

Course Prospectus



Diploma in
Cognitive
Hypnotherapy

[www.questinstitute.
co.uk](http://www.questinstitute.co.uk)

A course for everyday people who want to help everyday people

This is a credible therapy

In 2012 we launched a research programme in collaboration with the Pragmatic Research Network to establish the effectiveness of Quest Cognitive Hypnotherapy when compared to other approaches, because traditional hypnotherapy has always struggled to be accepted because of a lack of evidence.

A team of Quest Cognitive Hypnotherapists began to use a range of outcome measures developed by IAPT (Improving Access to Psychological Therapies). This is an NHS programme rolling out services across England offering interventions approved by the National Institute of Health and Clinical Excellence (NICE) for treating people with depression and anxiety disorders. The purpose of the research project was to measure the effectiveness of Cognitive Hypnotherapy compared to other treatment options currently offered within the NHS.

This pilot project demonstrated rates of improvement that exceeded the original targets set by IAPT. In September 2015 the results were published in the peer-reviewed publication **The Mental Health Review Journal**. It concluded that:

“QCH may offer a brief effective treatment for clients with clinically significant levels of anxiety and/or depression, widening client choice.”

This is a wonderful and unique achievement demonstrating the robustness of QCH as a therapy model. **In an average of six sessions, 71% reported themselves recovered, compared to 42% of people using other IAPT therapies (including CBT).** You can read more here: <https://www.qchpa.com/evidence-based-therapy/>

You will be learning a hypnotherapy approach with a true evidence base, and we know of no other school that can truly say that.

This is different

Cognitive Hypnotherapy is a comparatively new approach, having been first taught by Trevor Silvester in 2000, yet it's created a great deal of excitement within the field. It differs from traditional hypnotherapy in many important respects, including its rejection of one-size-fits-all hypnotic scripts based on the problem rather than the client, the idea that that hypnosis is a special state the client is 'put into', rather than an everyday state that also forms part of the client's issue, and the belief that the deeper the trance the better the effect.

It's also at odds with therapy approaches that minimise the importance of the relationship between therapist and client and which think that their way is the best, or only way, in all situations.

Cognitive Hypnotherapy is based on the premise that nothing works on everybody, so different treatment options need to be available for different people, even though they might present with the same issue. So the emphasis is on avoiding therapeutic labels, and instead helping the client identify patterns of thought, behaviour, and history that create their issue, and then developing a bespoke treatment package based on the unique way that particular client thinks. In that regard Cognitive Hypnotherapy is more a philosophy of how to approach therapy than an approach itself. It provides a framework within which client information can be understood in such a way as to guide treatment choices using techniques drawn from any other area of therapy. It gives each therapist the maximum degree of flexibility to creatively help their client reach their solution. And because of the skill required to do so, we're proud to say that this is one of the most challenging courses you could choose.

If what you've read so far excites you, we're glad you found us.

Our Accreditations



This course is accredited with the National Council for Hypnotherapy, one of the largest and oldest organisations of its kind in the UK.



The qualifying exam - the Hypnotherapy in Practice Diploma (HPD) is externally verified by the NCFE.

Upon completion of the HPD, successful candidates will be awarded a certificate of achievement by the NCFE. The HPD has been accredited by them as having measurable learning outcomes that have been benchmarked at **Level 4** (using Ofqual's Qualification and Credit Framework (QCF) level descriptors).

The NCFE is recognised as an Awarding Organisation by the qualification regulators for England, Wales and Northern Ireland.

The NCH has been approved as an NCFE centre and the HPD has been accredited by the NCFE to guarantee that it is of a high standard and meets the rigorous requirements of a national awarding organisation.

NCFE accreditation gives assurance that the content of a training course is of a high standard and meets the rigorous requirements of a national awarding organisation.

NCFE accreditation also gives formal recognition to our courses which result in the 'award' of a certificate of achievement. This award does not qualify you for a nationally recognised qualification.

We think that hypnotherapy is a fascinating subject area, the study of which can profoundly aid personal development, as well as providing the means of building a profitable and meaningful career. The modern synthesis of hypnosis with the advances in the field of Brief Psychotherapy holds tremendous potential for helping people with an even wider range of problems than is traditionally associated with the profession.

This course will qualify you to practice as a Cognitive Hypnotherapist and NLP Practitioner, provide the skills to make you effective, and enable you to pursue it as a viable way of earning a living. We offer advice on building your practice based on personal experience, and post-course support that is ongoing and open-ended for those graduates who choose to continue as Registered members of our growing Cognitive Hypnotherapy organisation, the QCHPA (Quest Cognitive Hypnotherapy Practitioners Association).

