



Professional Training in Counselling,
Psychotherapy, and Hypnotherapy



Welcome to SACH UK

DIPLOMA COURSE BROCHURE

SACH International was set up in 1998 to promote the teaching of hypnotherapy within a sound psychological framework. It was the brainchild of Professor Jure Biechonski, who now teaches all over the world.

SACH UK was set up in 2007 to concentrate on training requirements in this country, whilst allowing SACH International the freedom to grow in other countries. We believe that we offer one of the most comprehensive training courses in hypnotherapy and psychotherapy currently available. Our approach combines all styles of counselling with a focus on hypnotherapy as an invaluable tool to use in the therapeutic process.

SACH UK Ltd, 25 Oxford Road, CAMBRIDGE, CB4 3PH

Who is eligible?

The Diploma course assumes no prior knowledge of counselling, psychology or hypnotherapy and is open to all individuals seeking a new career. Applicants must show evidence of ability and willingness to undertake the necessary study. There is no age limit but emotional maturity is vital to cope with the course requirements and client expectations. Applicants must be able to demonstrate interest, enthusiasm and life experience relevant to helping others, and to show aptitude and potential for study.

Duration

Courses are usually held once a month at weekends. Training days start at 10 a.m. and finish at 6 p.m. There are two 20 minute tea breaks and a one hour lunch break. Students are asked to bring food to share, as lunch is an integral part of the course providing the opportunity for students to share their experience and relax together. Students are also expected to attend at least one study group per month. These will be lead by a practising SACH trained therapist. Arrangements for these groups are confirmed at the start of each course.

Course requirements

Our courses are designed according to the latest requirements of various professional organisations. Anyone who wishes to become a therapist to help those suffering from emotional disorders requires thorough and comprehensive training. Such training will include a study of psychology, various theories and methods of counselling and psychotherapy as well as acquiring the ability to use a wide range of therapeutic techniques.

Students will be expected to take full case histories and to maintain confidential records. Throughout the training there will be an emphasis on self-awareness, personal growth and development. Students will be required to complete 90 case studies over the length of the course, and to attend at least one local supervised study group per month between the course weekends to fulfil the course requirements.

Personal therapy

Students, as future practitioners, are expected to be mentally and emotionally fit to help others. Due to the sensitive nature of the material that will be encountered during the course it is almost inevitable that your own issues will surface. These issues may be explored on the course but, as the course is not regarded as “therapy”, students will be expected to work through these issues outside the course hours if need be. If students feel they need therapy at any point during the course, a list of recommended and competent therapists trained by the school will be provided. Therapy is not a requirement of SACH courses but is expected as part of membership requirements by some professional bodies.

Diploma Course syllabus

Weekend 1

- Introduction to the course
- Preparations – good study practices
- History of hypnosis
- Psychological and physiological phenomenon of hypnosis
- Self hypnosis
- Data gathering
- Ideo-motor responses

Weekend 2

- Egan's 3-stage model of counselling: Stage 1
- Principles of the mind
- The subconscious mind
- Intelligence and cleverness-mind projection
- Laws of the mind
- The fight and flight response
- Working with modalities

Weekend 3

- Egan's 3-stage model of counselling: Stage 2
- Use of imagery in hypnosis
- Principles of hypnotic suggestion and its effects
- Anchoring
- Suggestibility tests: eye closure and hand levitation
- Visualisation in therapy
- Habit control and addictions
- NLP fast phobia cure

Weekend 4

- Egan's 3-stage model of counselling: Stage 3
- The Eriksonian approach
- Methods of induction
- Deepening techniques
- Indirect suggestion
- Common Issues: anxiety, obsession, compulsion, and phobias
- Smoking Cessation and slimming

Weekend 5

- Introduction to psychotherapy
- Defence mechanisms
- The conscious and unconscious according to Freud
- Guided affective imagery
- Working with the inner child

Weekend 6

- The cognitive behavioural approach
- The conscious and unconscious according to Jung and Adler
- Problem solving, decision making and assertiveness
- Use of imagery and metaphors
- Therapeutic stories
- Challenging irrational thoughts

Weekend 7

- Albert Ellis and Rational Emotive Behavioural Therapy
- Transference and counter-transference
- The manipulative client
- Dissociation and desensitisation
- Working with and managing abreaction
- Somnambulism

