



David Kennedy has a lifetime's experience of working with people, and is one of Australia's leading Psychotherapists and Clinical Hypnotists. A gifted and dynamic teacher of Hypnosis, he brings a wealth of background and experience in clinical work. His courses are practical and experiential.

Widely recognized for his lectures and courses in Clinical Hypnosis and Psychotherapy, he is principal of the David Kennedy School. His work as a hypnotherapist has been featured on television shows and in documentaries, and he was recently made a Lifetime Member of the Australian Hypnotherapists' Association.

David has been a counsellor for over fifty years, and began his working life as a church minister. He first came in contact with hypnosis when given a hypnosis tape during an illness. Through this, he discovered that we all can have profound control over our bodies and mind – and that this ability to bring about change is available to us all. After undergoing training in "traditional" hypnosis, David became aware that he had been using hypnotic techniques with the people who had been coming to him for help in his role as a community counsellor. His original training was revolutionised when he came into contact with the teaching of American psychiatrist Dr Milton Erickson. Erickson's teaching brings together the best of Rogerian psychotherapy with a unique understanding of the subconscious mind.

The David Kennedy School is a stake holder and member of the Peak Body representing the hypnosis associations of Queensland to the Queensland and Federal governments. David was a delegate of the inaugural meeting of this group in 1994, and originally held the position of secretary. This group has been involved in sending submissions to the Legislative Review Committee, and has resulted in legislative change which allows individuals other than psychiatrists and psychologists to practice hypnosis.

TEACHING HYPNOTHERAPY

A major feature of our course is David's ability to teach hypnosis skills in a clear and concise way, and without being too style-specific. This enables students to learn to develop their own technique, and infuse their work with their own personality. We encourage our students to take the best aspects from a range of different sources, enabling individuals to establish their own unique and effective method of practice.

Our Training Philosophy

We believe that experiential learning makes for the best study outcomes. We all have strengths to draw from, and any further education should enhance us and utilise any skills we already have. We actively encourage our students to use any learning they acquire for personal development. The more we work on ourselves, the better we can help others.

We are disinterested in creating clones – your skills are only skills in as much as they reflect your personal philosophy.

We recognise that not everyone is undertaking training in Clinical Hypnosis in order to become a hypnotherapist. We will encourage you to develop skills that are appropriate to your motivations and desired outcomes from studying with us.

We operate as a collective of individuals, and recognise your individuality – you will be taught and mentored as an individual, with care and concern for your personal situation. We'll give you a student number, but that won't mean that's who you are to us.

Training Therapists

We believe that a one-size-fits-all approach to hypnosis therapy is inappropriate and disrespectful. We will teach you to develop your ability to adapt your technique to the person you are working with.

We encourage our students to develop an eclectic approach to their therapy, to draw from many sources, to seek and take advice from those with more experience. This will help you serve your clients better.

We believe that compassion and empathy are of great importance. These qualities can't be taught, but they can be nurtured.

WHAT IS HYPNOSIS?

There is no clear definition of hypnosis. Basically, it can be considered a tool whereby we can access that part of our mind where our habits and patterns of behaviour are stored – our subconscious mind. Being 'in hypnosis' is a term which describes a state of mind when we are particularly receptive to change. Clinical hypnosis as a psychotherapeutic tool has indeed come a long way from the work of the 18th Century doctor, Franz Mesmer. The modern, carefully researched and proven curative aspects of hypnosis are often overshadowed in the public mind by dramatic representation in the media, however hypnosis is rapidly being recognized professionally as a valuable modality, inviting further research and practical application.

In common with most other forms of human knowledge, the special state of trance – which appeared to our ancestors as "magic" – has been discovered to have both structure and substance. Hypnosis is not an indefinable art but rather an expertise that can be taught and practiced. It is a faculty that can be soured from within each of us to facilitate inner search, learning, and permanent therapeutic change. With hypnosis we can change patterns of behaviour, alter perceptions, and temporarily contrive to distort reality and time to achieve mental integration and health – all in an appropriate and often speedy manner.

Everyone can experience hypnosis. It is not an unnatural state of mind, but rather a state of mind that we all experience in our lives, every day. In the clinical or entertainment setting, 'trance' is induced in a formal way and harnessed to make changes to either the habits or patterns of behaviour of individuals – or to change their current experience. It is true that some people are 'better' at achieving hypnosis than others, but it is a skill. With practice, anyone can achieve a good depth of trance. It has nothing to do with having a weak mind, or being easily led. In fact, people with a 'stronger' mind are often more naturally trance-competent. All that is required is that an individual can focus their attention for a time.