The Quest Institute Diploma in Cognitive Hypnotherapy

What is our Quest?

When we designed this course we were determined to offer something fresh and new. There are many courses teaching from a syllabus that has largely remained unchanged for the last fifty years, and yet there are so many modern techniques available from Cognitive Psychotherapy, Neuro Linguistic Programming and Brief Therapy whose effect is improved by the use of the natural trance phenomena that we believe are part of hypnosis. Our quest is to teach this new approach, which we have evolved over the last twenty years in our clinical practice, and call Quest Cognitive Hypnotherapy.

Our commitment to you is to provide a course that is as fascinating as the subject deserves, and that leaves you competent to practice and able to build a successful business at the end of it. Our commitment is also to support you after the completion of the course if you choose to continue within our network. To do so we have invested in cutting edge multi-media presentation equipment, provide video and audio material to assist understanding, and an online learning environment.

We do not intend to be the biggest - we do intend to be the best. Each student has a mentor throughout the course, as well as access to the lead trainers, so your questions are always answered. You will find our support, both during and after the course, to be second-to-none. The reviews you can read on our website are a testament to that.

In the wider picture we have a mission to explore the potential of this exciting field, to make the public more aware of the power each of us has within us to maintain or regain health, and to discover the untapped potential that can make our lives extraordinary. Our students are a vital means to achieve this education.

What is your Quest?

There are many reasons for taking this course. Most attend because they want to make some changes in their life, usually involving learning a new skill they can use to help others, and build a prosperous new career. But what is at the root of that is often something deeper. We have students from a wide variety of backgrounds, and we find that most of them are on some kind of journey that springs from questions like "Is this all there is?" And "What is the meaning of my life?" We think the meaning of your life should be the meaning you choose, and we can help provide you with the means to make that possible. You can live the life you'd most like to, and so can your clients.

In a way this prospectus isn't an attempt to get you to come on the course, because it's not for everyone. We believe that if we can represent accurately and honestly what we offer then the right people will be attracted to it.

Most people have learnt to be limited. Like the film, *The Matrix*, we are fed a version of the world that is not real. Society contrives to mould us into living the life we *should* live, not the life we want to live. It leaves many of us surrounded by plenty, but feeling that something is missing. We believe that therapy is about guiding clients towards seeing life in a way that enriches them, to help them liberate themselves from such limitations and to find what is missing. We believe the course can serve the same purpose for our students, and in doing so guide them toward a fulfilling future.

If that resonates with you, we'd like to be part of your quest.

The Quest Cognitive Hypnotherapy approach

There are many different approaches and philosophies within Hypnotherapy. Some place the emphasis on the 'power' of the therapist. Some depend on scripts written for specific problems but not for specific clients. Others offer a mixture of religious, spiritual, and metaphysical orientations within a framework of hypnotic states.

We do not. Quest Cognitive Hypnotherapy (QCH) is an approach that derives from the most recent research on how the mind works. It involves an active relationship between client and therapist where the client is skilfully guided to find the underlying causes of their problem, and assisted in restructuring their unconscious so that the problem disappears.

QCH draws on techniques from NLP, Cognitive Therapy, Gestalt, Transactional Analysis, and the latest research from Evolutionary Psychology, Positive Psychology, and Neuroscience. This is assimilated within the outstanding approaches of the most effective Hypnotherapists of the last 50 years, including Milton Erickson, Gil Boyne, Stephen Wolinsky, Rubin Battino and Tad James. This synthesis forms an approach geared toward achieving permanent results in the shortest possible time.

Course Structure

The Diploma takes 11 months to complete.

We are strong believers that there is an opportunity in every challenge, and Covid-19 both tested and proved that belief. In 2020 we were forced to move the course online with a month's notice, which made it a busy year, but we learned so much about the possibilities of online learning. Meanwhile, we were listening to our graduates who had done the same with their practices and found new doors opening worldwide. We realised that Covid had closed a door and opened several others, and if we continued in our old format as if 2020 hadn't happened it wouldn't serve our future graduates, and we wouldn't deserve to claim we were teaching at the cutting edge.

We think that the shift to online therapy will be permanent. It won't entirely replace face-to-face work, so our graduates should be prepared for both. It means your client base could be drawn from any country in the world, so the old structures of national accrediting bodies are likely to become somewhat redundant. Our training needs to reflect and serve this new world order.

