



Clifton Practice Hypnotherapy Training

24 YEARS OF SOLUTION FOCUSED HYPNOTHERAPY

2026 Prospectus

www.cpht.co.uk

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THE HOME OF SOLUTION FOCUSED HYPNOTHERAPY (SFH)

This prospectus is packed full of the information you'll need if you're considering a career in Solution Focused Hypnotherapy. At the Clifton Practice Hypnotherapy Training (CPHT), our methods are solutions-based, future-focused, and grounded in neuroscience. Because of this, our graduates go on to run their own successful practices and are renowned for their exceptional ability to help clients overcome challenges and achieve their goals quickly and effectively, transforming lives with empathy and expertise.

We've been teaching Solution Focused Hypnotherapy to people, like you, for the last 24 years and have designed our curriculum and teaching methods to focus on hands-on learning, ensuring you gain practical skills right from the very beginning. Our innovative approach and engaging learning methods promise an exciting and rewarding educational experience, where it's likely you'll form friendships for life!

Over 10 months, you'll earn the Diploma for Solution Focused Hypnotherapy (DSFH) and the Hypnotherapy in Practice Diploma (HPD), which is accredited by the National Council of Hypnotherapy and recognised by NCFE.

These qualifications open doors to joining regulatory bodies like the National Council of Hypnotherapy, but more on this later!

Are you ready to find out more?



Meet some of our Senior Lecturers



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OUR HISTORY

In the 1980s, David Newton, driven by a passion for helping others, began his journey as an analytical hypnotherapist. However, he soon realised the taxing nature of delving into his clients' trauma and this didn't align with his therapeutic style or seem to benefit the client.

Despite early criticism from peers, David introduced a more enjoyable, light-hearted approach in the clinic and encouraged his clients to reflect on happy memories.

By the mid-90s, David embraced a blended approach, integrating Ericksonian, NLP, and SFBT techniques with his own model. This marked the birth of Solution Focused Hypnotherapy (SFH).

Throughout the 90s, David's practice thrived, seeing 40-50 clients weekly, including notable figures like boxer Glen Catley, who became world middleweight champion.

In 1995, David and his wife Stefanie founded the Clifton practice in Bristol UK, which later became the launching pad for the first Solution Focused Hypnotherapy course in 2002.

The program's success has led to CPHT producing top-tier graduates in the UK, many of whom now run successful practices, supervise peers, and have gone on to become lecturers for CPHT.

We are in the business of helping people become confident, successful, and most of all, happy hypnotherapists. Enjoy the journey!

David



A WARM WELCOME TO CPHT

Dear Prospective Student,

Welcome to CPHT! Angus and I, along with our wonderful Lecturers, are proud to continue the legacy of our father, David Newton, who founded this amazing institution over 20 years ago. As pioneers of Solution Focused Hypnotherapy, we are excited to lead CPHT into a new era, staying at the forefront of the latest neuroscience and innovative hypnotherapy practices.

At CPHT, we pride ourselves on providing an exceptional adult learning experience. Our mission is to empower individuals to embark on fulfilling careers as Solution Focused Hypnotherapists. Our training program is accessible and inclusive, welcoming students from all backgrounds.

As Director, I oversee the daily operations of CPHT while also running my own successful hypnotherapy practice. My brother Angus, with his background in computer marketing, manages the technology side of CPHT, ensuring our website and communications keep our resources and support always at your fingertips.

Join our vibrant community of professionals dedicated to improving mental health and well-being. Let us guide you towards a rewarding career where you can make a meaningful difference. We look forward to welcoming you to CPHT and supporting you on your journey.

Best wishes,

Oliver & Angus Newton
Directors of CPHT

Oliver Newton



Angus Newton

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OUR MISSION

At CPHT, our mission is to empower individuals to transform their lives and the lives of others through high-quality Solution Focused Hypnotherapy training. We provide an inclusive and supportive learning environment that fosters personal and professional growth. By staying at the forefront of neuroscience and innovative hypnotherapy practices, we equip our students with the skills and confidence to excel in their careers and make a meaningful impact on the mental health and well-being of their communities.

OUR VALUES

Excellence in Education

Top-tier hypnotherapy training with hands-on experience, continuously updated with the latest research.

Inclusivity & Accessibility

We believe everyone should have the opportunity to pursue a fulfilling career in hypnotherapy.

Empowerment & Growth

We empower our students to achieve their full potential, providing the tools and support needed for a rewarding career.

Innovation & Leadership

As pioneers in Solution Focused Hypnotherapy, we lead with innovative practices grounded in the latest neuroscience.

