

# Choosing a hypnotherapist

Choosing the right hypnotherapist will make all the difference to your treatment. It can be the difference between wasting your time and effective therapy. You may need to shop around to find the right hypnotherapist. The following six questions will help in your search.

## 1. **Does the therapist have nationally recognised and externally accredited qualifications?**

Many hypnotherapists out there have merely done an on-line course, or even learnt hypnosis techniques from a book. Some have even trained under celebrity or stage hypnotists but have no specific training in psychotherapy or counselling skills.

A qualified hypnotherapist will have nationally recognised and externally accredited qualifications. The most important of these is the Hypnotherapy Practitioner Diploma (HPD), because this qualification demonstrates that the therapist has been supervised on real clients during training. In order to acquire this qualification a therapist will need to log a minimum number of client hours, having seen at least 50 clients before qualifying. They will also have presented case histories and had practical assessments.

It is also important to check that they have a qualification such as a Diploma in Hypnotherapy and Psychotherapy, which includes a lot of study into how the mind works and how to counsel people as well as basic hypnosis techniques.

Anyone can learn to put someone else into a trance, but it takes a lot more skill and training to become a qualified therapist.

Also, if you are looking for specific help such as weight, smoking, phobias etc, it would be useful to know that your therapist had specialist training in that field.

## 2. **Does the therapist belong to the relevant regulatory bodies? Is your therapist adequately insured?**

The biggest regulatory body for hypnotherapists is the National Council for Hypnotherapy (NCH), closely followed by the General Hypnotherapy Register (GHR). In order to belong to these bodies it is necessary to have provided evidence of proper qualifications and insurance. Additionally there are certain requirements concerning further on-going training in order to stay

in touch with latest developments in the field, and members of the NCH are required to attend supervision on a regular basis.

Such organisations are there to protect the interests of clients and members are required to abide by strict codes of conduct.

I am fully insured with Towergate Services, whilst working from home, on premises or in clients' homes. This is professional requirement, but in fact the cost of insurance for hypnotherapists is exceedingly low, as hypnotherapy is so safe.

**3. Does the therapist have a good reputation? Is there evidence of their effectiveness?**

A good hypnotherapist will be able to tell you what proportion of their new clients appear as a result of referrals from previous clients. Of course a new therapist may be excellent but would not have built up a sufficient number of clients yet for this to be their main source of new clients. However, even with a newly qualified hypnotherapist one would expect at least 50% of their clients to come from referrals.

Likewise a professional hypnotherapist will be constantly assessing their own performance and should be able to give you figures on their effectiveness in specific areas.

**4. Does the therapist have a wide range of skills, knowledge and experience?**

You want to see a therapist who has a lot of life experience and can understand your particular issues. The wider their life experience the more likely this is to be the case.

Of course, it is even more important to ensure that they have experience in your particular area of need.

**5. Practical matters**

Is the therapist local to you, easy to reach and is there adequate parking?

Can the therapist accommodate any disabilities or special needs you may have?

Is the cost of treatment on a level with similarly qualified and experienced therapists in your area?

**6. Most importantly, having met the therapist or spoken on the phone, do you find them to be someone that you can work effectively with in improving your life?**

A good hypnotherapist will allow you to book an initial consultation before committing to a course of therapy. The exception to this is for smoking cessation or specific weight programmes. However even in these cases you should be able to speak to the therapist in person or on the phone so that you can establish whether you would feel comfortable working with them.

This is particularly important if you will be working together for several weeks, especially if you will be addressing painful or sensitive areas of your life.

No-one else can decide this for you. It is a personal matter but it is very important that you feel secure working with your hypnotherapist.

A professional hypnotherapist will ask for your feedback on each session with a view to constantly improving the therapy for you. It is important that you be honest if asked for this feedback as they will adapt the therapy to your needs according to the feedback you give.

Remember a fully qualified and experienced hypnotherapist will have worked with a wide range of people and will have a variety of techniques and approaches at their disposal.