To that end, the course is organised in five modules, each spanning two months, plus a standalone module focusing on mind/body approaches to healing using our approach. Each module begins online with you being guided through a learning experience that will include online video content, reference books (provided) audio downloads, and workbooks. The style will be that of Trevor, the founder of Cognitive Hypnotherapy, being your one-to-one tutor. Midway through this guided study is a live webinar where you'll receive instruction and have the opportunity to practice and check your understanding with the teaching staff. Each module will culminate in a weekend intensive, which you can attend in-person at Regents University in London, or in-person online at the same event. This weekend will provide a structured and modular experiential learning experience, building your expertise and confidence in working with clients and delivering the numerous interventions we teach.

We have always had students who attend from abroad, but clearly this was limited. Now, we foresee training in Quest Cognitive Hypnotherapy being completely available to people worldwide, without them needing to leave home. The standards will be just as exacting, but without the jet lag. Similarly, people for whom a weekend away from home or family is impossible, can now participate.

Your Principal Trainer



Trevor Silvester FNCH is an internationally recognised therapist and NLP Trainer, and the founder of Quest Cognitive Hypnotherapy. His flexible and creative approach has led to him establishing a reputation as a highly effective therapist and trainer over the twenty five plus years he has been practising.

He was the Editor of the Hypnotherapy Journal, the magazine of the National Council for Hypnotherapy, and served on their committee for twelve years. Trevor is the author of the best-selling books *Wordweaving: The Science of Suggestion*, *The Question is the Answer*, *Cognitive Hypnotherapy: What's that about and How can I use it?*, *Lovebirds: How to live with the one you love*, *How to Click*, and *Grow! Personal development for Parents*. His books have been published in six languages.

Students will have the opportunity to learn his approach first-hand through demonstration as well as being familiarised with the work of Erickson, Elman, Gil Boyne and other masters of therapy.

Great emphasis will be placed on hypnotic language patterns and rapport skills, which greatly enhance the effectiveness of any therapist, and are the cornerstone of his technique.

"It is really important to me that, in the middle of what I want to be the best training you have ever had, you find that you are really having fun and enjoying learning. That 's how you become passionate about a subject." Trevor Silvester

Course Contents

Quest Cognitive Hypnotherapy is different in many respects from traditional hypnotherapy. For example, we believe that trance is a normal state we experience every day - like daydreaming in a boring meeting, or missing a turning while driving because you were deep in thought.

We also think they are a feature of the problems that clients bring to us - that those moments where we behave in a manner not of our choosing, or where we feel we're not in control - like the cigarette or cake we don't want, our fear at the prospect of speaking in public, the lack of confidence that stops us doing what we want, or our general anxiety about life are moments when our unconscious takes us into an altered state - which we term as *trance* - in order to behave in a way it thinks protects you best (which is often the opposite of what actually happens).

In a way, our job is to help the client *de-hypnotise* themselves from these states so they can choose how to behave in any situation. So while we teach how to induce trance in the traditional way, we focus more on how to use the client's own trance states to help them make the changes they've come to see you for.

We also feel that it is what you do when the client is in trance that will define you as an effective therapist, not how many ways you can induce that state.

For that reason most of the course focuses on training you in therapeutic approaches that utilise trance in the most effective way, and produce results in the shortest period of time. You will learn which technique to use with which client with what problem.

It is easy to leave a course 'knowing' a lot, but not necessarily being able to 'do' a lot. We think it is essential that you feel confident in your competence, so consequently we ensure that the course allows plenty of opportunity for practice.

Every technique you learn is demonstrated to you. You then have the opportunity of practicing with a fellow student under the supervision of one of our assistants - all of whom are themselves graduates of the course.

Demonstrations are filmed and made available as a source of referral and revision, as is the whole video content of the course.

Diploma in Cognitive Hypnotherapy Syllabus

As we mentioned earlier, Covid-19 has ushered in a new era in the provision of therapy services, turning it into a global service, just as we plan for us to become a global training provider. Consequently, the course has undergone the biggest change to its composition, and we're delighted with the quality of the graduates who've emerged from it. We see it as a continuing project of refinement so the syllabus we've laid out below, to paraphrase the immortal Eric Morecambe, 'might be all the right subjects, not necessarily in the right order.'

