



Centre for Postgraduate Studies & Research Ltd

Training centre offering a range of
continuing professional development programmes
for health and caring professionals

HYPNOSIS TRAINING BROCHURE

*THE USE OF HYPNOSIS AS AN ADJUNCT TO
COGNITIVE BEHAVIOURAL THERAPIES*

General Information & Training Programme 2008
Issue 1

NOTES

This information booklet is published in association with the Centre for Stress Management. The Centres reserve the right to change details, cancel courses or substitute trainer as necessary. For further information of our services and courses please telephone or write to the co-ordinator:

Centre for Postgraduate Studies & Research Ltd
PO Box 443
Harpenden
Herts
AL5 4WW

Enquiries/fax: 01582 712161
Email: admin@studiesandresearch.com
Website: www.studiesandresearch.com

For the Centre for Stress Management course brochure which includes Certificates and Diplomas in Stress Management, and Certificates and Advanced Certificates in Cognitive Behaviour Therapy, Multimodal Therapy and Rational Emotive Behaviour Therapy, please visit the Centre for Stress Management website:

Website: www.managingstress.com

CONTENTS

Section 1: General information

Important Notice. Essential Reading Before Enrolment

Section 2: Outline Course Information

Section 3: Course Details - Stage 1

Certificate in Cognitive Therapy and Hypnosis
Certificate in Cognitive Hypnotherapy
Certificate in Rational Emotive Therapy and Hypnosis
Certificate in Rational Emotive Behavioural Hypnotherapy.

Section 4: Course Details - Stage 2:

Diploma in Cognitive Behavioural Hypnotherapy

Section 5: Additional modules required for Stage 1 & 2

Section 6: Centre Memberships

Section 7: Professional Bodies

Section 8: Trainers

Section 9: Books written by trainers

Application Form

SECTION 1: GENERAL INFORMATION

The Centre for Postgraduate Studies & Research Ltd is a training centre which runs a range of modular Certificate, Advanced Certificate and Diploma programmes in association with the Centre for Stress Management. Currently the courses focus on Cognitive Behavioural Therapies, Clinical and Applied Hypnosis, and Cognitive Hypnotherapy. The training is suitable for psychologists, counsellors, psychotherapists and other health and caring professionals wishing to gain more knowledge and skills practice in hypnosis. Health and caring professionals in training may also be eligible to apply to the programme.

The hypnosis training at the Centre is within a cognitive behavioural, rational emotive and multimodal framework. Hypnosis is usually considered as an adjunct to counselling and psychotherapeutic approaches although we do run a Cognitive Hypnotherapy programme. The Centre provides a range of services including hypnosis, counselling, stress management and coaching for individuals and organisations.

The Centre for Postgraduate Studies & Research Ltd specialises in hypnosis as an adjunct to cognitive behavioural, rational emotive and multimodal therapies, and cognitive hypnotherapy. The Centre is a corporate member of the Institute of Health Promotion and Education, and a member of the British Institute of Learning and Development. The Director of the Centre is Professor Stephen Palmer PhD, a Chartered Psychologist and a UKCP Registered Psychotherapist. The Director of Administration is Kate Thomas who is a health educator and coaching psychologist.

The Centre runs a free online internet relaxation and hypnosis forum for both the public and practitioners. Just click the eGroup icon in the Forum section. The brochure provides information about our services and courses. Health and caring professionals may also wish to join The Professional Hypnotherapy Interest Group. Details of both of these groups are in this brochure.

COURSE VALIDATION

Certificate in Cognitive Therapy and Hypnosis

Certificate in Cognitive Hypnotherapy

Certificate in Rational Emotive Therapy and Hypnosis

Certificate in Rational Emotive Behavioural Hypnotherapy



The courses above run by the Centre for Postgraduate Studies & Research Ltd have been **Assessed and Validated** at **Foundation Level** by **The General Hypnotherapy Standards Council (UK)** and graduates are eligible to apply for **Affiliate Status** within **The General Hypnotherapy Register** (the GHSC's Registering Agency).

The Centre for Postgraduate Studies & Research Ltd has recently been awarded **Affiliate Status** with **The Hypnotherapy Society**. This means successful graduates from the course will be eligible to apply for **Associate membership** of the **HS (LHS)** <http://www.hypnotherapysociety.com/welcome/index.htm>

The **Hypnotherapy Society** acts as *the* professional body maintaining good standards, both for individual hypnotherapists, and for hypnotherapy trainers.

TRAINING STAFF

The following consultants are involved in running training courses either at the Centre or externally at other establishments: Thelma Dabor, Nick Edgerton, Stephen Palmer and Kasia Szymanska.

RESEARCH

The Centre undertakes research projects for external organisations.

CONTINUING PROFESSIONAL DEVELOPMENT

The courses are for CPD of qualified health professionals. Our courses are recognised by the Institute of Health Promotion and Education for CPD purposes.

CERTIFICATED COURSES IN LONDON, EDINBURGH, OVERSEAS OR IN-HOUSE

We run regular short and longer CPD courses for health professionals. These certificated courses are run at our centre in London, England or in Edinburgh, Scotland. We are prepared to run our programmes overseas.

RESOURCES

We stock the self-help book, *Creating a Balance: Managing Stress*, written by Palmer, Cooper & Thomas which is available by mail-order. We can sell our enrolled course participants, or organisations we have contracts with, a range of products including relaxation/hypnosis tapes, videos, biofeedback machines, biodots, daily logs and personal stress management programme manuals.

Other books we recommend are: *Brief Cognitive Behaviour Therapy*, written by Curwen, Palmer & Ruddell (2000) and *Treating Depression with hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches* (2001), written by Michael D. Yapko. These are also available by mail-order.

SPECIAL NEEDS

If you have special needs or requirements, please advise us when you apply.

IMPORTANT NOTICE – ESSENTIAL READING BEFORE COURSE ENROLMENT

Contact us on application if you have special requirements so that we can make the necessary arrangements.

Unless stated otherwise, all of the courses at the Centres are not opportunities to work out personal issues which may need the support of personal therapy but a commitment to self-disclosure in relation to course learning; skills training and personal awareness will be expected. Participants on the hypnosis training will be expected to practise hypnosis techniques on each other to aid skills learning. As the training programme includes skills practice by the trainees of the hypnosis and cognitive techniques, this course may be unsuitable for people who are currently suffering from serious mental health problems such as severe clinical depression and would therefore need experienced and professional health practitioners to help them within a therapeutic context. It would not be possible to exempt participants from the skills practice as it is an integral part of the course.

Participants must attend over 90% of an individual course to satisfy the attendance requirements. If this is not possible then students are advised to apply when they can meet the criteria. All course fees must be paid four weeks prior to the commencement of the course. Participants attending courses are expected to switch off their mobile phones and pagers during lectures and workshops. Normal rules of confidentiality apply to all of the courses.

SECTION 2: OUTLINE COURSE INFORMATION

The Centre for Postgraduate Studies & Research Ltd in association with the Centre for Stress Management has developed an integrated, modular programme of cognitive behavioural and hypnosis courses based on multimodal, cognitive-behavioural, problem focused and rational emotive behavioural approaches. With most modules, within acceptable limits, students can study and attend courses at their own speed depending upon the time and the finances they have available. These training programmes can also be run for organisations who wish their staff to attend the same course. Contact the Administration Director for further details.

