



Clear Thinking newsletter from Uncommon Knowledge - Issue 86

In this month's Clear Thinking...

1. Choosing a good hypnosis course
2. Online course: Hypnosis Unwrapped

Before we get started, tomorrow is your last chance to get 25% off February's online Hypnosis Unwrapped course. If you want to learn conversational hypnosis without the need for scripts, read more here:

[Online Hypnosis Unwrapped Course - last chance to get 25% off](#)

3 more golden rules for choosing a hypnosis course

Three more great tips to help you make sure you choose the right hypnosis course for you.

I enjoyed Joe's excellent article [Two golden rules for choosing hypnosis training](#), and I thought I'd jump right in with my own thoughts on this important subject. After all, we've been running [hypnosis courses](#) for so long I can't help but have opinions on the matter!

Choosing the right people to learn hypnotherapy from is vital. One of the easiest ways to tell whether a school is really confident in what it is teaching is to check how grounded in research it is. Is it up to date? Or does it promise to teach you everything and nothing?

I've distilled this thinking down into three important precepts for identifying a good hypnosis course.

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- **A good hypnotherapy school knows what it's doing**

Be wary about hypnotherapy schools which promise to teach a whole raft of different approaches. The ones whose brochures offer:

- analytical hypnosis
- [Ericksonian hypnosis](#)
- direct hypnosis
- mesmerism
- past life regression
- etc

Like an engineering course offering to teach 'jet propulsion, wagon wheel technology, flying carpets...'

A sure sign that people are not fully confident about what they teach is when they offer a smorgasbord of different theoretical approaches. In psychology, as in mechanics, there has been both an evolution and an evaluation. Not every approach is as 'valid' as every other. Mental health, like mechanics, is too important for such sloppy thinking. We have to understand what works, and discard what is found to be unhelpful or confusing or even directly harmful. This is an ongoing process.

- **A good hypnosis course involves learning by doing**

Imagine if a would-be car mechanic was just given books to read or video to watch and never touched an actual engine. How good a mechanic would they be?

A hypnotherapy school should ensure that while you are learning you can work not just with other students but with members of the public who have come forward with real problems they want help with. Of course it's useful to work with your fellow students, but nothing beats doing fully assessed therapy sessions with real clients. This should be on your list of 'must haves' when you are selecting your course.

- **Good hypnosis training teaches you how things really work**

Any school you consider training with should confidently teach you the basics of how the brain emotes and this should be informed by up-to-date research.

Many people still have doubts about hypnotherapy as a valid psychotherapeutic approach because of a lingering association with nebulous New Age-y concepts such as 'energy fields' and 'spirituality'. There are readily available and verifiable neurological and physical explanations for all hypnotic and psychological phenomena, and this

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should be the basis of your teaching, not mysterious and inexplicable 'woo'.

A further warning. Any school presenting itself as a 'spiritual system' rather than just a psychotherapeutic training institute is likely to be working along cultish lines. This carries personal risks for you, and is likely to render you less effective when you set out to earn your living in the therapeutic 'market place', which has steadily (thank goodness) been becoming more rigorous in the demands it makes of therapists.

And lastly, it's important that you like your trainers and their results. Can they demonstrate their psychotherapy? Do they have years of experience? Are the people who have trained with them previously now effective and respected therapists?

Money and mouth

We no longer offer a hypnotherapy diploma program as we have moved all our training online. We are very proud of our record of training therapists and of the fact that our course more than fulfilled every single one of the criteria above.

Our excellent [online training course Hypnosis Unwrapped](#) cannot, of course, provide you with 'live clients' to work with (one day, perhaps!), but in every other respect we contend that you will not find a more solidly research and experience based course in the fundamentals of hypnosis.

The next course launches on 24th February 2010 and there are still a few places available. Book before Wednesday 3rd and you'll get the early bird discount, saving you 25% from the full course price.

See you in a fortnight.

[Mark Tyrrell](#)

Co-Founder

Uncommon Knowledge

Psychology trainers since 1995

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