

LOVE CONSCIOUSNESS
ACCREDITED TRAINING
SCHOOL



DONNA AKASHA

DIPLOMA PROSPECTUS

PROFESSIONAL
ACCREDITED
PRACTITIONER
TRAINING

HYPNOTHERAPY
WITH NLP &
ENERGY
PSYCHOLOGY

GHSC
General Hypnotherapy Standards Council
Accredited Training

GHR



Newquay Therapy Centre, 3a - 5a Chester Court, Chester Road, Newquay, Cornwall, TR7 2SB

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Mission Statement

Our mission is to produce leading professional hypnotherapists by providing quality comprehensive training and staying up to date with all the latest scientific research. To integrate and understand the most cutting edge, energy psychology techniques that are showing rapid results in all areas of the therapeutic process. To educate the public of the many benefits of hypnotherapy, NLP and energy psychology and to integrate the new science and understanding of mental and emotional health into the mainstream healthcare sector.



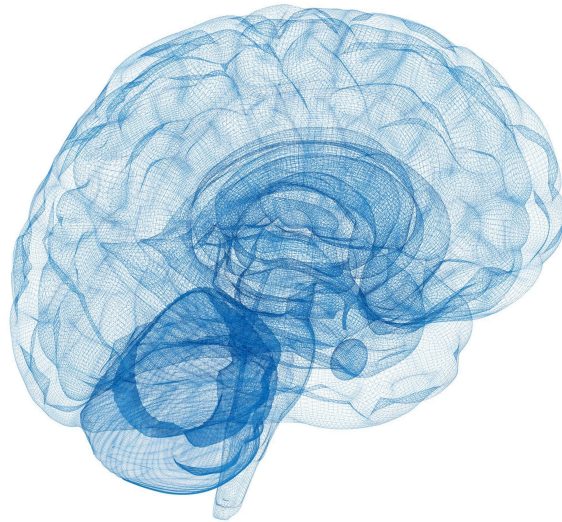
"We teach the most up-to-date, cutting edge therapeutic processes that will help you understand human consciousness, the subconscious mind and human programming And how to resolve mental and emotional issues rapidly."

Introduction to professional Hypnotherapy training course

This prospectus is to provide you with information on our professional practitioner training in hypnotherapy with NLP and energy psychology. When it comes to Hypnotherapy, NLP and energy psychology practitioner training we meet some of the highest standards in the UK because our core curriculum is agreed by the General Hypnotherapy Standards Council. As a training school we have to meet a minimal standard of training and values set by the GHSC which then allows you to be a fully qualified and REGISTERED practitioner in Hypnotherapy.

This practitioner level course in Hypnotherapy, NLP and energy psychology offers the opportunity to become a qualified hypnotherapist with a Diploma in Hypnotherapy Practice recognised and approved by General Hypnotherapy Standards Council (GHSC) and acceptance to the General Hypnotherapy Register (GHR) and also The Complementary & Natural Healthcare Council (CNHC) on successful completion of the course.

We thrive to produce excellent practitioners and we keep our training current and up to date with the latest cutting edge therapeutic interventions.



"Are you ready to dive deep into your own mind and master your own programming and conditioning to then assist others in making rapid positive changes to their lives and health?"

Meet your trainer



"My name is Donna Carole Akasha and I am your facilitator of this amazing course. I am super passionate about these subjects and during my practice I have developed my own range of rapid therapeutic tools by keeping up with all the latest science and continuing on my own professional development and building my own knowledge.

Not only will you learn the fundamentals of these fascinating subjects, I will also introduce you to subjects like understanding human consciousness, quantum healing, epigenetics and energy psychology (rapidly shifting energy states through psychological processes).

I trained as a hypnotherapist 17 years ago and have been teaching practitioners for 8 years. I am passionate about this work and feel it is so important that we all understand ourselves at a deeper level and feel this is a stepping stone in human evolution and development.

My aim is to pass on as much of my knowledge to you so that you can become an efficient and safe facilitator with the confidence to set up your own private practice as well as run classes or workshops. You will be competent in these wonderful modalities and get fantastic results from

the moment you qualify. Because these techniques are simple, effective and easy to learn.

Learning about consciousness and human programming is a journey that never ends and even after 17 years of practice I am still learning something new every single day.

Are you feeling the calling to step into something new and exciting and change the way you see the world forever? Are you ready to expand your own awareness of yourself and others? If the answer is yes then I look forward to connecting with you soon."

- Donna Carole Akasha

I create therapists that set up practice, here are some examples:



Luanne Wordley hypnotherapy and wellness coaching.