LEVELS / STAGES

There are two levels of qualification that can be gained;

Stage 1:

Certificate in Cognitive Therapy and Hypnosis
Certificate in Cognitive Hypnotherapy
Certificate in Rational Emotive Therapy and Hypnosis
Certificate in Rational Emotive Behavioural Hypnotherapy.

Stage 2:

Diploma in Cognitive Behavioural Hypnotherapy

Both stages are run in association with the Centre for Stress Management. Certificated courses involve assignments undertaken at home. If in doubt, please contact the Centre.

SUITABILITY FOR THE PROGRAMME

- The course is suitable for health and caring qualified professionals including psychologists, nurses and occupational therapists.
- Health and caring professionals in training
- People interested in Cognitive Behavioural Therapies and Hypnosis or Cognitive Hypnotherapy who wish to start training as health and caring professionals.¹

ENTRY ONTO THE HYPNOSIS PROGRAMME

- A fully completed application form.
- Applicants who are still in training as health or caring professionals may need to be interviewed to assess if the course is at a suitable level.
- Suitable references if applying for whole programme or if applicant has not finished training as a health or caring professional.
- Stage 1 training must be successfully completed before embarking on Stage 2 (Diploma in Cognitive Behavioural Hypnotherapy)

¹ (Additional training will be required and membership of a relevant health-related professional body will be necessary. See Professional Bodies section of this brochure. Seek guidance from Centre.)

STAGE 1

Total of 5 days training

- Certificate in Cognitive Therapy and Hypnosis
- Certificate in Cognitive Hypnotherapy
- Certificate in Rational Emotive Therapy and Hypnosis
- Certificate in Rational Emotive Behavioural Hypnotherapy

Part 1: (2 days training)

Run in association with the Centre for Stress Management

1. Primary Certificate in Cognitive Behaviour Therapy and Training *or*,
2. Primary Certificate in Rational Emotive Behaviour Therapy

Delegates can choose which qualification they wish to obtain dependent on their previous experience and specific area of interest within the Cognitive Behaviour Therapies.

Part 2: (3 days training)

1. Primary Certificate in Cognitive Behavioural Hypnotherapy

Foundation hypnosis and cognitive hypnotherapy training includes: what is hypnosis, introduction to cognitive behavioural therapies and how hypnosis fits within these approaches, induction, ideomotor, relaxation, anxiety, stress, simple phobias, stop smoking, habits, mild depression, imagery techniques, professional and legal issues related to using hypnosis. Cognitive behavioural therapies are integrated with the application of hypnosis throughout the course. There are three assignments to be undertaken at home.

STAGE 2

Run in association with the Centre for Stress Management

- Diploma in Cognitive Behavioural Hypnotherapy (DipCBTHyp)

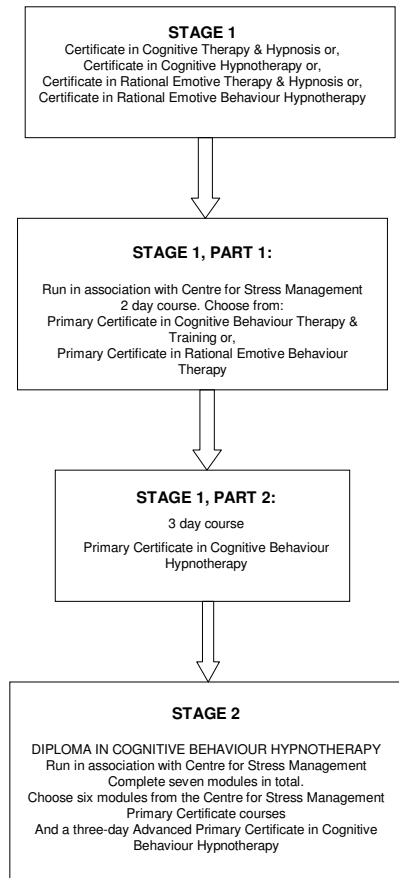
Complete a further 7 modules (some run in association with the Centre for Stress Management). Delegates choose six modules from the Primary Certificate courses offered at the Centre for Stress Management and also complete a three-day Advanced Primary Certificate in Cognitive Behavioural Hypnotherapy

This is academic and practice based. Successful completion of Stage 1 is essential before finally applying for the Diploma, then hypnosis practice for 6 to 12 months. Individual or group supervision sessions will also be provided if participants are unable to obtain supervision in their place of work. Work includes an extended essay, in-depth case studies, learning log/journal and 5 book reviews.

Participants can enrol on the Diploma on commencement of starting the programme, but Stage 1 must be completed first.

If you decide to enrol for the Diploma we recommend that students join the Association for Rational Emotive Behaviour Therapy (AREBT) and join the GHR. Participants can use the Diploma to integrate hypnosis within their own approach to counselling such as TA or Gestalt assuming they can get suitable supervision.

STRUCTURE OF PROGRAMME



COURSE SUITABILITY

The CPD hypnosis courses are suitable for psychologists, qualified counsellors/ psychotherapists, and other qualified health and caring professionals who wish to learn more about the particular topics: Cognitive Behaviour Therapies (CBT) and hypnosis. Our courses are Continuing Professional Development programmes.

For health professionals already practicing in CBT, the course will serve as a useful refresher in CBT, whilst also integrating the application of hypnosis within a CBT framework. This applies throughout the course.

Also suitable for health and caring professionals still in training wishing to learn more about cognitive behavioural therapies and hypnosis, or cognitive hypnotherapy. If you are new to the field of counselling and psychotherapy please contact us for further details.

COURSE QUALIFICATIONS

Certificates of attendance are issued to delegates who complete a course for the purposes of continuing professional development. A Certificate is awarded to delegates who successfully complete each module and further assignments as detailed in the brochure. Delegates can progress to the Diploma - please see this brochure for further details.

You can use the following letters after your name once you have successfully completed the course:

Stage 1:

- Certificate in Cognitive Behavioural Therapies and Hypnosis – CertCBTHyp
- Certificate in Cognitive Hypnotherapy – CertCogHyp
- Certificate in Rational Emotive Therapy and Hypnosis – CertREBTHyp
- Certificate in Rational Emotive Behavioural Hypnotherapy – CertREBTHyp

Stage 2:

- Diploma in Cognitive Behavioural Hypnotherapy – DipCBTHyp

SECTION 3: COURSE DETAILS - STAGE 1

STAGE 1

- Certificate in Cognitive Therapy and Hypnosis
- Certificate in Cognitive Hypnotherapy
- Certificate in Rational Emotive Therapy and Hypnosis
- Certificate in Rational Emotive Behavioural Hypnotherapy.

Part 1: (2 days training)

Run in association with Centre for Stress Management

1. Primary Certificate in Cognitive Behaviour Therapy and Training *or*,
2. Primary Certificate in Rational Emotive Behaviour Therapy.

Delegates can choose which qualification they wish to obtain dependent on their previous experience and specific area of interest within the Cognitive Behaviour Therapies i.e. CBT or REBT.

Content

These 2 day workshops focus on the theory, skills and techniques and practice of either Cognitive Behavioural Therapy or Rational Emotive Behaviour Therapy. A great deal of emphasis will be placed on skills practice and participants will be expected to practise on each other the clinical applications of the therapeutic approach, step by step.

For further information about these modules please see Appendix 1.