Susceptibility tests are very unreliable in producing statistics regarding trance responsiveness, as the very nature of scientific tests require that the same procedure is undertaken

for each individual. This is inappropriate when working in hypnosis, as everyone is different and there are many, many ways of inducing the trance state. One single way will not be appropriate for everyone. A good hypnotherapist will have a range of induction techniques available to them, as well as the ability to adapt those techniques to the individual they are working with.

TEACHING AND ACCREDITATION

David Kennedy Clinical Hypnotherapy training meets the criteria for Clinical Membership with the Professional Clinical Hypnotherapists' Association (PCHA), and the Australian Hypnotherapists' Association (AHA).

David has developed his hypnosis courses out of thousands of hours of real Clinical experience - our courses teach you more than just the theory of hypnosis.

We offer hypnosis workshops and courses throughout the year, and we are available for one-on-one or small group tuition by prior arrangement.

Distance Education

You can learn hypnosis with us by distance education, and our distance learning courses are thoroughly supported by professionally produced CD and DVD materials, along with extensive course notes.

It is our priority to ensure that students who are studying clinical hypnosis with us are fully supported. We understand that studying alone is sometimes difficult, and students can feel isolated - especially if their course of study is something as unique as hypnotherapy. We encourage our students to be in contact with us by phone, email, or by attending workshops if at all possible.

Course Notes and Materials

Our courses are well supported with written notes, audio materials, and visual media. These have been developed over a number of years, and include many practical examples,

demonstrations and step-by-step procedures so that you can learn in a logical and meaningful manner.

Support

Our School has a great people resource base, and we have access to a thriving network of hypnotherapists and other practitioners. Our priority is to provide you with the support you need. We will provide you with phone and email support, and will always give you detailed feedback on your assessment items.

If you are in our area, we can arrange to have you sit in on a therapeutic session in our hypnosis clinic if that is appropriate to your course of study. We may be able to put you in touch with another clinic if you are not in Brisbane.

If we know of someone studying near you, we'll let you know (with their permission, of course) so that you can form a study group.

We will continue to give you support and keep in touch with you after graduation. David is involved in a mentoring group for hypnotherapists which is held on a regular basis, another resource our students and graduates have available to them.

Textbooks and Resources

Sometimes it can be difficult to locate texts and writings pertaining to hypnosis and psychotherapy - but we've done a lot of research, and can point you in the right direction. As with most study, buying appropriate reading material can be very costly, especially if you don't know exactly what you are looking for. We can help you determine which books are appropriate to your study, and which aren't.

If you have any questions, please don't be afraid to call us and ask. We are passionate about what we do, and are happy to answer any questions you may have.

PROFESSIONAL COURSE IN CLINICAL HYPNOSIS AND ERICKSONIAN PSYCHOTHERAPY

After many years of teaching students in this field, we have developed this comprehensive and practical course in Hypnosis and Hypnotic techniques, and Neurolinguistic Programming.

This course draws on an eclectic model of hypnosis which is not limited by focusing on a particular school of thought.

Outcomes

The Clinical Practice of Hypnosis Course incorporates a theoretical and practical base for the practice of hypnosis as a modality on its own, or as an adjunct to other professions. Many past students of this course are now successfully operating as Clinical Hypnotherapists. Others have incorporated their expertise in hypnosis into other therapeutic modalities, such as nursing, counselling, psychology, and medicine. Upon successful completion of the course, an award of Diploma of Clinical Hypnosis from our School will be awarded.

Materials

This distance education course comprises of 6 modules. Assessment is by successful completion of written assignment, audio and practical presentations. Students are provided with course lecture notes, a set of CD recordings of a five day hypnosis training course, and over 8 hours of DVD material comprising hypnotic techniques and lectures on specific subjects relating to the course. Also included in the full course are a Scriptbook and a psychopharmacology text.

Timeframe

On average, most of our students in full-time employment find that 12 months is an adequate period of time to commit to completing this course of study. You will need to factor in your other commitments. If you are intending to take a longer period than one year to complete the course, we require that you make arrangements with us at the time of your enrolment.

Accreditation

Successful graduates of this course of study meets the Australian Hypnotherapists' Association and the Professional Clinical Hypnotherapists' Association competency levels and industry standards. Our graduates are eligible for associate membership or Clinical membership, depending upon the Associations' application criteria being met. This criteria usually includes clinical experience, personal and professional references.

