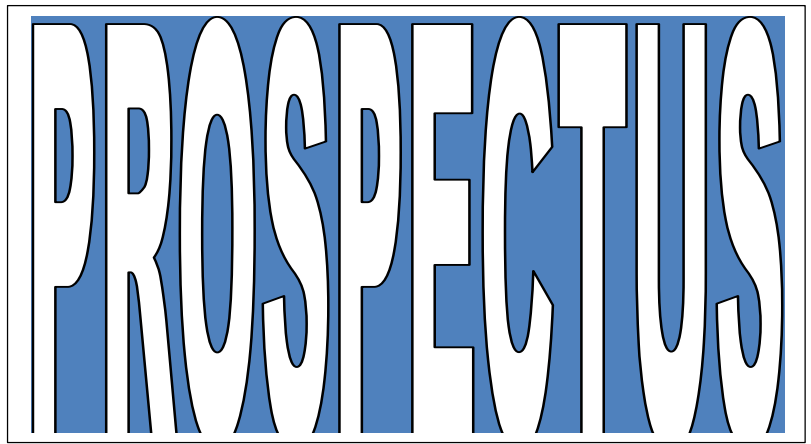


"The True Specialists in Clinical Hypnotherapy Training"

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Executive Director: Dr Leon W. Cowen
AdvDipCH, PhD (Clinical Hypnotherapy)
WorkCover Approval Number: 8613



The Academy provides training to meet a variety of needs from a Free Course to General interest, Practitioner Level, Advanced Continuing Education - Professional Training

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We promote Clinical Hypnotherapy as a profession in its own right through providing our students and other health professionals with the highest level of service, advanced teaching, techniques and information.

Mission Statement

Hypnotic theory is presented in a functional form, giving practical instruction in the application of hypnosis at both personal and professional levels. All training whether personal or vocational is competency based and each individual's capacity to realise his or her unique potential is honoured and developed within the framework of our credo:

Se Aduvare. (Translation: To Help Oneself)



Continuing Professional Development Units & Advanced Training

These online units are for health professionals wanting to add clinical hypnosis skills and advanced skills for therapists with clinical hypnosis training.

Units receive a Certificate of Completion when finalised.

Practitioner Certificate in Hypnosis:

This practitioner certificate is your first step into hypnosis training. It provides existing health practitioners with foundational hypnosis skills and techniques to use within their practice. A *Practitioner Certificate in Hypnosis* is issued on successful completion.

Mini Units:

A 1 hour (approx.) overview of a specific topic which may contain some in-depth material.

Condensed Units:

Approx 5-6 hours (approx). More detailed than the Mini Units. Online lectures and learning activities.

A general overview of a subject and its relevant topics

Full Units:

A comprehensive in-depth (40 hours (approx.), stand-alone presentation of a subject and related topics. May be undertaken with or without assessment.

Webinars:

Online or live presentations which provide **in-depth presentations on the specific subjects**. Live webinars are often recorded and that recording is then made available online.

Workshops:

These provide the practical aspect of hypnosis and clinical hypnotherapy. Depending on the Workshop you will have the opportunity to observe and/or practice your skills in a safe supportive environment under the guidance of an experienced facilitator.

Free Stuff:

Short introductions to hypnosis, hypnotherapy and associated subjects. **They allow you to determine if you want a more detailed understanding.**

A New Aspect to Your Career

Hypnosis is now used by Health Professionals such as Doctors, Dentists, Massage Therapists, Naturopaths, Nurses, Chiropractors, Counsellors, Psychiatrists, Psychologists, Psychotherapists, Social Workers etc. to assist in such diverse areas as anxiety, confidence, decision making, gambling, headaches, insomnia, low self-esteem, memory, migraine, motivation, nail biting, non-smoking, pain control, phobias, relaxation, sexual issues, skin problems, snoring, sport, stress, study, teeth clenching and grinding, Tinnitus, trauma (complex trauma) and weight control.

Our Course and Units assist health professionals increase their skills by providing comprehensive lectures and notes with support by telephone, email and online whenever it is required. We designed our units to accommodate internet requirements for the all locations, including Rural and Remote regions.

Online delivery allows you to study where and when you want. Our online learning platform (**Moodle**) has been developed to provide the most current online educational facility for clinical hypnotherapy training.