Part 2: (3 days training)

1. Primary Certificate in Cognitive Hypnotherapy *or*,
2. Primary Certificate in Cognitive Behavioural Hypnotherapy

Content

The above Certificate programmes are identical but delegates can choose which award they would prefer. This 3 day programme focuses on the theory, skills and techniques and practice of Cognitive Hypnotherapy as developed by Dr E Thomas Dowd and Cognitive Behaviour Hypnotherapy developed by Professor Stephen Palmer. These approaches underpin this training programme. A great deal of emphasis will be placed on skills practice and participants will be expected to practise on each other the clinical applications of hypnosis and cognitive behavioural hypnosis techniques, step by step.

OVERALL AIMS

- To provide participants with the historical developments, evidence based practise, skills, techniques and practice of hypnosis for a variety of conditions within a general cognitive behavioural framework and cognitive hypnotherapy framework.
- To provide an introduction to the theory and practice of cognitive-behaviour therapies (either Cognitive Therapy [CT] or Rational Emotive Behaviour Therapy [REBT], dependent on the choice of module in Part 1 of Stage 1).

OBJECTIVES

By the end of the course delegates will:

- Develop an understanding of Cognitive Behavioural Therapies and Cognitive Hypnotherapy.
- Develop an understanding of and gain practice in using hypnosis within a CBT or REBT framework.
- Have guidelines for the use of hypnosis.
- Understand the principles of hypnotic suggestions.
- Be able to define hypnosis and have practical experience of the six stages of a hypnotherapy session.
- Have the opportunity to practise a range of hypnotic inductions, deepeners, cognitive modification and CRC scripts.
- Have the opportunity to practise hypnosis and cognitive hypnotherapy techniques relevant for various conditions: ego strengthening, confidence building, stress management, anxiety disorders, habit control, moderate depression, pain management, simple and social phobias.
- Gain practice in teaching the cognitive model and its relationship to hypnosis
- Undertake a problem assessment.

Important:

It will be expected that delegates will have developed skills in eliciting and examining negative automatic thoughts (NATS), developing alternative responses to them and using 5 column DTR forms on the 2-day CBT or REBT module. Experienced cognitive behavioural or rational emotive therapists may be eligible to enrol directly onto Part 2 (the 3 day Cognitive Hypnotherapy module). However, all other delegates will need to attend the Part 1 (2-day CBT or REBT course) first.

COURSE BOOKS

Alladin, A. (2007) Handbook of Cognitive Hypnotherapy for Depression: An Evidence-based Approach. Philadelphia, PA.: Wolters Kluwer/Lippincott Williams & Wilkins. *

Chapman, R.A. (2006). The Clinical Use of Hypnosis in Cognitive Behavior Therapy: A Practitioner's Casebook. New York: Springer Publishing. **

Curwen, Palmer & Ruddell (2000) Brief Cognitive Behaviour Therapy. Sage.*

Dowd, Thomas (2000) Cognitive Hypnotherapy. Aronson.

Ellis, Gordon, Neenan and Palmer (1997) Stress Counselling: A Rational Emotive Behaviour Approach. Continuum International Publishing Group Ltd.

Heap, M & Aravind, K.K. (2002) Hartland's Medical and Dental Hypnosis (2002). Churchill Livingstone.

Yapko, Michael D (2001) Treating Depression with Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches. Brunner-Routledge.

*Key: * Essential reading for course. ** Preferred course book*

For students who need a greater understanding of different therapeutic approaches, we recommend Introduction to Counselling and Psychotherapy: The Essential Guide (2000), by Palmer. (Published by Sage).

PLEASE NOTE THESE CAN BE PURCHASED THROUGH THE CENTRE.

SELECTION

Selection is a threefold process which includes: application form, reference from someone who knows the applicant, and a personal interview with a course tutor or Director to ascertain suitability for the course if the applicant is not fully qualified as a health or caring professional. Although it is a post-qualification course, applicants new to this field of work will be considered. The potential attributes looked for in the selection process are evidence of the ability to reflect upon life experience and use it to enhance self-awareness and maturity; the ability to form a helping relationship; the ability to build upon self-criticism; the capacity to cope with the emotional, intellectual and practical demands of the course. The course is not an opportunity to work out personal issues which may need the support of personal therapy but a commitment to self-disclosure in relation to course learning and personal awareness will be expected.

ASSESSMENT

Part 1:

There will be a written assignment undertaken at home where participants will need to answer 10 questions. This takes between three to six hours depending upon the student.

Part 2:

There will be a written assignment undertaken at home where participants will need to answer a number of questions and will be asked to provide either a recording of a hypnotherapy session with a real client or a recording of self-hypnosis script they have used on themselves. They will be expected to submit one relevant book review.

STAFF

The trainers include Thelma Dabor and Professor Stephen Palmer.

SECTION 4: COURSE DETAILS - STAGE 2

STAGE 2

Run in association with the Centre for Stress Management

- **Diploma in Cognitive Behavioural Therapies and Hypnosis (DipCBTHyp)**

Complete a further 7 modules (some run in association with the Centre for Stress Management). Delegates choose six modules from the Primary Certificate courses offered in association with the Centre for Stress Management (as shown in Section 5) and also complete a compulsory three-day Advanced Primary Certificate in Cognitive Behavioural Hypnotherapy.

Three-day Advanced Certificate in Cognitive Hypnotherapy / Advanced Certificate in Cognitive Behavioural Hypnotherapy

This is academic and practice based. Successful completion of Stage 1 is essential before finally applying for the Diploma. Delegates are then required to practice hypnosis for 6 to 12 months. Individual or group supervision sessions will also be provided if participants are unable to obtain supervision in their place of work. Work includes an extended essay, in-depth case studies, learning log/journal, and 5 book reviews.

Participants can enrol on the Diploma at the beginning of starting the programme, but Stage 1 has to be completed first.

Participants can use the Diploma to integrate hypnosis within their own approach to counselling such as TA or Gestalt assuming they can get suitable supervision.

AIMS

To develop an advanced knowledge about the nature of cognitive hypnotherapy and its application within a therapeutic framework.

OBJECTIVES

All of the objectives shown for the component courses are objectives for this course. In addition, students successfully completing the course will be able to:

- increase their knowledge and practice of cognitive hypnotherapy
- develop a range of hypnosis scripts for a range of client situations
- identify the similarities and differences between various approaches of hypnosis and understand how cognitive hypnotherapy can be used as an adjunct to other cognitive based therapies such as Cognitive-Behavioural, Problem Focused, Rational Emotive Behavioural and Multimodal models

WHO IS THE COURSE FOR?

The course is suitable for counsellors, trainers, coaches, counselling/ health/ clinical psychologists, psychotherapists, nurses, doctors, and other health and caring professionals who wish to learn more about cognitive behaviour therapies and cognitive hypnosis.

SELECTION

Selection is based on successful completion of Stage 1. In addition a personal interview with a course tutor may be necessary to ascertain suitability for the course.

The course is not an opportunity to work out personal issues which may need the support of personal therapy but a commitment to self-disclosure in relation to course learning and personal awareness will be expected.

ASSESSMENT

Students need to pass the written assignments undertaken at home for all seven of the primary certificate modules. In addition they need to submit a 2500 word assignment, and 5 book reviews.

Students will be expected to keep a learning log of their experience on the course which will include: lecture notes, handouts, record of the lecturers, course hours and study time, copies of exam papers and essays, a link between the work and learning on the course and its application to the student's work context, a record of those aspects of personal growth and self-awareness which inform stress management practice and relate to the ability to understand course material, as well as their personal views of the course. The learning log is presented during forum sessions.