207 followers • 419 following

Hypnotherapy & NLP for Women, Improve self awareness, overcome negative thoughts, regulate emotions, calm the nervous system, transform health, boost confidence. I help with fears & phobias, gut health, pain management, menopause, fertility and Insomnia.



Cornwall Hypnotherapist

380 likes • 463 followers

Hypnotherapy and NLP practitioner living and working in central Cornwall.



Posts About Photos More ▾

Details

i Page · Therapist



Lighthouse Therapy

219 followers • 570 following

Therapy for *everyone* from 7+yrs
Specialist in:

- ★ Children and Young People
- ★ Neurodivergent needs
- ★ Families
- ☀️ A Safe space to feel heard and welcomed
- ☀️ Bespoke & individualised therapy sessions



Ella Vida Coaching

844 followers • 173 following

✨ Voice of light ✨ Quantum
Songstress ✨ Soul Healing activations,
meditation membership, Soundbaths and
Hypnotherapy.

🔔 Following ▾

✍️ Sign Up



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AngelClaire Therapy

207 likes • 221 followers

After over 20 years studying the human
condition I finally discovered the power of
working with the

👍 Liked

📞 WhatsApp



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Sarah Louisa Healing and Therapy

456 likes • 500 followers

Powerful and transformational therapy
and healing, combining hypnotherapy,
N.L.P, E.F.T, Energy med

👍 Liked

📞 WhatsApp



Posts

About

Photos

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I also regularly see private clients. This helps me keep my skills as a therapist and trainer up to date.

Testimonial:

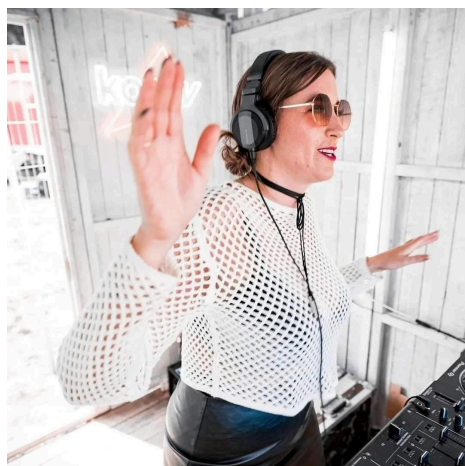
“I went to Donna for a one-on-one session because I was overwhelmed with nerves about a big event coming up. I had been asked to DJ at a festival, which would be the largest event I had done to date. My anxiety and nerves were so intense that I couldn’t sleep or eat and felt quite sick. With the way I was feeling there was no way I would have physically been able to do it. My mind and body just would not allow it.

However, the session with Donna brought an incredible shift. I went from being a bag of nerves, unable to imagine performing to feeling almost no nerves at all. It was a transformation I still can’t fully explain. I felt content, relaxed, and even a bit excited. I have used various types of healing/therapy before and so had expected some relief from these symptoms but I could not have dreamed of the dramatic change, it was quite literally astonishing.”

By the time of the event, my nerves were just a whisper of excitement. I was eager to start and thoroughly enjoyed the experience. There were a few technical difficulties which were out of my hands at the beginning of the set and I still managed to stay calm and relaxed.

Thank you so much, Donna.

Lady Luce DJ



Course Details

The information set below is an outline of all the areas we cover during the training and some practical information.

Venue: Newquay, Cornwall, in association with Newquay Therapy Centre.

Trainer: Donna Carole Akasha, HPD, PNLP,

Qualifications Gained:

- Diploma in Hypnotherapy Practice accredited and approved by General Hypnotherapy Standards Council (GHSC) with Practitioner of Neuro Linguistic Programming & energy psychology.

Registration:

- The General Hypnotherapy Register (GHR)
- The Complementary & Natural Healthcare Council (CNHC)

Duration:

The course will last a minimum of 450 hours of which 120 hours are in-class training over a 18 day period. 7 learning hours per day.

9am - 4.15pm (including a total of one hour rest breaks throughout the day).

Courses available:

One weekend per month over 12 months (9 weekends in total).

Or

One day per week over 6 months (18 days in total).

The remaining hours will consist of a combination of reading material*, research and assignments.

“This comprehensive professional training will give you everything you need to be a confident and competent Therapist.”