What might have been the best order in the old, purely face-to-face course, might not serve you in this new version, so be prepared for these exciting subjects to appear before you in an order other than that predicted below. This is just to give you a flavour:

MODULE ONE

- The History of Hypnosis and the role of everyday trance in our problems.
- Introduction to the models of Cognitive Hypnotherapy.
- Outcome measurement and risk assessment.
- Contraindications of Hypnosis - psychosis and schizophrenia.
- Establishing the therapeutic relationship - rapport skills, eye accessing cues.
- NLP techniques: Anchoring, the Swish Pattern and an introduction to the use of submodalities in therapy.
- The Structure of Therapy #1
- Structure interventions #1: Submodality drivers, Spinning and the Droptthrough technique. Demo and practice.
- Trance induction practice.
- Introduction to Wordweaving™
- Direct and Indirect suggestion - learning presuppositional language.
- Utilising the nine unconscious trance phenomena present in everyday life.

MODULE TWO

- The structure of influential language: the Hierarchy of Ideas.
- Identifying underlying information: The Meta model and Values elicitation. Demo and practice.
- Wordweaving™ practice: The Milton model.
- Parts theory.
- Structure interventions #2 : Parts integration (Visual Squash). Demo and practice.
- Traditional hypnosis: Deepeners and Fractionation. Demo and practice.
- Wordweaving™ : Putting it all together.
- The use of Neuro Logical Levels to guide suggestion
- Reconsolidation theory and the purpose of regression
- Principles of Regression #1: Disassociative approaches
- Using our positive past - creating a positive resource chain. Demo and practice.
- Context interventions #1 Time Line Reconsolidation: Releasing negative emotions from past events. Demo and practice.

MODULE THREE

- Principles of Regression #2: Associative approaches.
- Context interventions #2: Gestalt Chair, Affect Bridge and Meta mirror.
- The work of Gil Boyne.
- Wordweaving™ and the Boynian pattern.
- Working with Phobias.
- Structure interventions #3: Rewind technique. Demo and practice
- The Structure of Therapy #2
- Taking a case history and pattern hunting.
- Making improvement permanent: Change-link pattern, Rocking Chair exercise, Three gifts and future-pacing using positive psychology principles.
- Advanced rapport: using Metaprograms to understand people.
- Helping with stress, panic and anxiety.

MODULE FOUR

- Helping with issues of low confidence and self esteem.
- Case history practice.
- Transactional Analysis and the OK Corral
- More hypnotic inductions. Demo and practice.
- Context interventions #3: Advanced reframing within Time Line Reconsolidation. Demo and practice.
- Milton Erickson and his influence on Cognitive Hypnotherapy: Splitting, Task Assignment, using the client's own resources.
- The connection between negative emotions and client problems: working with smoking and weight-loss.
- The Therapeutic Paradox cycle.
- Raising motivation.
- Behavioural adjustment.
- Aversion. Demo and practice.
- Using metaphors in practice.

MODULE FIVE

- Practice advice and future support
- Coaching
- Keys to Achievable Outcomes
- Goal setting
- Emotional Freedom Technique (EFT)

HEALTH & HYPNOSIS

- The Mind/Body connection, the placebo effect, and utilising client's own healing resources.
- Ideodynamic signalling and its uses. Demo and practice.
- Visualisation: Bonding and Fusion. Demo and practice
- Using submodalities for pain control. Demo and practice



One of the major developments in modern hypnosis has been the insights about the power of language that have derived from the work of the co-developers of Neuro Linguistic Programming. The quality and accuracy of the language that graduates of this course can use when making suggestions is one of the distinguishing features that make them so effective. With Wordweaving™ we have developed a unique three-step method that our students learn which enables them to generate suggestions that are tailored specifically to the needs of each client and allows the student to be creative in their approach, not limited to scripts or 'set' things to say.

Each weekend, time is devoted to the study and practice of hypnotic language forms using our unique exercises and games. Many of our students find this aspect of the course to be one of the most fascinating things to learn.

To accelerate their understanding, students receive a series of audio downloads based on principles used by major language learning programmes which they can listen to at their own speed and convenience.

By the time you qualify you will have enough knowledge and practice to competently assist clients with a wide range of presenting problems - and know that support, advice and encouragement is always to hand.

Hypnosis and Healing

One of the most exciting prospects in hypnosis comes from the discoveries in the fields of neuroscience and psychoneuroimmunology concerning the mind/body connection.

The evidence that exists to prove that all parts of the mind and body constantly communicate with each other is growing all the time and is not now seriously doubted, even in medical circles.

The power that hypnotherapy techniques have in influencing the mind makes it a compelling medium through which the natural healing potential of the body may be encouraged and amplified. A large amount of anecdotal evidence exists regarding people who believe that they were able to cure their own serious conditions by the quality and nature of their thoughts. The writings of Dr Bruce Lipton and the work of Dr. Bernie Seigel and Carl Simonton offer a new paradigm for hypnotic intervention.