SECTION 5: ADDITIONAL MODULES

ADDITIONAL MODULE COURSE DETAILS - STAGE 1, PART 1

PRIMARY CERTIFICATE IN COGNITIVE-BEHAVIOURAL THERAPY AND TRAINING

Run in association with the Centre for Stress Management

CONTENT

This intensive 2-day course based workshop covers the theory and practice of cognitive-behavioural therapy and training. Some of the topics included are agenda setting, cognitive distortions, downward arrow, the importance of homework assignments, and the use of dysfunctional thought forms. These issues and techniques and their application to the treatment of stress, depression, phobias and anxiety are also covered. A video will be shown to demonstrate some of the techniques. Participants will have the opportunity to practise some of these techniques in small group work. Handouts, questionnaires, and a manual are provided. For the purposes of skills training, participants should be prepared to discuss one problem in small group work. Normal rules of confidentiality apply.

AIMS

To provide an introduction to the theory and practice of cognitive-behaviour therapy (CBT) with particular emphasis on A.T. Beck's cognitive therapy (CT).

OBJECTIVES

This 2-day course will help participants to:

- understand the relationship between thoughts, feelings and behaviours
- distinguish between thoughts and feelings
- learn the main features of CBT practice
- gain practice in teaching the cognitive model
- undertake a problem assessment
- develop skills in eliciting and examining negative automatic thoughts (NATS) and developing alternative responses to them
- gain practice in homework negotiation

STAFF

The trainer is Michael Neenan, Professor Stephen Palmer or Nick Edgerton.

PRIMARY CERTIFICATE IN RATIONAL EMOTIVE BEHAVIOUR THERAPY AND COUNSELLING

Run in association with the Centre for Stress Management

CONTENT

This Association for Rational Emotive Behaviour Therapy approved 2-day course covers the basic theory and practice of rational emotive behaviour therapy (REBT) and counselling. It includes the following: basic concepts; healthy and unhealthy negative emotions; psychological interactionism; agenda setting, three major MUSTS and the derivatives; the ABC model; treatment sequence; assessing A and inference chaining; teaching the B-C connection; disputing irrational beliefs; self-acceptance; importance of homework assignments; multimodal emphasis; shame attacking exercises; low frustration tolerance exercises. A manual, booklet, questionnaires and handouts are provided. For the purposes of skills training, participants should be prepared to discuss two personal issues in the training group. Normal rules of confidentiality apply. Participants may wish to undertake either a shame attacking exercise or a low frustration tolerance exercise as a homework assignment.

NB. REBT was formerly known as Rational-Emotive Therapy. This course is AREBT approved primary certificate course.

AIMS

To provide an introduction to the basic theory and practice of Albert Ellis' rational emotive behaviour therapy (REBT).

OBJECTIVES

This 2-day course will help participants to:

- gain practice in using the ABCDE model of emotional disturbance and change
- distinguish between irrational and rational beliefs
- distinguish between ego and discomfort disturbance
- distinguish between healthy and unhealthy negative emotions
- undertake a problem assessment including skills practice in inference chaining
- teach the B-C connection
- identify, challenge and change irrational beliefs
- gain practice in homework negotiation
- understand the difference between self-esteem and self acceptance

STAFF

The trainer is Professor Stephen Palmer, an Albert Ellis Institute Certified Supervisor for REBT or Michael Neenan. Both trainers are BABCP and AREBT Accredited Therapists and UKCP Registered. Both have published books and articles on REBT.

ADDITIONAL MODULES FOR DIPLOMA – STAGE 2

Delegates can choose SIX modules from those shown above in Stage 1 or from the list below:

PRIMARY CERTIFICATE IN MULTIMODAL THERAPY AND COUNSELLING

Run in association with the Centre for Stress Management

CONTENTS

This intensive 2-day course based workshop covers the theory and practice of the Multimodal Approach to counselling and training based on the work of Arnold Lazarus and adapted to the field of stress counselling and management by Professor Stephen Palmer.

The topics include the seven BASIC ID modalities i.e. Behaviour, Affect, Sensation, Imagery, Cognitive Interpersonal, Drugs/Biology; Modality and Structural Profiles; interventions and techniques. The useful multimodal interventions of tracking and bridging will be discussed. Videos will be shown to demonstrate some of the techniques. Participants will have the opportunity to practise some of these techniques in small group work. It is recommended that delegates have some prior knowledge of cognitive behavioural techniques. The book *Counselling for Stress Problems* and handouts are provided. For the purposes of skills training, participants should be prepared to discuss two personal problems in small group work. To assist training, it is **essential** for all participants to complete a Multimodal Life History Inventory as a homework assignment at the end of the first day of the course. This is an integral part of the course. Normal rules of confidentiality apply.

AIMS

To provide an introduction to the theory and practice of multimodal therapy and counselling.

OBJECTIVES

- Learn the main features of the practice of multimodal therapy
- Become knowledgeable of interventions from the BASIC ID
- Gain practice in explaining the multimodal approach
- Undertake a modality profile to aid assessment
- Undertake a structural profile
- Understand tracking, bridging and deserted island techniques
- Understand the concept of the authentic chameleon
- Examine and complete a multimodal life history inventory

STAFF

The trainer is Professor Stephen Palmer. He is one of Europe's leading exponents of Multimodal Therapy.

PRIMARY CERTIFICATE IN STRESS MANAGEMENT

CONTENT

This 2-day course includes the theory of stress and its management. The course takes a multimodal cognitive-behavioural approach to stress management and is based on current research and practice. Some of the topics included are individual and organisational symptoms of stress, thinking errors and thinking skills, stress mapping, stability zones, relaxation techniques, biofeedback, pressure and stress, lifestyle management, physical outlets, management of the personal work environment, Type A behaviour, locus of control, time management, coping strategies at work and home. The application of theory to practice in different settings e.g. counselling, health education, individual and group training, coaching, management, and psychotherapy, will be covered. A book, manual, handouts and biodots are provided. A number of questionnaires will need completing at the end of the first day of the course. As some of the content in this course overlaps with the Primary Certificate in Occupational and Organisational Stress Management, we do not recommend students to do both.

AIMS

- To become knowledgeable about the nature of stress, its management and prevention
- Be able to apply this knowledge to recognise stress in self, others and organisations
- To become knowledgeable about a multimodal cognitive-behavioural approach to stress management based on current practice and its application to different settings

OBJECTIVES

- Define stress and understand how it differs from pressure
- Have a working understanding of modern models of stress including the multimodal transactional model, the cognitive ABCDE model and an organisational model
- Understand the psychophysiology of stress
- Identify the main physical, psychological and behavioural symptoms of stress in self and others
- Examine primary, secondary and tertiary stress management interventions at the individual and organisational levels
- Recognise thinking errors and performance interfering thoughts and develop coaching, training or counselling thinking skills to help individuals modify these beliefs
- Develop a range of strategies and techniques to tackle stress including, Type A modification, relaxation skills, lifestyle management, biofeedback, stress mapping
- Understand Type A behaviour and Locus of Control constructs
- Recognise the organisational symptoms of stress and identify what strategies can be undertaken to prevent and manage stress at work

STAFF

The trainer is Professor Stephen Palmer, Nick Edgerton or Michael Neenan.

