

A career in clinical hypnotherapy



“It’s a fantastic approach...you’re learning techniques that are life changing for clients.”

**Michael Cormack,
Clinical Hypnotherapist**

“Hypnotherapy tends to amplify people’s hidden abilities.”

**Kate Boyd,
Counsellor &
Clinical Hypnotherapist**

A career in clinical hypnotherapy involves working with the unconscious to treat a wide range of psychological problems. It is possible for the therapist to use this state of mind to make positive and long-lasting changes to troubling thoughts, feelings and behaviours.

Different variations

Clinical hypnotherapists may use hypnosis alongside aspects of talking therapies such as cognitive behaviour therapy and eye movement desensitisation and reprocessing (EMDR) to work with clients towards a desired outcome. They often work privately or within a shared practice and are usually self-employed.

Who can I work with?

Clinical hypnotherapy can be particularly useful for individuals suffering from anxieties and phobias or those who wish to gain better control of something habitual such as smoking or excessive eating.

Minimum requirements

- A certificate or Diploma recognised by a professional body such as The National Council for Hypnotherapy (NCH) or the British Society of Clinical Hypnosis.
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