We have a deep interest in this area. Students will learn in detail the approaches from the pioneers. Trevor has trained with Rubin Battino, Gil Boyne and Tad James, and has extensive experience of successfully working with clients on issues ranging from managing viral infections such as herpes and HPV to long-term pain control, migraines, irritable bowel syndrome and asthma. He has also worked with several types of cancer, arthritis and multiple sclerosis.

The help we offer is always complementary, never an alternative, and needs to be offered with a recognition that we currently lack scientific proof of its effectiveness, but many people do believe that it has helped them with their health issues, including Trevor.

This field is wide open for people with a curiosity about the possible. If you are one of them we would be particularly keen to hear from you.

Neuro Linguistic Programming

NLP was developed in the 1970's and has its roots in Cognitive and Behavioural Psychology and the clinical work of Milton Erickson, Fritz Perls and Virginia Satir. It has evolved into a highly practical approach to understanding mental processes which avoids dogma and closed thinking. Its techniques can bring improvements within a time frame that used to be unthinkable.

NLP is used as a language for understanding other approaches, and so forms an important part of the course.

Two Qualifications in One!

The Diploma covers all the elements of an NLP Practitioner course, and so graduates will be awarded an NLP Practitioner certificate that meets the requirements of most awarding bodies. These elements include:

Foundations of NLP

- Empowering beliefs that will change the way you experience the world you live in.
- A communication model that explains how we interact with our environment, and how language affects behaviour.
- Discover and utilise the link between your thoughts, the way you feel, and your body.

The Key to Achievable Outcomes

- How to set goals that are achievable.
- Have your goals happen the way you intend them.
- Ask questions that clarify the objectives of others.

Rapport - because people give most to those most like them

- Discover the secret mechanisms behind body language.
- Match and mirror body language so that people unconsciously identify with you.
- Develop closer relationships with anyone you choose.
- Be able to disagree without breaking rapport.

Representational Systems

- Discover the unique differences in how we all see, hear, and feel the world.
- Learn to use these differences to communicate more effectively.
- Use eye patterns to determine how someone is thinking.

Submodalities - How to run your brain

- Learn to influence at the structural level of thought.
- Discover how someone stores their beliefs -and how to change them.
- Change unwanted behaviours and feelings by finding the difference that makes the difference.

Language patterns - use words with intention, elegance, and power

- Meta model - ask questions that get the information you need, precisely and quickly.
- Challenge and overcome objections elegantly.
- Milton model - the artfully vague language of Milton Erickson.

Neuro Linguistic Programming

Anchoring - the power of associative conditioning

- Resource anchors - access whatever positive state you need - when you need it.
- Collapse anchors - remove the negative power of the past to affect the present.
- Utilise anchors - Enable others to access a state in response to an anchor that you set.

Values elicitation - the basis of motivation

- Discover how to uncover the unconscious systems that drive us towards what we want - or away from what we don't.
- Learn how to change the belief systems that underlie the values that hold us back.

Metaprograms

- Usually these aren't covered by most trainers until Master Practitioner level - but we think they're too useful in therapy to wait.
- Metaprograms are filters our brains use to organise information about ourselves and the world. They lie at the heart of many problems people have with other people. Recognising your own, and knowing how to use them, can transform your effectiveness.

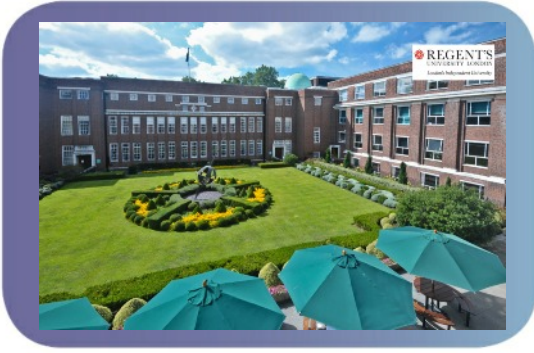
Working with Parts

- Another Master Practitioner level segment that is an extremely powerful approach to use with clients.
- Learn how to identify internal conflict and resolve it.

This Diploma is one of the few to offer dual certification, and possibly the only one to fully integrate the models and techniques of NLP into a specific Hypnotherapy framework, rather than just offer it as a 'module'.

As mentioned, some of the NLP techniques taught on this course, such as Metaprograms and Values elicitation, are usually not taught by most NLP trainers until Master Practitioner level has been reached. They have been included because they are such powerful tools and fit within our Cognitive Hypnotherapy model so comfortably.