PRIMARY CERTIFICATE IN PROBLEM FOCUSED COUNSELLING, COACHING AND TRAINING

Run in association with the Centre for Stress Management

CONTENT

This 2-day workshop is based upon the problem solving and stress management approaches of Meichenbaum, 1985; Falloon et al, 1984, 1987, 1993; Palmer, 1994; Wasik, 1984; Hawton and Kirk, 1989; Palmer and Burton, 1996; Milner and Palmer, 1998. It includes the seven step sequence: problem identification, goal selection, generation of alternatives, consideration of consequences, decision-making, implementation, and evaluation. The indications and contraindications are also covered i.e. when and when not to use the approach. For the purposes of skills training, participants should be prepared to discuss two personal problems in small group work. Normal rules of confidentiality apply.

AIMS

To provide participants with an introduction to the theory and practice of problem solving within counselling and coaching settings.

OBJECTIVES

- Develop an understanding of and gain practice in using the seven step problem focused model and two coaching models
- Practise applying the models step by step to current problems
- Practise using the techniques associated with problem solving
- Distinguish between problem interfering thoughts (PITS) and problem enhancing thoughts (PETS)
- Understand the differences between counselling and coaching

STAFF

The trainer is Kasia Szymanska, Michael Neenan or Professor Stephen Palmer

PRIMARY CERTIFICATE IN ASSERTION AND COMMUNICATIONS SKILLS TRAINING (LEVEL 2)

CONTENT

This 2-day workshop focuses on the theory and practice of assertion and communications skills. There will be an emphasis on skills practise and course participants will be given opportunity to practise assertion and communication skills, step by step. Assertion skills such as negative feelings assertion, fogging, workable compromise and setting clear boundaries will be covered. Communication skills such as sending and receiving skills will be included. The use of assertion and communications skills in counselling and stress management training will also be discussed.

AIMS

- To provide a practical understanding of those skills associated with assertiveness training and how these skills can be used to aid the communication process.

OBJECTIVES

By the end of the course delegates will:

- have an understanding of the differing personality types associated with assertiveness training
- be able to identify individual behaviour patterns
- have had the opportunity to practise a range of assertiveness techniques
- have had the opportunity of discussing personal concerns
- have developed an Action Plan to consolidate learning and future training needs

STAFF

The trainer is Gladeana McMahon or Nick Edgerton

PRIMARY CERTIFICATE IN ADVANCED COGNITIVE BEHAVIOURAL SKILLS (LEVEL 3)

CONTENT

This is an intensive 3-day course for participants enrolled on an Advanced Certificate/Diploma programme run by the Centre. The course takes a cognitive-behavioural approach to counselling, psychotherapy and stress management. The course includes developing a cognitive case-conceptualisation and examining three levels of cognition. It includes theoretical input and time to practise the techniques and skills discussed. For the purposes of skills training, participants should be prepared to discuss one or two personal problems. Normal rules of confidentiality apply. However, the course is not an opportunity to work out personal issues which may need the support of personal therapy.

WHO IS THE COURSE FOR?

It is important to note that this course is run specifically for participants already enrolled on one of the Centre's advanced certificate or diploma programmes. The course is suitable for psychologists, counsellors, psychotherapists, health and caring professionals who wish to learn more about stress counselling and management. It is **essential** that applicants have an understanding and working knowledge of basic cognitive-behavioural theory and practice. Individuals who have received no formal training in these areas **should** initially attend the relevant primary certificate courses at the Centre. If in doubt, please check with the Centre before enrolling.

AIMS

To develop an understanding of cognitive case conceptualisation and undertake working at deeper cognitive levels.

OBJECTIVES

This 3-day course will help participants to:

- identify, challenge and change cognitive distortions
- gain practice in applying two key schema change processes to negative core beliefs
- identify and change dysfunctional assumptions and rigid rules
- test predictions through experiments
- develop a case conceptualization
- understand the importance of relapse prevention and how it is integrated into therapy.

STAFF

The trainers are Michael Neenan and/or Professor Stephen Palmer.

PRIMARY CERTIFICATE IN TRAUMA AND PTSD (LEVEL 2)

CONTENT

This 2-day course looks at trauma and PTSD within a cognitive-behavioural framework. The course covers the signs and symptoms associated with trauma and PTSD, assessment and the application of relevant cognitive behavioural strategies used in the treatment of trauma and PTSD. In addition the course focuses on the disorders often associated with trauma such as anxiety, panic, depression and other associated features e.g. guilt and shame. The important issues of referral, supervision and further training are also considered on this course. The course includes theory and experiential skills-based learning.

WHO IS THE COURSE FOR?

The course is suitable for trainers, counsellors, psychotherapists, psychologists, personnel staff, management consultants, health and caring professionals who wish to learn about trauma and post-traumatic stress disorder. The course is unsuitable for individuals who would find discussions about trauma distressing or are currently suffering from the effects of a traumatic event. This course is NOT an opportunity to work out issues which may need the support of personal therapy. Individuals with little or no understanding of a cognitive-behavioural framework would be advised to attend appropriate courses at the Centre or elsewhere to increase their knowledge.

AIMS

- To provide delegates with an understanding of trauma and PTSD by considering the normally associated signs and symptoms
- To understand the role of assessment and case conceptualisation in PTSD/trauma and practice a range of relevant therapeutic techniques within a cognitive-behavioural framework

OBJECTIVES

By the end of the course delegates will:

- have an understanding of those situations that are termed traumatic
- have become familiar with the physical, emotional, psychological and behavioural symptoms normally associated with trauma and PTSD
- understand the role of assessment and case conceptualisation in PTSD and trauma counselling
- have an understanding of those client factors that may predispose an individual to develop PTSD
- have considered the professional support required for those working with trauma and PTSD
- recognise ways of working with traumatised clients suffering from e.g. anxiety, anger or depression from a cognitive-behavioural perspective
- learn a range of techniques for working with PTSD

STAFF

The trainer is Kasia Szymanska or Nick Edgerton.

PRIMARY CERTIFICATE IN RELAXATION SKILLS TRAINING

CONTENT

This intensive 2-day workshop focuses on the theory and practice of relaxation skills applied within counselling, training and group work settings. The course includes theoretical concepts and practical skill applications of relaxation, i.e. tension and its physiological, emotional, mental and behavioural outcomes; passive or active relaxation; diaphragmatic breathing; creative imagery; body language; voice tone and words; body alignment and posture, rational and irrational thoughts (tension or relaxation provoking). Examples are drawn from the fields of counselling, coronary rehabilitation, infertility, exercise and children. All are encompassed within a framework of personal practice, understanding, development and exploration of its uses with clients. For the purpose of skills training, participants need to wear loose clothing (e.g. elasticated waistband) and be prepared to lie down for full relaxation to be experienced. If possible also bring a small pillow for head and shoulder support. If you are not able to lie down, the process can still be experienced sitting.

AIMS

- To provide an introduction to the theory and practice of relaxation skills applied within Counselling, Training and Group work settings
- To use relaxation skills as an integrative coping tool both for themselves and their clients/group participants
- To develop an understanding of how an individual's learning ability can be affected by the way he/she feels
- To provide access to learning for individuals to recognise the healing person within them
- To recognise that these techniques can, with practice, become an automatic process (skill), a part of everyday life

OBJECTIVES

Explore, discuss and evaluate theoretical concepts of relaxation, i.e.

- tension and its physiological, emotional, mental and behavioural outcomes
- passive or active relaxation
- using the theories and practices of Irene Tubbs, Laura Mitchell, Edmund Jacobson, H. Benson and Arnold Lazarus

To distinguish and learn the different aims of each technique, which are to:

- relax the mind
- work primarily on parts of the body
- promote body and mind/spirit harmony
- focus on complete muscular relaxation
- promote concentration
- increase sensory awareness

To explore and practise many different techniques where relaxation is either a foundation or enhancement element of a skill, i.e.