Adding hypnosis to your existing skills is very rewarding as it adds a unique dimension. Once you have your foundational knowledge you develop your skills by undertaking continuing education units in your particular area of interest. The range of online units is extensive and practical workshops increase your knowledge, skills and effectiveness.

Our history speaks for itself. We are unique in the profession as we were the first to achieve government accreditation in the vocational sector for clinical hypnotherapy training and now with Dr Cowen's PhD in **Clinical Hypnotherapy Education**.

We continue our dedication to training quality in clinical hypnosis and clinical hypnotherapy by providing the most advanced concepts and techniques in our online units, webinars and practical workshops nationally and internationally.

The Academy of Applied Hypnosis

The Academy was founded in 1983 to meet the need for a standard of professional training for Clinical Hypnotherapists. After achieving government accreditation in the vocational education training (VET) sector in 1998, we now focus on further development of the profession. The focus is by presenting flexible online advanced training to clinical hypnotherapists and existing health professionals designed by Dr Cowen. His integration of counselling, psychological and psychotherapy techniques into the hypnosis and hypnotherapy model is unique within the profession.

The True Specialists in Clinical Hypnotherapy Training

Dr Cowen's PhD in Clinical Hypnotherapy Education is the highest specialist qualification in Australia and has international recognition. Spanning four decades the scope of his knowledge and expertise is extensive and infuses our training to integrate clinical hypnotherapy with counselling, NLP, Transactional Analysis and Gestalt. Psychotherapy techniques are taught within a clinical hypnotherapy model which not only teaches the psychotherapy but also the use that skill within clinical hypnosis/hypnotherapy practice.

The Academy's Environment

The Academy now occupies a virtual office and can be contacted by telephone (02) 9415 6500 or email admin@aahypnosis.com.au.



Dr Leon W. Cowen

Executive Director

AdvDipCH, PhD (Clinical Hypnotherapy)

Dr Leon W. Cowen is our Executive Director and with a PhD based on research into clinical hypnotherapy education is arguably the most experienced Clinical Hypnotherapist and trainer in Australia. With over 40 years of clinical experience and over 30 years as a clinical hypnotherapy educator, he is the primary trainer for the Academy. He has held educational roles within the two largest professional hypnotherapy associations in Australia and was the inaugural Chairperson of the Education Advisory Body for the Hypnotherapy Council of Australia. Leon consults for Professional Associations, Government Agencies and Industry Boards regarding professional training standards for Australian Clinical Hypnotherapists.

Leon brings his extensive experience into his Supervision, Mentoring, Lecturing and Executive Director role within the Academy. He has filled Specialist Lecturing roles at institutions such as the University of New South Wales, Macquarie University, Western Sydney University, St Vincent's Hospital, Nature Care College of Natural Therapies, Australasian College of Natural Therapies and the Australian Catholic University.

Leon, although not a medical practitioner, was awarded his PhD from the School of Medicine, University of Western Sydney for research into clinical hypnotherapy education and clinical practice. You can download his [thesis](#) and his [publications](#).

Accreditations

Our training has been accepted by the professional bodies listed below. The Academy is now focussed on Advanced Training and provides units designed for Existing Health Professionals and Clinical Hypnotherapists to upgrade their skills to the advanced clinical hypnotherapy domain. Please refer to your association for the amount of Continuing Professional Development (CPD) credit awarded for the Academy's units.



This symbol represents the Australian Hypnotherapists' Association (AHA) – the oldest independent professional hypnotherapy association in Australia. Academy training has met AHA continuing education membership requirements. Tel: 1800 067 557. Website: www.ahahypnotherapy.org.au



This symbol represents the Australian Nurses and Midwifery Federation. The Academy's Practitioner Certificate in Hypnosis has met continuing education requirements. Tel: 1300 367 962 Website: <http://www.anmf.org.au>



This symbol represents the Australian Society of Hypnosis. The Academy's Practitioner Certificate in Hypnosis is endorsed as RPL for the ASH Introductory Course. Tel: (02) 9747 4691 Website: <http://www.hypnosisaustralia.org.au>



This symbol represents the Australian Society of Clinical Hypnotherapists. The Academy's training has met continuing education requirements. Tel: 1300 85 1176 Website: <http://www.asch.com.au>



This symbol represents the Australian Association of Social workers. The Academy's Practitioner Certificate in Hypnosis has met AASW continuing education requirements. For more information refer to their website at <https://www.aasw.asn.au> or telephone 1800 630 124



Australian Traditional-Medicine Society Ltd

This symbol represents the Australian Traditional-Medicine Society (ATMS). The Academy's training has met ATMS continuing education requirements. For information: Tel: (02) 9809 6800 Website: www.atms.com.au ,



This symbol represents the Hypnotherapy Council of Australia (HCA) which is the national peak body for Clinical Hypnotherapy in Australia. For more information refer to their website at <http://www.hypnotherapycouncilofaustralia.com> .



