020/2021 (London & South East Prestige Awards)
- Best Hypnotherapy Training Course Provider 2021 (Business Excellence Awards)
- Best Global Mind & Body Self Help eLearning Service (Education & Training Awards)
- Hypnotherapy Training Course Provider of the Year 2021/2022 (Global Awards 2021/2022)

More information about these awards can be found in the ICCHP News Blog here:
<https://www.icchp.com/icchp-news>

ICCHP Are Supporting Thames Medical Lectures (TML) to Deliver Online Training to University of London Medical Students

The ICCHP team were selected and have been instrumental in the successful implementation and delivery of online training to over 450 year one and year two UK medical school students in 2020/21. Further course delivery is planned for 2022.

The ICCHP team worked closely with TML to design three online medical school Student Selected Component (SSC) courses, traditionally taught in the

classroom. These courses are delivered and supported through the ICCHP's well established online learning infrastructure.

The ICCHP are grateful for the opportunity to work with TML and deliver quality training to future medical doctors.

ICCHP Appoints Two New Medical Directors

The ICCHP are proud to appoint Dr Gayathri K. Kumarasuriar and Dr Mohammad bin Abdul Rahman as Medical Directors for the college.



Dr. Gayathri K. Kumarasuriar is a Psychiatrist currently practicing in Melaka Hospital and Pantai Hospital Ayer Keroh in Malaysia. Dr Gayathri obtained her Postgraduate Membership from the Royal College of Psychiatrists, UK. She has the distinction of being the first trained candidate from the Ministry of Health in Malaysia to have passed the MRCPsych examination. She also has the distinction of being the first Psychiatrist in the Ministry of Health in Malaysia to combine Hypnotherapeutic Techniques with traditional psychotherapy in the management of patients, offering them a more holistic, flexible and eclectic mode of therapy. Her area of interests are Psychoneuroimmunology, Epigenetics and Quantum Consciousness.

Dr Gayathri has been fascinated about the power of the mind since she was 12 years old. She is now part of the Psychiatry Speciality Postgraduate Training Committee and the National Coordinator for the Psychiatry Parallel Pathway Program in the Ministry of Health Malaysia. Having obtained her Essential Skills in Medical Education Certificate from AMEE, Dr Gayathri is involved in the National Curriculum for Postgraduate Training in Psychiatry. As well as being the ICCHP Medical Director, Dr. Gayathri is the programme Director and a senior lecturer with ICCHP Malaysia.

Dr Mohammad bin Abdul Rahman is Associate Professor in Psychiatry with the Faculty of Medicine at Universiti Kuala Lumpur (UniKL), Royal College of Medicine Perak (RCMP) Ipoh and affiliated to NBCC International Malaysia as Trainer for the Mental Health Facilitator Program. Dr Mohammad holds a Bachelor of Medicine and Bachelor of Surgery (MBBS) from Universiti Malaya and Master of Medicine in Psychiatry (M.Med Psychiatry) from Universiti Kebangsaan Malaysia.



Dr Mohammad has worked with the Ministry of Health seconded to the School of Medical Sciences, Hospital Universiti Sains Malaysia (HUSM) as trainee lecturer and later academician from 1987-1996. He has moved to the Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (UniMAS) in 1996/97 and started training and services in Organizational Mental Health from 1998-2008. He joined the Faculty of Medicine, UniKL RCMP in 2008 until now. Dr Mohammad teaches Behavioural Sciences, Psychology and Clinical Psychiatry to medical and nursing students. Apart from conducting programmes and courses in Preventive and Interventional Mental Health, Dr Mohammad is a Programme Director and senior lecturer with ICCHP Malaysia.

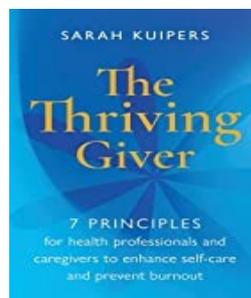
Please join us in extending a warm welcome to both Dr Gayathri and Dr Mohammad on their new ICCHP appointments.

Book Review - *The Thriving Giver* by Sarah Kuipers

This well presented book has a wealth of helpful approaches and exercises for hypnotherapists to help look after their own health and well-being, as well as for use with clients. Fitness to practice is an important aspect of being a hypnotherapist and this book is a tremendous resource for anyone in the health profession.