- diaphragmatic breathing
- creative imagery
- body language
- voice, tone and words
- body alignment & posture
- exercise
- music
- art form
- rational and irrational thoughts (tension or relaxation provoking)

STAFF

The trainer is Irene Tubbs or Kasia Szymanska.

SECTION 6: CENTRE MEMBERSHIPS

BRITISH INSTITUTE FOR LEARNING & DEVELOPMENT (BILD)



The Centres are Members of the British Institute for Learning & Development (BILD). By our membership we commit to the principles of the BILD Customer Charter, which is available on BILD's website. BILD's purpose is to build a dynamic network and community, with global reach, committed to innovation, excellence and best practice in learning.

Commitment to excellence and best practice is a distinguishing feature of the Association and is complemented by the many benefits and opportunities membership brings.

BILD Code of conduct: www.british-learning.com/word/orgcodeofconduct.doc

INSTITUTE OF HEALTH PROMOTION AND EDUCATION (IHPE)

The Centres are corporate members of the Institute of Health Promotion and Education. The Institute recognises the courses run in association with the Centre for Stress Management for Continuing Professional Development. It has various levels of membership including Associate (AIHPE) and Member (MIHPE). The Centres recommends that health professionals attending our training programmes may benefit from joining the Institute.

For further information about the IHPE, contact
The Secretary, Professor A. Blinkhorn
The Institute of Health Promotion and Education
Department of Oral Health and Development
University Dental Hospital
Higher Cambridge Street
Manchester M15 6FH
Tel 0161 275 6610.
Website www.ihpe.org.uk

SECTION 7: PROFESSIONAL BODIES

RELEVANT PROFESSIONAL BODIES FOR HYPNOSIS:

THE GENERAL HYPNOTHERAPY STANDARDS COUNCIL

www.ghsc.co.uk

The GHSC acts as a link between the hypnotherapy industry and the Department of Health (DoH), who has actively encouraged the Council to continue its work towards promoting the status of Voluntary Self-regulation (VSR) for the hypnotherapy profession.



It is primarily responsible for overseeing the criteria for the ongoing registration of individual practitioners within The General Hypnotherapy Register and setting the criteria for the validation of Practitioner Level Training Courses.

The Certificate in Cognitive Hypnotherapy/ Certificate in Cognitive Behaviour Therapies & Hypnosis offered by the Centre for Postgraduate Studies & Research Ltd has been **Assessed and Validated** at **Foundation Level** by **The General Hypnotherapy Standards Council (UK)** and graduates are eligible to apply for **Affiliate Status** within **The General Hypnotherapy Register** (the GHSC's Registering Agency).

THE GENERAL HYPNOTHERAPY REGISTER

www.general-hypnotherapy-register.com

The **GHR** is comprised of individual practitioners and is open to any Hypnotherapist who is able to satisfy the criteria with regard to both **training and ongoing requirements** as determined from time to time by the **GHSC**.

THE UNITED FELLOWSHIP OF HYPNOTHERAPISTS ASSOCIATION

www.ufhhypnotics.co.uk

The United Fellowship of Hypnotherapists Association was launched in July 1997 with a firm direction towards the need for initial inaugural training, integrated with the back-up and support so much needed within hypnotic circles.

The UFH Association are now offering in association with the Centre for Stress Management and Centre for Postgraduate Studies & Research Ltd Associated and Professional Membership to all its students and Members of Staff. For full details of the ufH Association and costs of full and associated memberships please visit their website.

THE HYPNOTHERAPY SOCIETY

www.hypnotherapysociety.com

The **Hypnotherapy Society** acts as *the* professional body maintaining good standards, both for individual hypnotherapists, and for hypnotherapy trainers.

The Centre for Postgraduate Studies & Research Ltd has recently been awarded **Affiliate Status** with **The Hypnotherapy Society**. This means successful graduates from the course will be eligible to apply for **Associate membership** of the **HS (LHS)** <http://www.hypnotherapysociety.com/welcome/index.htm>

HYPNOSIS, HYPNOTHERAPY & RELAXATION GROUPS:

THE PROFESSIONAL HYPNOTHERAPY INTEREST GROUP (PHIG)

This professional online membership group is for qualified health and caring professionals who have received training in hypnotherapy or hypnosis as an adjunct to therapy or their usual of area of work.

The Professional Hypnotherapy Interest Group has been set up to provide a forum for health and caring professionals with an interest in using hypnosis or hypnotherapy as a part of their work.

Qualified professionals who can join us include psychologists, counsellors, psychotherapists, nurses, psychiatrists, health specialists, occupational therapists. Members of professional bodies including the Royal Society for the Promotion of Health (RSH) and the Institute of Health Promotion & Education (IHPE) are eligible to join if they have undertaken relevant training.

Health and caring professionals interested in hypnosis who have not undertaken training in hypnosis can join as Affiliate Members.

To join the Professional Hypnotherapy Interest Group as Full Members, qualified health and caring professionals need to have undertaken a minimum of 60 hours of training in hypnosis/hypnotherapy (approx 35/40 hours of skills practice/lectures and 20/25 hours of study/assignments). This should be undertaken as part of a certificated programme.

When applying to join our online forum you will be asked to provide details about your professional qualifications and relevant training in hypnosis or hypnotherapy. For Full Membership evidence of qualifications and training will be required.

Currently Membership is free. The online forum includes a chat room for members, email group, hypnosis related links, articles and other useful material.

For further information:

Website: http://health.groups.yahoo.com/group/professional_hypnotherapy/

RELAXATION & HYPNOSIS GROUP

This group run by the Centre focuses on relaxation and hypnosis techniques to manage stress. It is open to practitioners and the public.

For further information:

Website: <http://health.groups.yahoo.com/group/relaxation-hypnosis/>

RELEVANT PROFESSIONAL BODIES FOR COGNITIVE BEHAVIOURAL OR RATIONAL EMOTIVE BEHAVIOURAL PSYCHOTHERAPY:

ASSOCIATION FOR RATIONAL EMOTIVE BEHAVIOUR THERAPY (AREBT)

AREBT is the professional body for rational emotive behaviour therapists and counsellors in the United Kingdom. The Association is a member of the Behavioural and Cognitive Psychotherapy Section of the United Kingdom Council for Psychotherapy (UKCP). Accredited AREBT members are eligible to register as therapists with the UKCP. The benefits for membership are professional qualifications, accredited status, a journal, continual professional development and entry on a National Register for REBT therapists and counsellors. AREBT has approved the REBT Psychotherapy Foundation and Diploma programme at our affiliate organizations, the Centre for Stress Management and the Centre for Rational Emotive Behaviour Therapy.

Successful completion of this entire 200 hour programme satisfies the UK REBT training requirement necessary for a qualified health or caring professional* to become Accredited as a Rational Emotive Behaviour Therapist with the Association for Rational Emotive Behaviour Therapy, and Registered with the UKCP. (*For example, Chartered Psychologist; UKCP Registered Psychotherapist; Nurse registered with the UKCC; BACP Accredited Counsellor; Psychiatrist; General Practitioner; Occupational Therapist.) Counsellors who are not BACP Accredited will need to have successfully completed a further 220 hours of training consisting of major courses (i.e. over 75 hours in length). Students at the Centre who have previously taken another Advanced Certificate option may need to write an additional REBT assignment.