Training Facilities and Resources



The five core, experiential weekends take place at Regent's University in London. It has long been a centre for Complementary Therapy training, and its ambience, friendliness and convenience for travelling make it ideal for our needs.

The University is in the grounds of Regent's Park and is walking distance from Baker Street tube, or parking is available on-site. It also has a subsidised canteen.

We pride ourselves that this is not the easiest course you could choose because we are committed to keeping Quest graduates synonymous with competent, ethical, professional therapy.

That requires commitment from both sides, and part of our commitment is to continually develop the resources we provide to our students to assist them in their learning.

Prior to each weekend students have access to exclusive online videos preparing them for the material we'll cover, so we can use our time together to maximum effect. All course books are provided (unless you are an overseas student), and as previously mentioned, an audio programme that enables you to practice all the elements of Wordweaving. Throughout the course students are provided with a comprehensive workbook to support their learning. Telephone, email and live webinar support is available also throughout. Taken together we think these provide the most complete means of support available in a course of this type in the UK. While the course isn't easy, we make sure it's achievable. And your access to the online materials continues after graduation for a further two years, including free future updates to those who join our Member support organisation, the QCHPA (Quest Cognitive Hypnotherapy Practitioners Association).

Online

We use Thinkific as our online learning platform. We've found it to be reliable and intuitive and popular with our students. Within it they can access all our video lessons, accompanying workbooks and audio downloads. They are able to post a question at the point in the course where the query arises, and the course tutors are automatically alerted to it and will respond promptly. The great advantage we've found to moving the teaching material online is that students are free to watch at the best times for them, in the amount that suits their concentration span or lifestyle, and they can re-watch as many times as they want.

We are so proud of the spirit of our community. Our Facebook page The Questie Clubhouse, has become a great way for students and graduates to keep in regular contact and share a wide range of postings. The way they support each other is truly amazing. Building a business on your own can be lonely, but with Quest it really doesn't have to be, we're all stronger together.

Code of Ethics

The Quest Institute fully supports and subscribes to the Code of Ethics of the National Council for Hypnotherapy and CNHC. A copy will be supplied on request.

Supervision

Supervision is an important consideration for all Hypnotherapists, but particularly those in their formative years.

The Quest Institute offers an ongoing facility for supervision. Free telephone and online support is available during training. After graduation we offer a dedicated, qualified team of supervisors for you to choose from for one-to-one, group, or telephone sessions, all trained in your approach and using a modern, solution-focused method.

Public Protection

As a member of the NCH the Quest Institute is regulated by the Public Protection Officer of that organisation. Any issue regarding standards of training can be referred for remedy.

Equal Opportunities

We welcome enquiries from any person regardless of background or gender. Every effort will be made to accommodate individual needs. It's not where you're from, it's where you're going that interests us. It is not just what you have learnt so far, but what you want to learn now that matters.

The Quest Community

If you have been researching Hypnotherapy courses you may feel a little overwhelmed by the range of training that is on offer. The truth is there is a bewildering array of choice, and as great a range of standards. Despite the profession being in the early stages of self-regulation people are still able to call themselves Hypnotherapists after a single weekend of training, or even just a correspondence course. The standard of service thus varies from excellent to laughable, but the sad consequence of this is that the public is confused about who to trust and Hypnotherapy is held back from achieving the potential as a profession that we believe it deserves.

When we first launched the course our intention was to give our students the best modern training on offer anywhere, but it quickly became more than that. The people we attracted to the course metamorphosed into a community - even a family, and we found that more and more of our effort went into supporting them in their goals after they had graduated. It was a fantastic thing for us to be involved in, and we realised that it also offered an opportunity to further the development of Cognitive Hypnotherapy, so a graduate network was established with the unifying principle that we're stronger together.



In February 2016 we went one step further. We launched our own member services organisation, The QCHPA (Quest Cognitive Hypnotherapy Practitioner Association). With the publication of the Research Team's pilot study that we mentioned earlier, we felt it was time to have a body dedicated to the development of our approach, and tasked with bringing the benefits of our approach to the wider

public. All Quest graduates who gain the HPD are eligible to join and benefit from being connected to a truly evidence-based approach, but more than that, it's just so much more fun to build something when you're being helped and supported by others doing the same thing. The spirit of giving is a fundamental part of our community.

The Quest Research Project



The publication of our pilot study is just the start. We already have another 500 closed cases for anxiety and depression we are in the early stages of converting into a larger-scale study that we can publish. In the future we intend to expand our research into other therapeutic areas, such as Post-Traumatic Stress Disorder (PTSD), eating disorders, and addictions, where empirically we can show good results, but where we lack the same standard of evidence that we now have for depression and anxiety. Graduates are invited to join what we consider to be an elite body of Quest Cognitive Hypnotherapy after a year of practice.

