

Minimum Standards of Education and Training for Hypnotherapy Practitioners

As the peak body for Hypnotherapy in Australia, HCA lays down the minimum educational standards required for people to commence practicing as professional Hypnotherapists. These minimum standards are accepted by all HCA Registered Educational organisations (Schools) as the basis for the courses they offer. This ensures that intending students can be assured that training offered is of high quality and able to equip them for entry into the profession with confidence. The HCA Associations also accept these minimum standards, and will only admit members who have received adequate training. Each school will of course have its own unique approach to the practice of Hypnotherapy which in turn preserves that diversity within the profession so essential in catering for the wide range of issues Hypnotherapists regularly encounter.

These standards of education and training are as follows:

- Breadth, depth and complexity covering planning and initiation of skills, knowledge and applications across a broad range of clinical hypnotherapy, practice management and therapeutic requirements.
- Performance and self directed application of a broad range of knowledge and skills. Evaluation and analysis of areas where judgement is required in planning and selecting appropriate techniques and procedures for assessment and treatment. This includes the development of strategic initiatives recognising contra-indications and developing appropriate hypnotherapy procedures, tailored to the specific needs of the client.

Distinguishing features of learning outcomes

The learning outcomes should enable an individual to:

- Demonstrate understanding of a broad knowledge base incorporating relevant theoretical concepts and their practical applications in the areas of Clinical Methods; Communication and Counselling Skills; Professional Conduct and Ethical Practice.
- Identify and apply skill and knowledge areas to a wide variety of hypnotherapy contexts.
- Identify, analyse and evaluate information from a variety of relevant sources.
- Analyse, plan and implement specific hypnotherapy techniques and therapeutic procedures to presenting issues and the management of those issues.
- Apply theoretical concepts and clinical skills to a range of situations.
- Evaluate information to assist with research and planning of client case management.

Distinguishing features of clinical applications of learning outcomes in context:

- Practitioners must have the requisite Competencies, Knowledge and Understanding in key competency levels and required learning areas: Clinical Methods; Communication and Counselling Skills and Professional Conduct and Ethical Practice.
- The requisite Competencies, Knowledge and Understanding for practising membership of HCA Member Associations may be acquired through a variety of different training and education methods.
- The acquisition of the minimum requisite level of Competencies, Knowledge, Understanding and Experience for practising Membership of a HCA Member Association requires the equivalent of approximately 400 hours of training and education.
- This may comprise a variety and combination of learning methods under the broad headings of Clinical Hypnotherapy Training and Experience; Professional Qualifications and Recognition of Prior Learning, and may include but is not limited to:
- Recognition of prior/current competencies relevant to:

- Classroom teaching
- Individual tutorials
- Groups sessions
- Mentoring and Supervision.
- Workshops, Conferences and Seminars relevant to health care professions.
- Related Continuing Education (Evidence of CPE required)
- Case Study work
- Self-directed research
- Extensive specific and related reading
- Contribution to relevant professional publications
- Professional practice
- Practical assessments
- Theoretical assignments
- Supervised practice
- Allied health professions, Sociology, Criminology, Victimology
- Training and Assessment, Education, Anthropology
- Police studies, Justice Studies, Forensic
- Counselling, Psychotherapy, Psychology Science
- Medicine, Nursing, Dentistry, Psychiatry
- Business, Security Management, Risk Management
- Neuro Linguistic Programming,
- Ego State Therapy
- Hypno-Birthing, Sleep Talk
- Social Work, Community or Volunteer
- Human Resource Management Work
- Communication Skills Life Skills and those considered relevant
- e.g. legal profession, sales, advisory roles by the Executive Council