Course Requirements

- Students should have good verbal and written English language skills and be over the age of 18.
- Students will be expected to demonstrate a sound knowledge of Hypnotherapy, NLP and energy psychology in both practical and written assessment which will include a record of all study; length and resource, i.e, reading, watched videos, web based research, practice, etc.
- Students will be required to read the recommended book list.
- Students should have a total of 10 full practice sessions on friends, family or volunteers by the end of the training. 2 of these will create case studies towards final assessment.
- Case study assignments include creating a portfolio to set up a private therapy practice and designing a treatment plan/programme in their chosen specialist area.
- Carry out a full therapy session with a member of the public in a full supervised session including consultation.
- Students will create and submit a recorded hypnotherapy session containing a script written by them in an area of their choice.

What to expect from the course

The course is split into half therapy and half practice. We believe practice makes good therapists so we create the opportunity for as much practice time as possible.

Students will gain knowledge in both the theory and practice of hypnotherapy, NLP & energy psychology and a level of competency as a hypnotherapist, NLP and energy psychology practitioner to be able to help clients with issues such as stress management, depression, anxiety, weight control, smoking cessation, motivation, confidence building and treating unwanted habits and behaviours.

Understanding consciousness, energy psychology, epigenetics and quantum physics will enable students to have a much greater understanding of the mind, body and consciousness connection.

Students will have a good understanding of hypnotherapy and the law, codes of conduct, registration with awarding bodies and their commitments as a therapist. How to run a successful practice, marketing and advice for further continuing their career as a hypnotherapist.

Module One

Day 1 & 2

14 hours class time

Theory

- Introduction to course content
- Study methods
- Expectations
- Reading materials and research methods
- Introduction to hypnosis and hypnotherapy
- Brain wave states
- The subconscious mind
- Stages of hypnotherapy
- Induction of hypnosis and techniques
- Deepening the hypnotic trance and techniques
- Signs of successful hypnotic trance
- Safe termination of hypnosis
- Voice, tone and pace
- Introduction to therapeutic interventions
- Direct suggestion
- Indirect suggestion
- Styles of hypnotherapy
- Metaphors
- Using hypnotic scripts
- Treating stress related issues.

Practical

- Practice of various styles of induction techniques
- Deepening trance - practice of various styles
- Identifying levels of trance
- Exploring and creating direct suggestion
- Exploring and creating indirect suggestion
- Adjusting tone and pace
- Safe termination of hypnosis
- Practice of full basic hypnotherapy session
- Identifying stress
- Techniques for managing stress: Magic frame, metaphor, spinning feelings.

Working in pairs you will practise the above.

Module Two

Day 3 & 4

14 hours class time

Theory

- Introduction to NLP and energy psychology
- Representational systems - The five senses
- SUD scales

- Emotional imprinting
- Anchoring
- Sub-modalities
- Modelling Technique
- Rewind Technique
- Swish Technique
- Magic Frame Technique
- Drop down method
- Spinning Feelings Technique

Practical

- Practice in pairs of all the above techniques
- Practice explanation of definition of NLP in a therapeutic context
- Demonstrate the appropriate use of NLP techniques to meet the clients needs.
- Practice explanation of energy psychology



Module Three

Day 5 & 6:

14 hours class time

Theory

- Therapeutic Interventions within hypnosis
- Levels of hypnotic trance and their application to achieve desired outcome
- Two way communication during hypnosis
- Methods of communication with client without breaking trance
- Using NLP within the hypnotic trance
- Deepening trance throughout the hypnotherapy session
- Motivation
- Confidence
- Weight Loss Therapy
- Smoking Therapy
- Creating new habits

Practical

- Integration of NLP and energy psychology in hypnosis practice
- Two way communication during trance practice
- Speaking to the subconscious mind
- Deepening trance using direct and indirect suggestion throughout the hypnosis session
- Demonstrate ability to make hypnosis session personal to client/subject

You will begin to integrate the above into your hypnotherapy session and understand the application of such methods. You will begin to show an understanding of which techniques are appropriate to meet your clients needs. You will teach the client how to use suitable techniques to help manage stress between sessions.

Module Four

Days 7 & 8:

14 hours class time

- Understanding emotions
- The Stress Response - Fight or Flight
- Defence mechanisms
- Depression and interventions
- Anxiety and interventions
- Identifying negative emotional triggers
- Core programming and personality development in the early years
- Understanding the function and power of subconscious beliefs
- Negative beliefs and filters of the mind
- Identifying negative core beliefs
- NLP belief change technique
- Using hypnosis to change beliefs
- Reframe

Practical

- Working in pairs to identify hidden subconscious negative self beliefs
- Identify negative emotional responses connected to beliefs
- Identify patterns of behaviour connected to beliefs and responses
- NLP practice on changing beliefs
- Hypnosis practice and application of belief change and reframe

You will demonstrate your ability to identify negative beliefs that may be connected to the clients issues. This includes subconscious beliefs and negative emotions attached to such beliefs. You will effectively demonstrate a range of methods for helping to install new positive beliefs to assist the client to achieve the desired outcome.