Sarah presents 7 Principles for health professionals and care givers to enhance self-care and prevent burnout.

The book is presented in two parts. The first is an overview of the principles and the second part presents specific approaches to address the 7 Principles. Throughout the book Sarah presents her own experiences and application of the principles and the exercises, as well as her client's experiences.



Sarah has a wealth of knowledge and experience, as a trained osteopath and hypnotherapist. Sarah was instrumental in delivering a Masters Degree in Clinical Hypnosis at the University of West London and teaches medical students at the University of London's Barts & London Medical School.

You can purchase the book or Kindle Edition through Amazon here:

https://www.amazon.co.uk/Thriving-Giver-Principles-professionals-caregivers-ebook/dp/B08ZYWW3XW/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=&sr=

New Courses Available Online

The *Integrated Performance Enhancement* (IPECert) and the *Integrated Stress Reduction* (ISRCert) Practitioner courses will be available online through the ICCHP Learning portal during the first quarter of 2022.

The *Integrated Performance Enhancement* (IPECert) course teaches individuals how to take control of and improve personal performance and well-being, in themselves and in others. This course appeals to three types of individuals: those interested in their own self development; those wanting to establish a lucrative career as a performance enhancement practitioner; and those individuals who currently work to improve the performance and well-being of others, such as personal trainers, coaches, mentors, clinical and non-clinical therapists, holistic practitioners, educators, etc.

The *Integrated Stress Reduction* (ISRCert) course teaches individuals how to take control of and improve personal physical health and psychological well-being, in themselves and in others. This course appeals to three types of individuals: those interested in their own self development; those wanting to establish a lucrative career as a stress reduction practitioner; and those individuals who currently work to improve the physical and mental well-being of others, such as personal trainers, coaches, mentors, clinical and non-clinical therapists, holistic practitioners, educators, etc.

Students of the PCHyp & PDHyp courses will have already covered the content of these course, so attending would be a refresher, with a specific certificate issued.

More details can be found on the ICCHP website (www.icchp.com).

The New Integrated Mind Body Health Practitioner (MBHP) Programme

The Integrated Mind Body Health Practitioner (MBHP) programme is a new and unique professional training career pathway offered from the ICCHP. It is a logical evolutionary progression for hypnotherapists to expand and extend their skills and embrace other complementary health practices beyond traditional hypnotherapy.

Graduates who have completed the PDHyp course will be eligible to obtain an MBHP qualification by attending a number of relevantly assigned MBHP master classes, which will be positioned online and in the classroom.

More details will be available in due course on the ICCHP website (www.icchp.com).

Student Learning Portal Updates

A major change to the student learning portal is that it now has its own dedicated internet domain. You will need to use the following address to access the online course modules through your browser: <https://www.icchphyhypnotherapycourses.com>. The <https://www.icchp.com/moodle> address is no longer used. If you use the old domain address you will be redirected to the new one. Please reset your bookmarks.

Changes to Module 101

The original Certificate course module 101 is now module 200, which is the module all practitioner

students should be using. The current Certificate course module 101 is now a free course module for potential students who want to trial the course. It does not contain any practitioner course resources.

Course Content Updates

Updates to the course content on the learning portal are continuing and you will notice changes taking place. Most of these changes relate to updating of the course content, but there have been some structural changes. New information and updated research is constantly being added in both the theory notes and the practical notes, along with some additional videos and scripts. All of the classroom practice notes for each module have been updated. You will be able to identify the new versions of the notes by their version numbers, v3.20, being the latest.

Classroom lecture video clips, updated course notes and additional learning resources are being added regularly, so it is worthwhile checking back into modules that you have already completed.

Global Search Facility

Remember that there is a Global Search Function available. This is a course wide global search function that will let you search information in all of the courses as well as the discussion forums in which you have access.

Moodle App

You now have a Moodle app available to you, so that you can load the app onto your smartphone or tablet and access your course material any time and anywhere. Just download the Moodle app from your appstore. You will need to use the <https://www.icchphyhypnotherapycourses.com> address to access the course through your browsers and Moodle app.

