

## Hypnotherapist

Hypnotherapists use simple hypnotic or relaxation techniques as a form of therapy to treat a wide range of physical and psychological conditions.

They help their clients overcome problems such as low self-esteem, anxiety, unwanted habits (such as overeating or smoking), a personal crisis (such as bereavement or trauma), or stress related issues (like panic attacks, sleeping problems or phobias).

### The Work

You could:

- find out what help the client is looking for, learn about their full medical and social history, and explain how hypnotherapy can help
- explain that the treatment involves putting the client into a deep state of physical and mental relaxation (hypnosis) to help them reach parts of their mind
- after discussion with the client, recommend a course of treatment to help them change their pattern of negative behaviour or thinking
- put the client into a deep state of physical and mental relaxation
- while the client is under hypnosis, make positive suggestions to help them change their beliefs or behaviour
- bring the client out of hypnosis and discuss how the client feels about the experience
- maybe have several sessions with the same client for the treatment to work
- perhaps teach the client self-hypnosis to supplement the therapy
- market your services and keep financial records.

### Pay

Most hypnotherapists are self-employed. They charge by the session, so your income would depend on the number of hours you spend treating clients. Current rates start at around £50 to £90 for a session lasting 60 to 90 minutes.

### Conditions

- You work indoors, either in your own home, the client's home, a clinic or sometimes in a hospital.
- You might have to travel from one location to another.
- You might have to work evenings and weekends to suit your clients.

### Getting In

- There is no single entry route to become a hypnotherapist.
- Although there are no set entry qualifications, you should study for a qualification recognised by one of the hypnotherapy professional bodies, such as the National Council for Hypnotherapy (NCH), the General Hypnotherapy Standards Council (GHSC) or the National Hypnotherapy Society. You can find information

about approved courses on their websites.

- Many hypnotherapists have experience in healthcare, social work or psychology.
- At present there are no laws regulating hypnotherapy so anyone can set up as a practitioner. However it is highly recommended to join a professional body to show you are suitably qualified and experienced to practise in the profession.
- [The Complementary and Natural Healthcare Council \(CNHC\)](http://www.cnhc.org.uk) is the UK regulator for complementary health practitioners. You can check their website for details on voluntary registration.

## What Does It Take

You need to be:

- able to gain your clients' trust
- calm and reassuring
- mature
- confident and decisive
- emotionally stable
- able to communicate with a wide range of people
- sensitive and understanding.

## Training

- Hypnotherapy courses are usually part time and last one or two years.
- Qualifications usually include an element of supervised practise.
- Some hypnotherapists supplement their skills by also doing courses in counselling or in other forms of alternative therapy such as homeopathy.
- You would keep your skills up to date through taking short courses and attending workshops and seminars.

## Getting On

- Progress usually comes from establishing your reputation and building up your business.
- You could specialise in a specialist area of work, such as addiction or dependency problems.
- You could also train other hypnotherapists.

## Contacts

### General Hypnotherapy Standards Council (GHSC)

Email: [admin@general-hypnotherapy-register.com](mailto:admin@general-hypnotherapy-register.com)

Website: [www.general-hypnotherapy-register.com](http://www.general-hypnotherapy-register.com)

X: [@GenHypnotherapy](https://twitter.com/GenHypnotherapy)

Facebook: [www.facebook.com/GeneralHypnotherapyStandardsCouncilRegister](https://www.facebook.com/GeneralHypnotherapyStandardsCouncilRegister)

### International Hypnotherapy Association

Tel: 01257 262124

Website: [www.ihahypnotherapy.com](http://www.ihahypnotherapy.com)

Facebook: [www.facebook.com/thehypnotherapyassociation](https://www.facebook.com/thehypnotherapyassociation)

**National Council for Hypnotherapy (NCH)**

Tel: 0800 980 4419

Tel (2): 07804 539950

Email: [admin@hypnotherapists.org.uk](mailto:admin@hypnotherapists.org.uk)

Website: [www.hypnotherapists.org.uk](http://www.hypnotherapists.org.uk)

Facebook: [www.facebook.com/national.council](http://www.facebook.com/national.council)

**National Hypnotherapy Society**

Tel: 01903 236 857

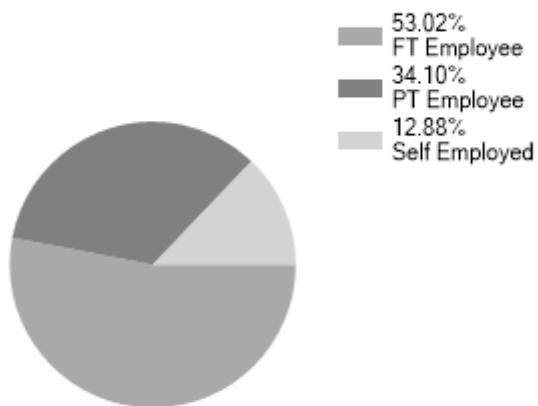
Website: [www.nationalhypnotherapysociety.org](http://www.nationalhypnotherapysociety.org)

X: [@hs\\_hypnotherapy](https://twitter.com/hs_hypnotherapy)

Facebook: [www.facebook.com/hypsoc](http://www.facebook.com/hypsoc)

## Statistics

Employment Status UK %

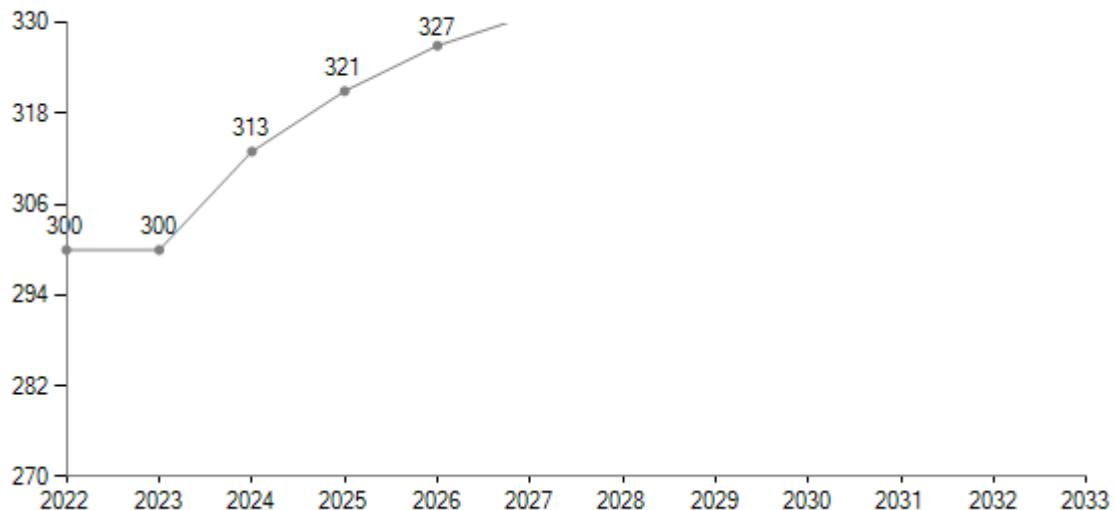


### Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)