Module Five

Day 9 & 10:

14 hours class time

Theory

- The consultation process
- The presenting problem
- Understanding client expectations
- Agreeing on planned outcome
- Client involvement
- Understanding limitations
- Number of sessions required and realistic expectations
- Identifying underlying issues that contribute to the presenting problem
- The cognitive triangle
- Creating rapport
- Confidentiality
- Data protection
- Safe storage of client data
- Privacy policies
- Case studies

Practice

- Mock consultation practice
- Identifying your clients desired outcomes
- Clear explanation of the therapeutic process and hypnosis practice
- Identifying appropriate interventions to best meet desired outcomes
- Planning your clients personalised therapy session

You will begin to explore and practise the full consultation process preparing you to identify a client's needs and which interventions, techniques and applications are most suited to helping a client achieve their desired outcome.

You will demonstrate clear explanations of the therapeutic process and any applications you plan on using during this process and why.

You will understand limitations and show the ability to set realistic goals and outcomes.

Module Six

Days 11 & 12

14 hours class time

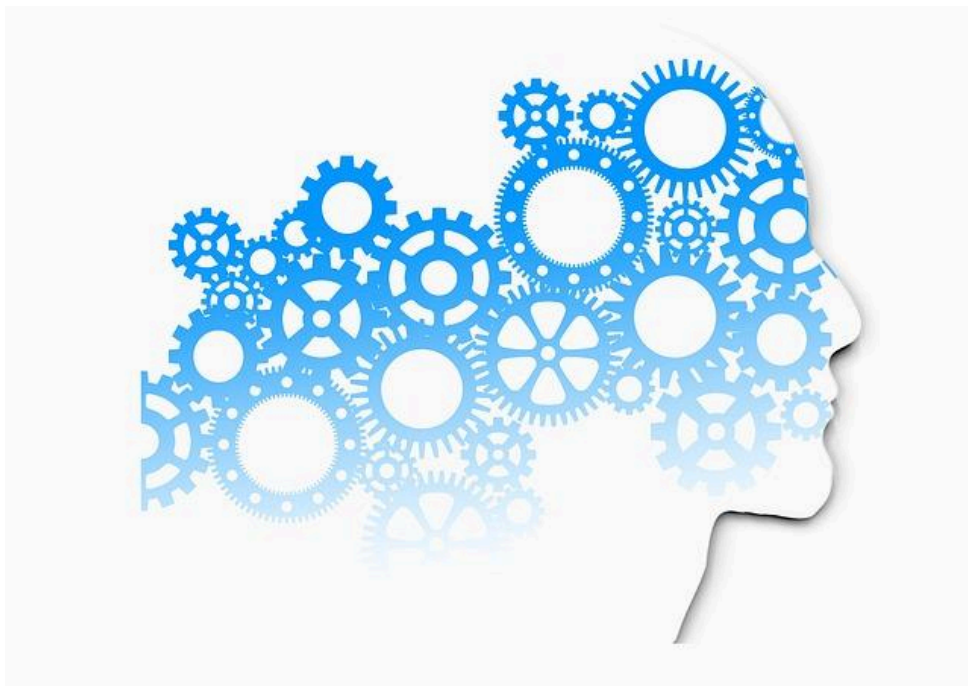
Theory

- Script writing - creating your own scripts
- Psychology models - basics of psychodynamic, humanistic & cognitive behavioural
- Personalisation of therapeutic techniques
- Age regression hypnosis
- Re-imprinting emotional memories
- Past life regression
- Understanding Trauma
- Resolving past trauma
- PTSD
- Resolving inner conflict
- Parts Therapy
- Phobias

Practical

- Practice of above techniques
- Planning a personalised recorded hypnotherapy session created and written scripts
- Practice of your planned personalised session working in pairs
- Practice age regression hypnotherapy
- progression hypnosis and healing.

Today you will begin planning, writing and practice of a full recorded hypnosis session which you will later record as part of your final assessment.



