

# Clinical Hypnosis Stress Management and Communication Skills



## COURSE FACTS

Awards	Advanced Diploma, BSc or Graduate Certificate
Faculty	Faculty of Health Education and Life Sciences
Applications	Please contact the Admissions Office T: 0121 331 5500 E: <a href="mailto:health@bcu.ac.uk">health@bcu.ac.uk</a>
Attendance	8 days in University
Duration	Part time 12 months
Location	City South Campus (Edgbaston)
Contact	Sian Rogerson E: <a href="mailto:midlandsbscah@yahoo.com">midlandsbscah@yahoo.com</a> <a href="http://www.bcu.ac.uk/healthcpd">www.bcu.ac.uk/healthcpd</a> Visit <a href="http://www.bcu.ac.uk/healthopendays">www.bcu.ac.uk/healthopendays</a> for dates of future events



## ENTRY REQUIREMENTS

Registrant with the GMC, GDC, NMC, HCPC, BPS, BaDN, or other Health Professional registering body and have support from their manager to undertake the course.

120 Level 5 credits and 120 level 4 credits are necessary to enrol for the BSc Award. APEL/APL is available upon request – we can advise you

upon your application. If your last academic study was some time ago or you don't have the required number of credits there is opportunity to enrol for the Advanced Diploma Award. The Graduate Certificate Award is for applicants who already have a first degree.

## COURSE OVERVIEW

The programme is delivered by the British Society for Clinical and Academic Hypnosis in collaboration with Birmingham City University.

The programme is mapped to the National Occupational Standards for clinical hypnosis and the course team are applying for accreditation from the Complementary & Natural Health Council (CNHC).

On successful completion of the programme, and documentation of 35 interventions, students will

be able to apply for accreditation with the British Society of Clinical and Academic Hypnosis (BSCAH).

The target audience is Health workers for whom their patient/client professionals or work environment would benefit from skills in hypnosis; advanced communication strategies, relaxation, guided imagery and mindfulness.

## COURSE CONTENT

8 days in University (Fridays and Saturdays) to include:

- Clinical Hypnosis
- Communication and language patterns
- Stress management
- Goal setting
- Professional Practice
- Mindfulness
- Research
- Evidence-based practice

## ASSESSMENT

We use a wide range of continuous assessments, including written work, presentations, case studies, simulation and role play in University and the clinical area.

## EMPLOYABILITY

Students graduating from this course will be well equipped to support clients, patients and colleagues in stress management and relaxation. The skills learned will improve the students communication skills and help them to manage their own stress levels and working in a demanding environment.

## FURTHER STUDY

On completion of the Clinical Hypnosis Stress Management and Communication Skills students may undertake further modules to complete a BSc Hons degree and/or work towards a Master's award in a related subject. The Personal Development Department can guide you in your next steps.

## DATES

Full days in University:

16.9.16  
17.9.16  
  
25.11.16  
26.11.16  
  
10.2.17  
11.2.17  
17.3.17  
18.3.17

## MORE INFORMATION

For further information and an application form please contact:

Sian Rogerson  
E: [midlandsbscah@yahoo.com](mailto:midlandsbscah@yahoo.com)

Sue Shortland  
E: [sue.shortland@bcu.ac.uk](mailto:sue.shortland@bcu.ac.uk)

For information with regards to future open days please visit [www.bcu.ac.uk/healthopendays](http://www.bcu.ac.uk/healthopendays)

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