Glossary/Graduate Forums

Don't forget that you can add to the Glossary of Terms. Students and practitioners are encouraged to populate the Glossary. By doing so you can obtain ratings for extra credit towards your course grade and additional credit time towards your CPD requirements.

Also, remember that practitioners can use the graduate forums to share case related information and obtain help and support with presenting conditions. You can also share with each other your learning experiences in practice and what you find is working for you, to help build your practice.

Study/Practice Groups

The ICCHP encourages students to participate in study/practice groups, as those students participating in these groups demonstrate a higher level of knowledge, understanding and practical ability. Group members also support and encourage each other to complete the on-line course modules and get started in practice.

If you want to organise or join a study group then please post a message in the on-line student forums. Study groups can also be used for practice based discussion once you are seeing clients.

Having others to share your practice experience with will help you develop your knowledge and skills as a practitioner.

Remember, if you have, or you are attending study group sessions with each other then please record these by keeping a record of who attended, time spent, topics discussed and techniques practised. You can include this within your learning portfolio and it all counts towards your training hours and Continuing Professional Development (CPD) requirements for the GHR and CNHC. You can also have these validated by submitting for tutor signature.

ICCHP Hypnotherapist in Practice

We would like to feature, in each edition of *Insights*, an ICCHP graduate hypnotherapist who is in practice and would like to share their practice experiences with others. This will help cross culture and share ideas with a view to helping and encouraging each other in practice. If you would like to be featured in a future edition of *Insights*, then please email your copy to insights@icchp.com

Roger Mortimer



My hypnotherapy training began initially using distance learning materials and then I moved to online training. As my training progressed and my interest increased, I became more absorbed in all aspects of the profession - I looked for a reputable organisation who could deliver quality face-to-face training and I found it with ICCHP. Having considered that I live in Dorset and would need to travel to London with an overnight stay for each of the 12 modules, I have always believed that the more you put into something, the more you get out, and that this would ultimately become a rewarding path.

Hypnotherapists come from all walks of life and my career has been brought about by an interest in how people behave and thrive in a variety of complex situations. Over more than three decades I have developed a broad range of skills and attributes from serving in the Armed Forces, running an award-winning business, and working for small private companies and major global organizations.

Thanks to the ICCHP Certificate and Diploma courses, I am now a fully qualified Clinical Hypnosis & Hypnotherapy Practitioner, accredited by the General Hypnotherapy Standards Council (GHSC), Registered on the General Hypnotherapy Register (GHR) and a verified member of the Complementary and Natural Healthcare Council (CNHC). I also have an Enhanced DBS Cert.

My first six months after graduating were spent building my Practice and growing organically through providing a quality service and starting to gain a reputation. There have been some challenging moments, but staying in contact with others from my group has definitely helped. With Covid-19 becoming a huge consideration in all walks of life, there has been a shift with many clients now understanding that online therapy is very effective and currently around 75% of my sessions are conducted via Zoom. I specialise in Smoking Cessation and Confidence/Self-esteem. I find working with clients in these areas bring huge rewards for me personally and there's nothing more rewarding than knowing you are changing people's lives for the better!

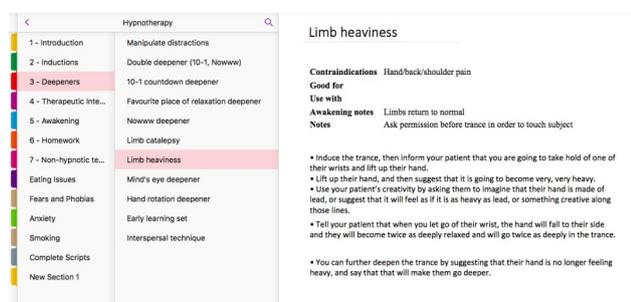
Roger can be reached via his website which can be found at: www.advantagehypnotherapy.com

OneNote Script Application

The OneNote Script application allows you to have all of your scripts from the course with you, either on a phone, tablet or computer. This allows you to be responsive to a client's needs, quickly adapting a session without having to flip through files of paperwork to find an appropriate script. Scripts are already organised into inductions, deepeners, therapeutic interventions, etc.

It is simple to add to any device, you just need Microsoft OneNote which usually comes free with your Microsoft Office suite (word, excel, etc.), or can be downloaded from your App store.