For further information about AREBT, contact:

The Association for Rational Emotive Behaviour Therapy,
PO Box 39207,
London SE3 7XH.

Website <http://rebt.bizland.com>

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (BABCP)

The Association is a member of the Behavioural and Cognitive Psychotherapy Section of the United Kingdom Council for Psychotherapy (UKCP). Accredited BABCP members are eligible to register as therapists with the UKCP. Students enrolled on a cognitive-behavioural psychotherapy programme at the Centre for Stress Management are advised to obtain a copy of the BABCP Minimum Training Standards leaflet if they wish to become accredited behaviour or cognitive therapists.

For further information about BABCP contact: The Secretary, BABCP, PO Box 9, Accrington BB5 2GD. Tel 01254 875277. Website www.babcp.com

SECTION 8: TRAINERS ON THE COGNITIVE BEHAVIOURAL AND HYPNOSIS PROGRAMME

Thelma Dabor BSc (Hons) MSc BABCP Accred AREBT Accred UKCP Reg

Thelma Dabor is Vice Chair of the Association for Rational Emotive Behaviour Therapy, which is a Member Organisation of the United Kingdom Council for Psychotherapy (UKCP). She is qualified in hypnosis and NLP and is UKCP Registered (CBT & REBT). After completing her Bachelors and Masters degree in Psychology in 1988, Thelma went on further to complete another Masters degree in Rational Emotive Behavioural Therapy with Professor Windy Dryden at Goldsmiths University of London and a post graduate Diploma in Hypnotherapy and Psychotherapy with the National College of Hypnotherapy and Psychotherapy, giving her full membership. In 2003 she completed a training course in Life Coaching with the Coaching Academy and is a coaching psychologist.

Thelma is an accredited member of the British Association for Behavioural & Cognitive Psychotherapies and Association of Rational Emotive Behavioural Therapy. Over the past 16 years, Thelma has worked in the NHS, Private and Voluntary sectors dealing with a variety of adult mental and physical problems with a diverse client group. She also provides consultancy work and supervision to other Therapists and student trainees. Her therapeutic approach is holistic and multimodal using a wide variety of models/techniques to aid clients' progression.

Professor Stephen Palmer CPsychol PhD FBACP FIHPE FISMA BABCP Accred AREBT Accred UKCP Reg SQHP

The Director of the Centres is Professor Stephen Palmer PhD, a Chartered Psychologist and UKCP Registered Psychotherapist. He is an Honorary Professor of Psychology at City University in the Department of Psychology, the first Visiting Professor of Work Based Learning and Stress Management at the National Centre for Work Based Learning Partnerships, Middlesex University, an Honorary Senior Research Fellow at the University of Manchester, accredited REBT and cognitive-behavioural therapist, and a UKCP registered psychotherapist. He is a Fellow of the British Association for Counselling, Royal Society of Arts and the Royal Society of Health. He is an Associate Fellow of the British Psychological Society and the Albert Ellis Institute for Rational Emotive Behavior Therapy in New York, and a certified supervisor for training in REBT.

He has practised therapeutic hypnosis since 1988. For over ten years he has been a member of the British Society of Experimental & Clinical Hypnosis. He is a Clinical Member of the American Psychotherapy and Medical Hypnosis Association. He uses hypnosis as an adjunct to multimodal, cognitive-behavioural and rational emotive behaviour psychotherapy. He has published work on the use of within these three clinical therapeutic approaches. His REBT hypnosis publications included co-authoring work with Dr Albert Ellis, the originator of REBT. His interest is in the use of hypnosis techniques to manage stress and anxiety. He holds the General Hypnotherapy Register, Senior Qualification in Hypnotherapy Practice. In addition he is a GHR Acknowledged Supervisor for Hypnosis.

Currently, he is Honorary President of the Association for Coaching, Honorary Vice-President of the Institute of Health Promotion and Education, Honorary Vice-President of the International Stress Management Association (UK), and Consultant Director of the New Zealand Centre for Rational Emotive Behaviour Therapy. He was Chair of the Scientific Awards Committee of the British Psychological Society Division of Counselling Psychology

from 1997 to 1999. He is Co-editor of The Rational Emotive Behaviour Therapist, Editor of the International Journal of Health Promotion and Education and was Co-Editor of the Counselling Psychology section of Psychology & Psychotherapy until December, 2004. He is Founder Editor The Online Journal of Multimodal and Rational Emotive Behaviour Therapy and The Coaching Psychologist. In 2001 he chaired the BACP Online Therapy Working Group which produced a report, Guidelines for Online Counselling & Psychotherapy.

He has authored many articles on stress management, psychotherapy, counselling, hypnosis and has authored or edited 25 books and training manuals, including Multimodal Techniques: Relaxation & Hypnosis (1993), Dealing with People Problems at Work (1996) with Burton, Stress Management and Counselling (1996) with Dryden, Counselling: The BAC Counselling Reader (1996) with Dainow and Milner, Stress Counselling: A Rational Emotive Behaviour Approach (1997) with Ellis, Gordon and Neenan, the Handbook of Counselling (1997) with McMahon, Integrative Stress Counselling (1998) with Milner, Counselling in a Multicultural Society (1999) with Laungani, Trauma and Post-traumatic Stress Disorder (1999) with Scott, Conquer Your Stress (2000) with Cooper, and Counselling: The BACP Counselling Reader, Vol. 2 (2001) with Milner. He has lectured in Europe, Japan, New Zealand and China on a range of subjects and regularly appears on radio and television programmes. In 2004, he demonstrated coaching and therapy in his BBC 1 six-part television series, The Stress Test.

He is an award winning psychologist and psychotherapist. In May, 2000, he received the Annual Counselling Psychology Award from the British Psychological Society, Division of Counselling Psychology, for his 'Outstanding professional and scientific contribution to counselling psychology in Britain'. In 2004 he received an award from the Association for Rational Emotive Behaviour Therapy (AREBT) for his 'exceptional work in the development of the AREBT in the UK and New Zealand and for numerous REBT publications'.

COURSE ADMINISTRATION DIRECTOR

Kate Thomas BA (HONS) MRSH MIHPE

Kate Thomas graduated with a BA (Hons) in Psychology from University of North Wales, Bangor in 1994. Since then she has worked extensively in internal communications. She has worked in two large companies, BT and the Post Office. More recently, she was a consultant in an agency called Abingdon, an internal communications consultancy of The Ogilvy Group. Here she worked with a number of blue-chip companies including London Underground, Scottish Power, Ernst & Young, Abbey National and O2. Kate is the Course Administration Director for the Centre.

She is a Coaching Psychologist and health educator. She is a member of the Royal Society of Health (MRSH) and the Institute of Health Promotion and Education (MIHPE). She has had training in Cognitive Behavioural Therapy. She is also a Consultant Director at The Centre for Stress Management, London, and Director at the Stephen Palmer Partnership Ltd.

She has published a number of articles on stress management and a book on multimodal coaching, Creating A Balance: Managing Stress (with Palmer & Cooper, British Library). Her special interest is in the value of effective internal communications in reducing and preventing stress in organisations going through change, for which she has also published work.