Building public recognition

The research shows we have a powerful model of therapy, but it's useless unless people know about it. We want Quest Cognitive Hypnotherapy to be as recognisable in the public eye as CBT, and to that end we have a Social Media Manager who orchestrates weekly campaigns across multiple social media platforms. By providing content for our graduates to share, it saves them a lot of marketing effort, and by all pulling together we're able to spread the word that much further and faster.

Central to this strategy is the My Quest Hub, found on the QCHPA website. It's a growing resource of articles, videos, tools and tips to educate people about what they can do to improve their quality of life and reach their goals. It also funnels the public toward our Therapist Finder, if they're looking for one-to-one help.

Our community's maxim is "Together we're stronger." Our aim with this initiative is to create ethical prosperity for all of us through offering a cutting edge method of help to the public. We've always believed that the more successful our graduates become, the more successful we'll be. It's created a feedback loop based on giving to each other that's led to a unique spirit. This is much more than a course - it's a pathway to a meaningful life you control, surrounded by supportive and like-minded people.

<https://www.qchpa.com/quest-hub/>

<https://www.facebook.com/QCHypnotherapy>

<https://instagram.com/qchypnotherapy?igshid=5jbu60ar6ahi>

<https://twitter.com/qchypnotherapy>

So, why this Course?

- Learn from the founder
- Cutting edge techniques
- Modern teaching methods, including the Thinkific online teaching platform
- Superb support both during and after the course
- 2 credible qualifications
- A proven record in practice building
- A passion for what we teach

What will I gain?

- Diploma in Cognitive Hypnotherapy (Dip CHyp)
- Leading to the award of the Hypnotherapy in Practice Diploma (HPD).
- Certification as an NLP Practitioner.
- Comprehensive course materials.
- Quality learning aids.
- Opportunity to join the QCHPA
- Ongoing support and advice throughout your professional career.

What to do next

If you haven't already done so, you might want to consider finding at least two other Training schools and compare our syllabus and our approach. Feel free to ring us with any question at all. Perhaps ring and speak to them.

If you feel that our philosophy is right for you, and you wish to be a part of its evolution, then complete and return the [online application form](#). This does not commit you in any way, it just serves to hold your place pending an interview. Because you are an intrinsic part of our quest, and our students are our best advertisement, we interview everybody who applies, and we want you to interview us. Following this meeting, hopefully we will want you to join the course as much as you want to join it, and you will be offered a place. You are under no obligation to take it, and no pressure will be placed on you.

We hope that we have put across how fascinating this subject is, the passion we have for it, and our commitment to teaching it to the highest possible standard. We hope to hear from you.

“When you find the right path, you know, because it feels like it's been waiting for you to discover all along. It's no longer a case of wanting to do something, it's having to do something. That's the passion we're looking for.”



Whether or not you decide to take the course, it's great that you're looking. Here are some books that you may find interesting.

The Molecules of Emotion by Candace Pert

The Emotional Brain by Joseph LeDoux

Quantum Healing by Deepak Chopra

Status Anxiety by Alain de Botton

The Biology of Belief by Bruce Lipton

Mind Wide Open by Steven Johnson

Mind Sculpture by Ian Robertson

Trances People Live by Stephen Wolinsky

The Obstacle is the Way by Ryan Holiday

The Slight Edge by Jeff Olson

APPLYING FOR THE COURSE

We meet everyone wishing to take the course. Submitting an application form does not commit you in any way, it simply reserves you a place on our interview list. Upon receipt of it we will contact you to arrange a meeting. Following its successful outcome your place is secured by a deposit.



For students committed to taking the course we aim to make the cost affordable. To that end we have payment options which we think offer unrivalled flexibility and value. The fees include all training materials. For those students wishing to complete their HPD (Hypnotherapy in Practice Diploma) a £275 assessment and certification fee (£229.17+ VAT 20%) will be payable at the time of submission.