We would like to thank ICCHP graduate Jeni McClean for her work in developing and sharing this wonderful application.



The script builder is exclusive to ICCHP graduates and students, and the content is copyright to ICCHP, as is the paper version. But if you would like to have access to the script builder in its current form you can contact ICCHP Administration (admin@icchp.com). Students with ICCHP issued tablet computers will have this already installed on the tablet.

Website Building & Hosting

Our website designer, Lisa Jane, is available to help anyone interested in having a practice website created. You can email Lisa Jane to discuss your needs (calidaweb@gmail.com).

The ICCHP has its own virtual private server, so we can offer a low cost hosting service to our graduate practitioners. We have a great deal of spare capacity on our new secure high performance hosting server. So if you need any help with your website hosting, then email admin@icchp.com.

Please Link Us and Like Us!

Please Join Our Facebook Page, Follow Us on Twitter and Join Our LinkedIn Group Pages.

We are actively building our social media presence and so will be regularly posting news and information through these social media sites.

Future Insights newsletters will also be published through these.



<https://www.facebook.com/internationalhypnotherapy/>



<https://twitter.com/ICCHP>



<https://www.linkedin.com/company/international-college-of-clinical-hypnosis-practitioners/>



<https://www.youtube.com/channel/UCawvfg4ylzJIQuv-9rz8EQ>

Instagram

https://www.instagram.com/icchp_hypnotherapy/

Please Give Us A Review

The ICCHP are listed on Google Places and TrustPilot, we would like to have more reviews in order to help with our search engine optimisation and promotions effort. We would like to invite and encourage all of our students to add a review to Google Places, TrustPilot and others.

If you would like to write a review and willing to spend a few moments of your time to do so, it would be greatly appreciated.

You should be able to access the review page from the link below.

<https://g.page/r/CUNxQ1a2E-xXEAg/review>

TrustPilot reviews can be made here:

<https://www.trustpilot.com/review/www.icchp.com>

Thank you to all who have already written a review and those in advance who will help to increase our reviews.

Help Wanted

The ICCHP are looking for someone creative who would like to be involved twice a year with the design and publication of the ICCHP *Insights* newsletter.

Also, the ICCHP is looking for someone who understands digital marketing/social media, who would be interested in doing a small amount of regular weekly social media posting activity. If you are interested, then please email admin@icchp.com.

Maybe you have something to share with your peers: an experience from practice, a patient case study, a learning experience, a good book you have read or a helpful resource. If you have a good story to tell, or even a joke or, something funny or, interesting to share and would like it included in the next edition of ICCHP *Insights*, then please don't be shy, send it to insights@icchp.com.

Upcoming Course Dates

For those students who are planning on attending the classroom based courses in February and March, or have missed any course dates, here are the future dates of our PCHyp and PDHyp courses.

- [PCHyp:](#)

Current Course

- 204 - Indirect & Conversational (Erickson) Hypnotherapy Practice (12 - 13 February 2022)
- 205 - Applied Hypno-therapeutics (19 - 20 March 2022)

Next Course

- 200 - Introduction to Hypnosis & Hypnotherapy (26 - 27 February 2022)
- 201 - Introduction to Hypnotherapy Practice (19 - 20 March 2022)
- 202 - Behaviour Hypnotherapy Practice (9 - 10 April 2022)
- 203 - Psycho-dynamic Hypnotherapy Application (23 - 24 April 2022)
- 204 - Indirect & Conversational (Erickson) Hypnotherapy Practice (14 - 15 May 2022)
- 205 - Applied Hypno-therapeutics (18 - 19 June 2022)

- [PDHyp:](#)

- 301 - Advanced Hypnotherapy Practice (5 - 6 March 2022)
- 302 - Advanced Hypnotherapy Application (2 - 3 April 2022)
- 303 - Cognitive Behaviour Hypnotherapy Practice (7 - 8 May 2022)
- 304 - Cognitive Behaviour Hypnotherapy Application (11 - 12 June 2022)
- 305 - Integrative Hypnotherapy Practice (2 - 3 July 2022)
- 306 - Evidence-based Hypnotherapy Practice (23 - 24 July 2022)

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