Other key Centre for Postgraduate Studies & Research Ltd Personnel

Gladeana McMahon FAC FBACP Dip CBT BABCP Accred UKCP Reg

Gladeana McMahon is a BAC accredited counsellor and supervisor, a BABCP accredited psychotherapist and a UKCP registered cognitive-behavioural psychotherapist. She is a NLP Master Practitioner. She is also an experienced industrial trainer. She is an Associate Editor of CPJ, the Journal of the British Association for Counselling, and Editor of the Journal of The International Stress Management Association (UK Branch). She has published articles on counselling and an interactive handbook *Setting Up Your Own Practice*. Her books include *Client Assessment* (1997) and *the Handbook of Counselling* (1997), both co-edited with Stephen Palmer, and *Understanding Trauma* (1997) with Doggart.

Michael Neenan DipCACP AdDipREBT BABCP Accred AREBT Accred UKCP Reg

Michael Neenan is Co-director of the Cognitive-Behavioural Counselling and Psychotherapy programme at the Centre for Stress Management. He is an AREBT accredited REBT counsellor, a BABCP accredited therapist and a UKCP registered cognitive-behavioural psychotherapist. He is also an experienced industrial trainer. He has published articles and books on REBT including *the Dictionary of Rational Emotive Behaviour Therapy* (1994) with Dryden, and *Counselling Individuals: A Rational Emotive Handbook* (1999) with Dryden and Yankura. He is former Co-chair of the Association for Rational Emotive Behaviour Therapists and Co-editor with Stephen Palmer of their journal.

Kasia Szymanska MSc CPsychol BABCP Accred UKCP Reg

Kasia Szymanska is Co-Director of the Problem Focused Psychotherapy Programme at the Centre for Stress Management and Director of Distance Learning at the Centre for Coaching. She is a Chartered Psychologist, a BABCP Accredited cognitive behavioural therapist, a UKCP registered cognitive-behaviour therapist and an Associate Fellow of the British Psychological Society. She is former Editor of *Counselling Psychology Review*.

SECTION 9: BOOKS WRITTEN OR CO-AUTHORED BY TRAINERS OF THE CENTRES

MULTIMODAL TECHNIQUES: RELAXATION & HYPNOSIS

Stephen Palmer; Centre for Multimodal Therapy, 1993

This book considers the application of the multimodal relaxation method and hypnosis for use within multimodal therapy. A relaxation diary and relevant hypnosis scripts are provided. The contra-indications of these techniques are covered.

CREATING A BALANCE: MANAGING STRESS

Stephen Palmer, Cary Cooper and Kate Thomas; British Library, 2003

This is the first multimodal self-coaching book published in the UK, written by experts, focusing on creating a balance and managing stress. The book covers seven main areas of self-help: Behaviour, Affect/emotion, Sensation, Imagery, Cognition, Interpersonal, Drugs/biology. This book is full of self-assessment questionnaires that can be used on oneself or with clients/coachees. Also includes key auditing issues for organisations.

CONQUER YOUR STRESS

Cary L Cooper and Stephen Palmer ; Chartered Institute of Personnel and Development, 2000

In *Conquer your Stress*, two of the UK's most influential experts in stress management make clear it is frequently our misconceptions and unhelpful thinking that raise our stress levels. Conquering stress, they maintain, is no different from acquiring any other management skill. It just needs understanding and practice. With the help of self-assessment questionnaires and easy-to-follow activities, this perceptive book will enable you to assess your own level and the stress-inducing ideas you hold; differentiate between negative signs of stress and positive ones of pressure; reconsider your behaviour and health. With invaluable tips on time management, exercise, nutrition and relaxation methods; balance home and work priorities to become an effective life manager.

BRIEF COGNITIVE BEHAVIOUR THERAPY

Berni Curwen, Stephen Palmer and Peter Ruddell; Sage, 2000

Brief Cognitive Behaviour Therapy is a practical and accessible guide for counsellors, psychotherapists, psychologists and other mental health professionals. Based on the theory that emotional disorders arise from negatively biased thinking, the book outlines strategies for helping clients to examine their thinking processes and to overcome the unhelpful beliefs and patterns of thought at the root of their distress. Beginning with an explanation of brief therapy and the theory behind cognitive behaviour therapy, the book goes on to describe the process of working with clients through beginning, middle and end stages. Illustrative case material is used throughout to show how the method works in practice. The authors describe how brief cognitive behaviour therapy can be effective in helping in a wide range of circumstances and include guidelines for working with clients suffering from post-traumatic stress, anxiety, depression, obsessive-compulsive disorder or those who are suicidal.

ESSENTIAL RATIONAL EMOTIVE BEHAVIOUR THERAPY

Michael Neenan and Windy Dryden; Whurr, 2000

The theories and practices of rational emotive behaviour therapy have been heavily revised, expanded, corrected and updated since its inception in 1955. This book takes into consideration those REB therapists who criticise the constant dissection of the therapy, claiming that these innovations make it too complicated for most clients and even for some therapists. This book, written in an easy-to-read style, strips away the sophistication that can cause confusion and focuses on the essential elements of REBT.

LEARN TO BE YOUR OWN LIFE COACH

Gladeana McMahon; Sheldon Press, 2001

Do you ever feel that life is passing you by? Have you tried to do things differently but ended up doing exactly the same thing? Do you find yourself wishing life could be different but do nothing to change your situation? Have you come to realise that you think in a negative and self-defeating style but don't know how to change your thinking to something more helpful? The life-coaching skills in this book are all based on sound psychological theory and have helped many people take positive control of their lives. The message of the book is a simple one, if you are prepared to do the work you will see positive changes. If you want to get the most out of life then this book is for you.

OTHER USEFUL BOOKS

TREATING DEPRESSION WITH HYPNOSIS: INTEGRATING COGNITIVE-BEHAVORAL AND STRATEGIC APPROACHES

Michael D. Yapko (2001)

Depression is a debilitating human condition and a common cause of suffering worldwide. There is an urgent need for mental health professionals to meet this challenge and develop effective methods of treating depression. Hypnosis plays a vital role in that treatment and in the efficacy of Psychotherapy in general. This book focuses on the structuring and delivering of hypnotic interventions for major depression with a substantial use of the concepts and techniques for cognitive-behavioural and strategic approaches as a foundation.



**CENTRE FOR POSTGRADUATE STUDIES & RESEARCH LTD
IN ASSOCIATION WITH THE CENTRE FOR STRESS MANAGEMENT**

COURSE APPLICATION FORM

ALL APPLICANTS MUST COMPLETE ENTIRE FORM UNLESS OTHERWISE INSTRUCTED

THE FULL COURSE FEE SHOULD ACCOMPANY THIS APPLICATION

PLEASE DOWNLOAD FORM, COMPLETE AND EITHER POST OR FAX TO:

The Centre for Postgraduate Studies & Research Ltd
Admin. Office
PO Box 443
Harpenden
Herts AL5 4WW

Enquiries:

Tel/Fax: 01582 712161
Email: admin@studiesandresearch.com
Website: www.studiesandresearch.com

Delegate Name:	Ms/Mr/Mrs/Dr/Prof
Address:	
Email Address:	
Home Telephone No:	
Work Telephone No:	
Work Address:	
Job Title:	
Any special requirements	
Email address	

Please give a brief outline of your work with particular reference to present or potential use of hypnosis/counselling/psychotherapy/CBT/REBT	
Educational/Professional Qualifications:	
Previous training in psychology/counselling /psychotherapy/ hypnosis/CBT/REBT	Yes/No
If yes, state approach(es) included:	
Please state your reasons for wanting to attend the course	
How did you hear about us?	