Students in the UK (see page 17 for international students)

Option One

- A non-refundable, non-transferable deposit of £655
- A single payment of £3000 on or before 6th July 2024. (This represents a discount of £220 from the full price).
- Total £3,655 (inclusive of VAT)

Option Two

- A non-refundable, non-transferable deposit of £590
- 15 monthly standing order payments of £219
- Total £3,875 (inclusive of VAT) payable over **15** months

Option Three

- A deposit of £1,100 of which £590 is non-refundable and non-transferable
- 15 monthly standing order payments of £185
- Total £3,875 (inclusive of VAT) payable over **15** months

Option Four

- A deposit of £1,625 of which £590 is non-refundable and non-transferable
- 15 monthly standing order payments of £150
- Total £3,875 (inclusive of VAT) payable over **15** months

Please remember that although the Diploma course is 11 months in duration, the course fees are spread over 15 months to keep payments manageable. The payment plan begins on 28th July 2024, with the first monthly payment falling due on that date. For those joining the course after the start date of 6th July and before the close of applications on 16th August 2024, at the time of joining, payments must be made and brought into alignment with the payment plan.

REFUND POLICY

In the event of a student deciding not to continue with the course, the student will be entitled to a refund of 100% of that part of the training paid for but not received, excluding the initial non-refundable deposit. Any training already received but not paid for, will become payable.

If, at the time of graduation, the course payments are in arrears, certification may be delayed at our discretion.

QUALIFICATION

The Diploma in Cognitive Hypnotherapy will be awarded to graduates who have successfully submitted their Hypnotherapy Practitioner Diploma coursework and had it assessed as being of an acceptable standard. The NLP Practitioner Certification will be awarded on the basis of ongoing assessment throughout the course and a multiple choice test.

International students

For those residing outside of the United Kingdom and who do not pay UK tax, the following course costs apply here:

Option 1

- A non-refundable, non-transferable deposit of £646
- A single payment of £2,400 due on or before 6th July 2024, representing a discount of £184 from the full price
- Total cost of course £3046

Option 2

- A non-refundable, non-transferable deposit of £485
- 15 monthly standing order payments of £183
- Total cost of course £3230

Option 3

- A deposit of £995 of which £485 is non-refundable and non-transferable
- 15 monthly standing order payments of £149
- Total cost of course £3230

Option 4

- A deposit of £1355 of which £485 is non-refundable and non-transferable
- 5 monthly standing order payments of £125
- Total cost of course £3230

For those students wishing to complete their HPD (Hypnotherapy in Practice Diploma) an assessment and certification fee of £229.17 will be payable at the time of submission.

We ask that when making your deposit and/or other payments, in order that the correct amount is paid to our UK account, that transfers are made using 'Wise.com'. Here's a link to register for an account - <https://wise.com/register?redirectUrl=%2Fgetstarted%3Forigin%3DStandard&country=GB#/email>

We also ask that you purchase three books, written by Trevor Silvester, to accompany your learning. These are readily available from Amazon.eu and Amazon.com. Digital copies are available.

- Wordweaving – The Science of Suggestion
- The Question is the Answer
- Cognitive Hypnotherapy – What's that about and how can I use it?

LOCATION



The live-training element of the programme will take place at Regent's University in London (and broadcast simultaneously on Zoom). The recorded on-line learning element of Module One will first be made available to students on Saturday 6th July 2024.

As previously explained, you will have two months between the practical modules to absorb the online content, and then the practical sessions can be physically attended at Regent's University, or participated live via Zoom.

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Sat 6th July 2024 - **Launch** of online course with 'Orientation'

Tues 6th August 2024 - **Webinar One** (Live Zoom)

Saturday 31st August & Sunday 1st September 2024 - **Module One** at Regent's University
(Classroom attendance or Live Zoom)

Tues 8th October 2024 - **Webinar Two** (Live Zoom)

Saturday 2nd & Sunday 3rd November 2024 - **Module Two** at Regent's University
(Classroom attendance or Live Zoom)

Saturday 30th November & Sunday 1st December 2024- **Health & Hypnosis Module** (Live Zoom only)

Tuesday 10th December 2024 - **Webinar Three** (Live Zoom)

Saturday 4th & Sunday 5th January 2025 - **Module Three** at Regent's University
(Classroom attendance or Live Zoom)

Tuesday 11th February 2025 - **Webinar Four** (Live Zoom)

Saturday 1st & Sunday 2nd March 2025 - **Module Four** at Regent's University
(Classroom attendance or Live Zoom)

Saturday 22nd March 2025 - **Practicum Day** (Live Zoom only)

Tuesday 8th April 2025 - **Webinar Five** (Live Zoom)

Saturday 10th & Sunday 11th May 2025 - **Module Five** at Regent's University
(Classroom attendance or Live Zoom) **Graduation** PAAAAAAAARTAAAAAAAY! With cake and bubbles (or virtual cake and bubbles).

"Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligence quotient."

- Eugene S Wilson, Dean of Admissions, Amherst



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