Course Content

Module One - Basic Techniques and History

1. The Development of Hypnosis: A History.
2. The Nature and Theories of Hypnosis.
3. Common misconceptions.
4. Imagery.
5. Susceptibility tests.
6. General Principles underlying the Induction of Hypnosis.
7. The role of suggestion.
8. Some Preliminaries to Trance Induction.
9. Trance states defined.
10. Levels of hypnosis.
11. Naturally occurring trance states.
12. Is all hypnosis self hypnosis?
13. Methods of Trance Induction.
14. Deepening and Trance Termination.
15. Eye fixation.
16. Catalepsy.
17. Arm levitation.
18. Progressive relaxation.
19. Wake-up or trance termination.
20. Further Methods of Deepening the Trance State.
21. Fractionation and other dissociative procedures.
22. Trance Resistance. Difficulties.
23. How to test for trance progress and establishment.
24. A Comprehensive system of Trance Induction, Testing, Deepening and Post-Hypnotic Conditioning.

Module Two

Ericksonian Hypnosis and the Role of Suggestion

1. Erickson's Utilization Process. Trance dynamics in therapy.
2. Understanding trance. Trance ratification.
3. Trance states. Formal and informal induction. Induction behaviour.
4. Trance behaviour. Direct and indirect suggestions.
5. Information transduction.
6. Classical hypnotic phenomena. Co-ordination between the conscious and unconscious mind.

Module Three - Mind-Body Therapy

1. Age regression. Universal experience in spontaneous age regression. Partial age regression.
2. Five other hypnotic phenomena. Amnesia. Anaesthesia. Catalepsy. Time distortion. Hallucination. Their application in the management of pain and symptom resolution as well as general usage.
3. Deep trance phenomena. The role of suggestion.
4. Ideodynamics: Psychobiology of mind and body. Ideomotor signalling. Truisms using ideodynamics. Ideosensory and ideocognitive effects.
5. Hypnosis and suggestion in the treatment of pain. Emotional and physiological pain.
6. State bound theory. Edelstein's Ego Parts Therapy. Sensory systems in communication.

Module Four - Neurolinguistics and Ericksonianism

1. Neurolinguistics. Useful models for change.
2. Representational systems.
3. Reframing. Anchoring.
4. Hypnotic language patterns. Structuring suggestions.
5. Ericksonian approaches to advanced suggestion development.
6. The use of the voice. Semantics. Implications. Questions. Double binds. Metaphor. Interspersal speech. Linguistic ambiguity.
7. Confusion. Resistance as responsive behaviour. Encouraging resistance.
8. Uncovering techniques.
9. Trance induction contrasted with trance utilisation.

Module Five - Further Study in Clinical Neurolinguistics

1. History and systems.
2. Exercises using NLP.
3. Circles of Excellence.
4. Time Lines.
5. Model for Change.
6. Beliefs.
7. Reality and Self-Identity.
8. Re-imprinting.
9. Retrospective self-nurturing.
10. Edelstien's Ego State Therapy.
11. Syntonic Learning.

Module Six - Clinical Practice and Therapies

Putting it all Together

1. Clinical practice. Hypnotherapy as a program for change.
2. Guidelines for the use of hypnosis.
3. Clinical Practice. The practice .
4. Devising the treatment plan.
5. Pre-induction talk.
6. Code of ethics.
7. Therapies and useful scripts: Nail biting. Memory training. Motivation. Smoking. Stress management. Hypnosis in pre-natal care, etc.

What you will learn from this Course:

- **A range of hypnosis techniques** to induce trance so that you can hypnotise just about anyone;
- **Improved communication skills**, so that you can more effectively and quickly develop rapport with your clients and customers.
- The ability to adapt your techniques to the individual you are working with **to facilitate REAL CHANGE**;
- A **practical, working knowledge** of modern therapeutic techniques, including NLP and its applications;
- **Tools to enhance your own unique abilities** to help you become an authentic and effective hypnotherapist.
- **An ability to create more meaningful relationships with other people.**

NEUROLINGUISTIC PROGRAMMING (NLP)

NLP was developed by two psychotherapists, Richard Bandler and John Grinder. Both Bandler and Grinder were students of Milton Erickson, MD, and NLP is, in essence, a formalisation of techniques which Erickson used in his hypnotherapy practice.

Neuro-Linguistic Programming techniques allow people to work within a set formula to achieve such things as:

- * emotional release (such as for dealing with phobias)
- * new personal "images" of themselves
- * freedom from limiting beliefs

and training in NLP can aid in:

- effective goal setting and strategies for achievement
- elegant and persuasive communication techniques
- enhanced ability to understand and "process" information while learning
- improved ability to make meaningful relationships with customers and clients.