This symbol represents the Royal Australian College of General Practitioners. The Academy's Advanced Practitioner Certificate in Hypnosis is endorsed and the Academy's training has met RACGP continuing education requirements. . Tel: (02) 9886 4700 Website: <http://www.racgp.org.au>

Flexible Delivery

Our course and units are delivered via the online learning platform Moodle. This gives you the flexibility to study where and when you wish. The Academy also conducts webinars and in-house workshops and provides Supervision and Mentoring to assist to round out your professional skills.

Money Back Guarantee

The Academy guarantees to refund 100% of your fees (no questions asked) if within 24 hours of enrolment and before commencement you withdraw from the unit, webinar or workshop. For more details please see our [Refund Policy](#)

CPD Units – General Information

All units provide a Certificate of Completion when the unit is finalised.
There are various styles of CPD units. The information below outlines what each style involves.

Delivery Styles

Topics are presented in four ways:

Course: The Practitioner Certificate in Hypnosis is the online foundational course to from which you build your knowledge and skills. You add additional topics from webinars, workshops and units. This flexibility allows you to specialise in your areas of interest.

Units: Notes and links to audio or audio/visual recordings (usually recorded ‘live’) are supplied. They may involve:

- **Mini Unit:** presents a specific topic which is an overview with some in-depth material; or
- **Condensed Unit:** a general overview presentation of a subject and its relevant topics or
- **Full Unit:** an in-depth presentation of a subject comprising related topics in detail

Assessments are only available for Full units. Assessments are OPTIONAL and require a separate enrolment.

Webinars: **Live:** Online live presentations. These are often recorded and that recording is then made available online.

Recorded: Links to online presentations are provided. These webinars are on a variety of topics and may be a recording of the live webinar.

Workshops: Therapeutic Applications Workshops are designed to teach the practical application of various techniques. They comprise a variety of topics and involve active participation of the attendees. Online - you can observe an expert conduct a consultation with a workshop participant. In-house – you have the opportunity to practice your skills and receive expert guidance.

Free stuff: This is for the public and Existing Health Practitioners. The topics vary to give a wide range of choice. The Academy always welcomes questions about hypnosis and online learning, but a brief experience of learning hypnosis with us online will tell you more than words alone will.

Find what you are looking for

We have designed our website so you can easily search for the subject you want and the presentation style you prefer.

1. Go to our select a subject page or our home page www.aahypnosis.com.au;
2. Select from the links available e.g. subject, unit name, presentation style etc.;
3. Then refine your search by selecting from the links available.

Searchable subjects include:

Advanced Practical Workshops	NLP in Hypnotherapy
Advanced Therapeutic Applications	Practicum
Cost	Presentation Types
Counselling for Hypnotherapy	Psychology for Hypnotherapy
Delivery (Mini Unit, Webinar, Workshop, Free Stuff)	Research Methodology
Ethics, Legal and Business Issues	Supervision
Hypnoanalytical Techniques	TA & Gestalt in Hypnotherapy
Medical Sciences in Hypnotherapy	Teaching Self Hypnosis
Mentoring	Workshops

If you have any questions or need assistance please contact the Academy on (02) 9415 6500 or email admin@aah.edu.au.

Course: Practitioner Certificate in Hypnosis (HCT401)

Existing health professionals use this course as an entry point for clinical hypnosis. It provides foundational skills and techniques from which you can build your knowledge. You can select from the Mini Units, Condensed Units, Full Units, Webinars and Workshops that specifically match your areas of interest.



Royal Aust. College of General Practitioners
for up to 40 Group 1 CPD points and
General Practice Mental Health Standards Collaboration
Mental Health Level 1 ongoing CPD



Australian Society of Hypnosis (ASH)
has endorsed this course. Students who complete this course will receive Recognition of Prior Learning (RPL) for the ASH Introductory Course.