Module Seven

Days 13 & 14:

14 hours class time

Theory (bonus)

- Induction to quantum hypnosis
- Connecting to superconsciousness
- Asking big questions
- Quantum healing
- Ancestral clearing
- Creating Energy spaces

Days 15

7 hours class time

- Business management
- Location and access
- Setting up a private practice
- Insurance
- Suitable working environment
- Marketing your practice
- Taking enquiries
- Managing clients
- Codes of conduct
- Working with other health professionals
- Referring clients
- Setting up workshops
- Selling hypnosis recordings
- Legal requirements and responsibilities

Practice

Each student will conduct full supervised therapy sessions on volunteers within a working therapy session.

Students are now expected to implement both theory and practice to help clients achieve desired results.

Day 16, 17 & 18

21 class room hours

The last 3 days of the course will give students the chance to deepen their knowledge in any area that has been covered throughout the training. This can be adapted according to the areas of interest of students.

Students will practise every aspect of a full therapy session including, telephone enquiries, consultation, planning and practical application of hypnosis and therapeutic interventions.

Final Assessment - Supervised 90 minutes therapy session.

Trainer

Donna Carole Akasha, HPD, PNLP

Qualifications

2008

Hypnotherapy Practitioners Diploma - HPD

Practitioner of Neuro Linguistic Programming with Energy Psychology.

2016

HMS Practitioner Diploma

Certified Trainer of Therapeutic Coaching

Certified Trainer of Hypnotherapy and NLP

Experience

- 14 years experience creating treatment plans covering a wide range of conditions including depression, anxiety, phobias, PTSD, OCD, eating disorders and addictions.
- Facilitating NLP training days within a large corporation to increase confidence, motivation, functionality and success in employees.
- Has set up successful hypnotherapy and NLP private practices.
- Created hypnosis and NLP weight loss programs and has run a number of weight loss workshops and weekly hypnosis weight loss classes.
- Created Rapid Stress Release, RSR. A treatment programme that resolves a number of stress related and emotional issues quickly and permanently.
- Owner of Newquay Therapy Centre - a natural therapy centre that offers a wide range of treatments from professional experienced therapists.
- Has created a number of self development programmes and workshops.
- Has trained therapists to practitioner level

Course Assessor

Philip Gilson-Smith

Qualifications

Introduction to Counselling – Aylesbury College 2012

CPCAB Level 2 certificate in Counselling Skills – Aylesbury College 2012/13

CPCAB Level 3 certificate in Counselling Studies – Aylesbury College 2013/14

CPCAB Level 4 Diploma in Therapeutic Counselling - Aylesbury College 2014/15 -Truro College
2015/16

SANLP Practitioner of Neuro Linguistic Programming – Synergy Affiliates 2014

SAST Practitioner of Spectrum Therapy – Synergy Affiliates 2014

ATNLP Master Practitioner of NLP, Hypnotherapy and HMS Therapy – New Leaf Programme
2017

ATC Master Practitioner of Therapeutic Coaching – New Leaf Programme 2017

ATNLP Trainer of NLP, Hypnotherapy and HMS Therapy – New Leaf Programme 2017

Experience

Voluntary Counselling Hours – 100 hours one to one counselling – Waves Domestic Abuse
Cornwall
2016/17

Private Therapy/Coaching hours – Over 300 hours one to one – Various locations in the U.K
Developed Self Reintegration Therapy in 2018/19 www.philsmithsrt.co.uk

Please visit:

<https://general-hypnotherapy-register.com/>

I invite you to contact me for the free no obligation informal chat.

This is your chance to ask any questions you may have about the above course, connect with me so that you can make an informed decision around whether this is the right training course for you.

I look forward to hearing from you. Reach out with any questions!

Kindest regards, Donna Carole Akasha,

07440057946, [Akashadonna@gmail.com](mailto:akashadonna@gmail.com)

Other info:

- *As a therapist you can earn between £40-£120 per session on average*
- *As part of the training we will guide you through setting up your own practice.....this helps our students succeed!*
- *We work on building your confidence from the start of the course - using some of the most cutting edge processes and techniques.*
- *You will have the opportunity to work on your own healing throughout the course as you learn the deep processes.....imagine 5 months of intensive healing if you choose!*
- *You will understand yourself on a deeper level and understand what drives behaviour of your friends and family and become an expert in conflict resolution.*
- *Human beings are moving through a momentous shift in awareness and you will gain the tools and insights to understand and navigate this!*
- *Helping others move out of pain and trauma is one of the most rewarding jobs in the world.*

SAY YES TO AND START AN EXCITING NEW VENTURE INTO YOUR OWN MIND AND BODY. LIMITED SPACE SO REGISTER TODAY!