On its own, NLP can be fairly stark in its application. We can teach you NLP technique application that remains true to the source of Neuro-Linguistic Programming. This approach involves compassion for the client, and recognition that we are each of us individuals, and that a formalised approach will only be effective when the variables are acknowledged and utilised.

Neuro-linguistic programming is often presented in a cold, formulaic manner. This course takes the elements of traditional NLP and applies psychotherapeutic techniques, creating a more efficient, less mechanical model. Upon successful completion of the course and assignments, students will receive an award of Proficiency in Neuro-linguistic Programming techniques.

NLP FOR CLINICIANS

We offer an approach which firmly places NLP in the context of psychotherapy. NLP was borne out of the client-centred approach to helping people achieve their goals.

Please note that this course forms part of the Clinical Practice of Hypnosis Course. Students of the Full Course will receive the NLP for Clinicians materials as part of their course.

Course Content

- * **NLP - Where it all began**
 - Choice and outcome
 - NLP and learning
- * **Retraining of the mind**
- * **Altered states and NLP**
- * **Communication, maps and filters**
- * **Learning, unlearning and relearning**
- * **Learned behavioural patterns**
- * **Utilisation approach**
- * **Influence and integrity**
- * **Focusing on inner states for change.**
- * **Representational Systems**
- * **Reframing**
- * **Swish Change history technique**
- * **Deconstructing Phobic Responses**
- * **Anchoring**
 - Anchoring and Pattern Interruption
 - Remedial Realities Procedure
 - Desensitisation in Trauma Counselling
- * **Uncovering Resource States for Success**
- * **Time Lines**
 - Programming the future
 - Simple Association/Dissociation exercises
 - Programming the future
 - Belief pathway exercise.

* **Language Patterns**

Accessing State Bound Resources for problem solving
Therapeutic language construction
Two level communication
Therapeutic metaphors
Elegant phrasing
Model for Change using NLP
Beliefs and Belief Strategies
Reality and Self Identity
Imprinting and Re-Imprinting
Self Nurturing & Reprogramming the Future.
Regression Techniques.
Determining Time and Place of Critical Events
Edelstein's Ego State Therapy
Syntonic learning. Meta-model and 5 finger pointers

ESSENTIAL TECHNIQUES IN CLINICAL HYPNOSIS

This Course is designed to enhance other professional modalities, or begin you in your career as an hypnotherapist. It may also be suitable for people with previous training in hypnosis who need to refresh their training.

Course Content

The History of Hypnosis and its Relevance

- The Nature and Theories of Hypnosis
- General Principles Underlying Induction
- Common Misconceptions
- Imagery
- Susceptibility Tests

Basic Techniques

- Methods of Trance Induction
- Deepening
- Eye Fixation
- Catalepsy
- Arm Levitation
- Fractionation
- Progressive Relaxation
- Wake-up and Trance Termination
- Practical Procedures
- Overcoming Difficulties with Clients
- Ratification

Modern Hypnosis and Milton Erickson's Approach

- Erickson's Utilisation Process
- Trance Dynamics in Therapy
- The Role of Suggestion
- Understanding Trance
- Trance Ratification
- Trance States
- Formal and Informal Induction
- Induction Behaviour
- Trance Behaviour
- Direct and Indirect Suggestions

Trance Phenomena: Age Regression and Classical Hypnotic Phenomena

- Coordination between the conscious and unconscious mind.
- Ideodynamics: Psychobiology of mind and body.
- Idoemotor Signalling.
- Truisms using ideodynamics.
- Ideo-sensory and Ideo-cognitive effects.
- Neurolinguistics (NLP). Useful Models for Change.
- Hypnosis and Suggestion for the treatment of Pain.
- Emotional and physiological pain.
- The clinical use of hypnosis.

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All workshop dates, course fees and enrolment information can be found in the accompanying literature. You will also find this information on our website.

We encourage you to call and speak with David if you have any questions.

You choose your School carefully, and we choose our students carefully. We want to know about you, your motivations and reasons for study. We want to make sure that the course of study you choose is appropriate to your life experience and goals.

We have a strong ethical tradition - if you are training to become a therapist, we want to do the best we can to ensure that you are prepared for the level of empathy and compassion that this role requires. Under most circumstances, we will want to interview you in person or on the phone before we accept your enrolment.

You can begin at any time throughout the year. Most of the study you will be doing is in your own time. If you choose to take part in the training weekends as well, we will facilitate your introduction to hypnosis, so that you can happily join a workshop at any stage of the year.