Australian Association of Social Workers
endorsed this course for continuing education



Australian Nursing and Midwifery Federation
has endorsed this unit.
Completion attracts 110 CPD hours.

Aim: This course is designed to give you the skills to use hypnosis within your practice. It encompasses concepts and skills *specifically designed for health professionals* and enhances practitioner skills to a higher level of competency and integration with Clinical Hypnosis.

CPD Hrs: 112 hours approximately (inclusive of lectures and performing required learning tasks).

Details: **Prerequisite:** An existing qualification in a health field.

Topics:

Hypnotic Theory for the Health Professional	Cognitive Behavioural Therapy
Susceptibility Techniques	Transactional Analysis and Gestalt
Induction Procedures	Self Hypnosis
Deepening Procedures	Ethics and Safeguards
Suggestion	Clinical Approach to Conditions in an existing Health Practice
Awakening Hypnoanalytical Techniques	

Location: Online - via Moodle

Assessment: Assessments included

Award: Practitioner Certificate in Hypnosis is emailed after online feedback sheet is completed.

Fee: AUD\$2150.00

Enrol: To gain access to a unit you need to:

1. Go to our online educational platform called [Moodle](#);
2. Create a new free account (or log in if you have an account);
3. Enrolment requires an existing qualification in in a health field. Please contact the Academy the Academy on (02) **9415 6500** or by [email](#).

Mini Units

This series of low cost Continuing Professional Development (CPD) online Mini Lectures provides notes, audio-lectures (some are classroom recordings) and learning activities.

Primarily created in response to requests from regional practitioners, these Mini Units are also attracting practitioners who appreciate the convenience of being able to undertake continuing education when they wish in their own home or office.

Aim: Provide a low cost introduction to various subjects.

CPD Hrs: 1 hour approximately (inclusive of lectures and performing required learning tasks).

Location: Online - via Moodle

Assessment: No Assessment.

Award: Certificate of Completion will be emailed after online feedback sheet is completed.

Fee: AUD\$29.90

Enrol: To gain access to a unit you need to:

1. Go to our online educational platform called [Moodle](#);
2. Create a new free account (or log in if you have an account);
3. Self enrol and payment.

NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) **9415 6500** or by [email](#).

Condensed Units

This Condensed Unit Series delivers online, low cost Continuing Professional Development (CPD) and includes notes, lectures (some recorded live in the classroom) and learning activities. They provide significantly more than the Mini Lecture Series for those practitioners who want to develop new knowledge and skills or to build on existing skill sets.

These units were in part created in response to regional practitioners who requested more in-depth information and learning activities but are also appreciated by those practitioners who want to do their CPD in their own time in their own home or office.

Aim: Provide more in-depth learning on specific subjects.

CPD Hrs: Up to 6 hours approximately (inclusive of lectures and performing required learning tasks).

Location: Online - via Moodle

Assessment: No Assessment.

Award: Certificate of Completion will be emailed after online feedback sheet is completed.

Fee: AUD\$275.00

Enrol: To gain access to a unit you need to:

1. Go to our online educational platform called [Moodle](#);
2. Create a new free account (or log in if you have an account);
3. Self enrol and payment.

NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) **9415 6500** or by [email](#).

Full Units

These units can be undertaken with or without an assessment. The assessment is completed as a separate enrolment. A *Certificate of Completion* will be awarded showing the duration of the unit. If you enrol into the assessment after you have received a Certificate of Completion for the unit a separate certificate will be issued for the assessment.

Note: Whilst there are no set prerequisites for units in the CPD Full Unit category, many of the units assume some prior knowledge of hypnosis/hypnotherapy. For that reason if you have no prior knowledge it is strongly recommended, especially if you are undertaking the assessments for your chosen units, that the first unit you complete should be HCT401 Hypnosis Counselling and Therapy.

Aim: Provide a comprehensive coverage of specialised subject or group of subjects.

CPD Hrs: Up to 40 hours approximately (inclusive of lectures and performing required learning tasks).

Location: Online - via Moodle

Assessment: No Assessment.

Award: Certificate of Completion will be emailed after online feedback sheet is completed.

