

Semillion Certificate in Sports Hypnosis

LEARN TO USE HYPNOSIS IN A SPORTING CONTEXT

Effective goal setting
Effective use of anchors
Effectively creating motivational language, and team talks
How to work with groups
How to deal with nervousness and aggression
Creative use of visualisation

This certificate course is intended for sportsmen and women, coaches and hypnotherapists interested in branching out into sports hypnosis. It can be taken as a complete certificate course which includes a comprehensive distance learning component or, for those with previous experience in hypnosis, can be taken as a one-day specialist course with additional targeted supplementary material.

Mode of study

For the certification course the student must attend the *Introduction to Hypnosis* workshop and the *Sports Hypnosis Professional Practice* workshop, and complete the following distance learning modules:

- *Introduction to Hypnosis*
- *The Structure of Communication*
- *The Power of Language*
- *Inducing Hypnosis*
- *Using Hypnosis Effectively in Sports*

The first four of these modules are taught in conjunction with the Semillion GHR hypnotherapy diploma and consist of a general introduction to hypnosis. The final module is a much longer specialist module based on applications of these techniques to sports hypnosis and is supported by materials taken from the trainers' book, *Grace Under Pressure - Hypnosis in Sports and Martial Arts*. Completion of this module is mandatory for students on the specialist conversion and the full certificate.

Power

The workshops are designed to give you practical experience in the use of Hypnosis and in particular Sports Hypnosis techniques and approaches in a controlled classroom setting. They will give you an opportunity to practise and to learn safely. The workshops are an integral part of the course, and are mandatory.

Energy

Support and assessment

You will be allocated a tutor, who will give you feedback on the assessments that you complete at the end of each distance learning module. You may arrange times with your tutor for telephone and/or e-mail based tutoring. There will be formative assessments throughout the distance learning portion of the course. Final assessments will be by practical examination carried out at the Sports Hypnosis workshop.

Renewal

Cost

The cost of the certificate, which includes:

- An allocated, on-line and telephone based Personal Tutor
 - Two one-day workshops
 - All distance learning materials - Including a copy of *Ad and Jo's guide to Hypnosis and Hypnotherapy* and supplementary study guide
- ... is only £225.

Flexibility

Originality

Relaxation

Motivation

The specialist conversion route, for which the prerequisite is a Hypnosis or Hypnotherapy qualification, includes one workshop and specialist distance learning material. The cost of this route is *only* £125.

Achieve

Natural

Further study

Students wishing to continue may complete the *full Hypnotherapy Diploma (Dhyp)*, which entitles you to associate membership of the GHR and will give you the skills and right to practise as a General Hypnotherapy Register qualified hypnotherapist. You will need to complete the remaining modules; (*Professional Practice, Design of Interventions, Introduction to Advanced Techniques*) and attend a further workshop on hypnotherapeutic techniques. The cost of completing the diploma is a further £200. Semillion also offer a yearly 5 day accelerated NLP practitioner course.

Confidence

Elegantly

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Semillion

"Sowing the seeds of generative change"