Weekend 8

- Introduction to holism and humanism
- The Humanistic approach: Rogers and Maslow
- Dealing with psychological issues
- Hypnohealing
- The mind/body connection
- Contraindications

Weekend 9

- Eric Berne and Transactional Analysis
- TA Ego States
- Transactional Hypnoanalysis
- Fritz Perls
- Gestalt Therapy

Weekend 10

- Dave Elman approach
- Integration of counselling skills and theory
- The therapeutic relationship
- The I/Thou relationship: the inner/outer world
- Psycho-Imaginative Therapy

Weekend 11

- Working with children
- Hypnotic dream analysis
- Past life regression
- Anaesthesia
- Pain control
- Psychosexual issues

Weekend 12

- Eating disorders
- Practice management
- Ethical considerations
- Hypnotherapy and the law
- Bereavement and loss
- Revision

Final Assessment Day: usually within 4 weeks of final weekend

Please note:

We shall continually assess, review and update the course content, along with the material and methods. We reserve the right, whilst largely maintaining the syllabus, to effect changes in emphasis in any part of this prospectus.

Assessments

Assessments for the course consist of:

- A practical examination in counselling
- A practical examination in hypnotherapy
- Assessment of written case studies which is ongoing throughout the course

In the event that the student has not achieved the required standard in any part of the examinations they may be re-examined within a period of one year.

Investment

Registration Fee: £100

Diploma:

12 x £150 £1,800 10% discount applies where fees
paid in full, in advance. Monthly
payments are accepted.

Assessment Fee: £80

Entitlements

On successfully passing the Diploma you will be entitled to:

- Use the letters Dip.SACH.Hyp. after your name
- Apply for membership of the Hypnotherapy Association
- Apply for membership of the General Hypnotherapy Register
- Gain access to professional indemnity insurance and Yellow Pages corporate advertising through the Hypnotherapy Association or the General Hypnotherapy Register at excellent rates

Progression route

- Diploma in Analytical and Cognitive Hypnotherapy and Psychotherapy (12 months)
- Advanced Diploma in Hypnoanalysis and Integrative Psychotherapy (12 months)
- Higher Diploma in Hypnotherapy Psychology (12 months)

SACH also offers Continuing Professional Development Courses (CPD)

Application

If you would like to apply for a place on one of our courses please complete the registration form making sure to state the course and venue you require.

Please enclose your registration fee and an A4 summary of your life experience including your reasons for wishing to attend the course.

SACH UK will process your application to make sure that we consider you to have the qualities that will enable you to become a responsible and capable therapist. We have a professional responsibility to maintain a high standard of practice within the hypnotherapy and psychotherapy fields and SACH UK staff will continuously assess students. If any student does not reach the required standard of work, either intellectually or interpersonally, then they will be asked to withdraw from the course or be referred for further training.

We believe that we have provided a course that not only fully equips you with the knowledge and tools to be a successful therapist but also the essential extras to make your new career a success.

Please send applications to:
SACH UK, The Therapy Room
25 Oxford Road
Cambridge
CB4 3PH

The SACH Credo

We believe that every human being has the potential for self-fulfilment and personal development.

It is our duty to facilitate the personal growth and development of each and every individual within the learning environment and to find the most appropriate and effective tools for their learning.

Students attending the course will:

- Learn about themselves and others
- Meet new people
- Have fun!

We are here to help you and make ourselves approachable. We endeavour to be extremely supportive. The social aspect of the course, with an emphasis on mutual support among students, is encouraged. We aim to teach how to be human as well as professional because therapy is about creating rapport, trust and empathy between human beings.

Registration Form

Full name and title: Mr/Mrs/Miss/Ms/.....

Address:

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Postcode:

Telephone:

E-mail:

Health: Please indicate any medical conditions you have of which you feel we should be made aware.

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Please reserve a place for me on the Diploma Course in *

Starting on*

Signed.....

Please note that courses are subject to at least 12 students enrolling

Along with this registration form please send:

- An A4 page telling us about your education, professional background and reasons for wanting to attend the course.
- A cheque for £100 (registration fee) made payable to SACH UK.
- Send to: **SACH UK Ltd, 25 Oxford Road, CAMBRIDGE, CB4 3PH**

* Course dates and venues are available on our web site:

www.sachuk.co.uk