Fee: Varies according to unit. [Fees outlines are here.](#)

Enrol: To gain access to a unit you need to:

1. Go to our online educational platform called [Moodle](#);
2. Create a new free account (or log in if you have an account);
3. Self enrol and payment.

NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) **9415 6500** or by [email](#).

Webinars

Aim: Provide low cost interactive presentations on a variety of subjects.

CPD Hrs: Varies – up to 90 minutes (approx.) inclusive of listening to lectures and learning tasks.

Location: Online - via Moodle

Assessment: No Assessment.

Award: Certificate of Completion will be emailed after online feedback sheet is completed.

Fee: Varies according to the webinar. See each webinar details for fees.

Enrol: To gain access to a unit you need to:

1. Go to our online educational platform called [Moodle](#);
2. Create a new free account (or log in if you have an account);
3. Self enrol and payment.

NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) **9415 6500** or by [email](#).

Workshops

These are available online and in-house. They provide the bridge between theory and practice with an expert facilitator available to answer questions.

Aim:	Online – Develop and refine practical skills by observation, questions and answer opportunities. In-house - Provide participants with the opportunity to practice and refine professional skills.
CPD Hrs:	Online - 90 minutes (approximately). In-house – 1 or 2 days
Location:	Online - via Moodle
Assessment:	No Assessment.
Award:	Certificate of Completion will be emailed after online feedback sheet is completed.
Fee:	Varies according to the workshop. See each workshop details for fees.
Enrol:	To gain access to a unit you need to: <ol style="list-style-type: none">1. Go to our online educational platform called Moodle;2. Create a new free account (or log in if you have an account);3. Self enrol and payment.
	NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) 9415 6500 or by email .

Free Stuff

Aim:	Provide no cost units to inform the profession and public.
CPD Hrs:	Varies. From 1 – 3 hours (approx.) inclusive of listening to lectures and learning tasks.
Location:	Online - via Moodle
Assessment:	No Assessment.
Award:	Certificate of Completion will be emailed after online feedback sheet is completed.
Fee:	Free
Enrol:	To gain access to a unit you need to: <ol style="list-style-type: none">1. Go to our online educational platform called Moodle;2. Create a new free account (or log in if you have an account);3. Self enrol. No payment is required.
	NOTE: Self enrolment is available almost all units. If you need assistance you can contact the Academy on (02) 9415 6500 or by email .

Policies:

Code of Practice

In our endeavours to pursue our mission, we provide the best professional service we can to our clients and we pledge:

1. To ensure that we provide the best possible outcomes commensurate with our abilities skills and experience;
2. To refrain from advertising or otherwise misrepresenting our competence or services;
3. To be honest and fair when dealing with clients and others;
4. To ensure the complete confidentiality of information provided unless required by law;
5. To encourage open commitment and feedback;
6. To ensure there is an open process for resolution of client grievances;
7. To seek to develop our skills by continued professional improvement; and
8. To strive to enhance the profession by supporting other practitioners; assisting professional association; promoting research and education with hypnosis and hypnotherapy and working collegiately with other professions

Access, Equity and Participation

The Academy of Applied Hypnosis has established policies in relation to access to its units which ensure equity of access for all participants.

▪ Confidentiality and Privacy

The Academy is committed to protecting the privacy of course participants insofar as possible. We do not in any way share any personal details with other organisation or individual unless required by law.

▪ Your Personal Records

The Academy maintains strict security of its record system. All participants have access to their personal records after verification of their identity. Participants have access (via Moodle) to a transcript of the units undertaken and completed.

Requests for Extension of Time

Consideration will be given to any reasonable request for an extension of time for the Practitioner Certificate in Hypnosis (PCH) and full units, however you may be asked to provide a medical certificate or other documentation relevant to the circumstances upon which you are basing your request for an extension. No consideration will be given for normal work commitments and extracurricular activities. It is your responsibility to plan ahead.

Refund Policy

The Academy guarantees to refund 100% of your fees (no questions asked) if within 24 hours of enrolment into that unit and before commencement you withdraw from the unit, webinar or workshop.

Once the unit is commenced then no refund is available. However, should a participant wish to finalise incomplete units in the future, the original fee may be used as a credit towards that unit or another unit. This offer is available within a one month period from the time initial payment is made.

If you require further assistance please contact the Academy on (02) 9415 6500 or by [email](#).