Community & Support

We foster a vibrant community of students, and professionals, enhancing the learning experience through collaboration and mutual support.

Integrity & Professionalism

Upholding the highest standards of ethical practice, ensuring our students provide safe, ethical, and effective hypnotherapy services.

WHY CHOOSE CPHT?

Whether you are seeking a career change with flexible working hours, are a mental health professional looking for an innovative solution based approach to add to your practice, or you've personally benefited from hypnotherapy, we can help you make a positive difference in others' lives and create a fulfilling and financially rewarding career.



Comprehensive Hypnotherapy Training:

Learn how to safely and effectively apply therapeutic hypnosis (hypnotherapy) in practice, covering all essential aspects of this transformative therapy.



Emphasis on Neuroscience:

Gain a solid understanding of neuroscience research relevant to Solution Focused Hypnotherapy, integrating this knowledge to enhance client outcomes.



Evidence-Based Psychotherapy:

Blend evidence-based psychotherapy techniques with therapeutic hypnosis, offering a robust approach supported by scientific understanding.



Business-Oriented Approach:

Start building your hypnotherapy practice while training. Many graduates establish part-time practices during the course, preparing them for full-time work upon completion.



Business Skills Development:

Acquire essential business skills specific to therapy practices. Learn effective marketing strategies and fundamentals of running a successful hypnotherapy business.



Hands-On Experience with Clients:

Practice charging clients from module 8 of your training, gaining confidence in managing the financial aspect of your practice. Transition seamlessly to professional practice upon graduation.

WHAT IS SOLUTION FOCUSED HYPNOTHERAPY (SFH)?

SFH is a modern, research-based therapy that helps clients achieve significant positive changes quickly.

Unlike traditional therapies, SFH focuses on the present and future, helping clients visualise and work towards their preferred outcomes without revisiting past traumas.

This approach is underpinned by up-to-date research in neuroscience and brain-based therapies.

Key Elements of SFH:

- **Client-Centred Approach:** Clients focus on what they want to achieve rather than the problems that prompted them to seek therapy.
- **Use of Hypnosis:** Trance allows the brain to consolidate changes more effectively than talking therapy alone.



WHAT CAN SOLUTION FOCUSED HYPNOTHERAPY HELP WITH?

SFH can address a wide range of issues, including but not limited to:

- Anxiety
- Depression
- Phobias
- Panic Attacks
- Addictions
- Sports Performance
- Weight Management
- Low Confidence and Self-Esteem
- Chronic Pain and other chronic health issues

And it can help with so much more!



WHY TRAIN IN SOLUTION FOCUSED HYPNOTHERAPY?

Positive Impact:

Help clients achieve lasting change without reliving past traumas. This approach leads to quicker, more effective results.

Structured Approach:

Combine solution-focused brief therapy techniques with an understanding of neuroscience and hypnosis. You will learn a specific structure that ensures consistency and effectiveness in your practice.

Therapist Well-being:

Maintain your own mental health while effectively helping others. Unlike other forms of therapy, SFH practitioners do not need to delve into the client's past problems, which can protect your mental health as a therapist.



Graduate Testimonial

Life changing course both personally and professionally. Doing the hypnotherapy for myself throughout the course has helped me achieve things I never believed possible! For example standing in front of a class and talking which was a lifelong fear of mine.

Professionally it sets you up with all the knowledge you need to run a thriving hypnotherapy practice. Exceptional course delivered by exceptional passionate senior lecturers. Not enough stars available to rate what is deserved.

-Lynsey B, Glasgow

THE NEUROSCIENCE BEHIND HYPNOSIS

Hypnosis is a powerful therapeutic tool deeply rooted in neuroscience. It leverages the brain's natural processes to promote healing, reduce stress, and facilitate positive behavioral changes. Our Diploma course delves into the neuroscience behind hypnosis and its profound impact on the mind and body.

The Prefrontal Cortex: The Gateway to Conscious Change

The prefrontal cortex, the brain's executive center, is crucial for conscious decision-making and self-awareness. During hypnosis, this region becomes highly engaged, allowing intense focus on specific thoughts and suggestions. This heightened concentration enables hypnotherapists to guide clients towards desired outcomes, such as overcoming phobias, managing pain, or altering harmful habits.

The Limbic System: The Emotional Hub

The limbic system, especially the amygdala, is central to our emotional responses and memory formation. Hypnosis modulates the limbic system's activity, reducing negative emotions like fear and anxiety. This shift helps clients safely access and process deep emotional experiences, facilitating healing and resilience.

Neuroplasticity: Rewiring the Brain

Hypnosis harnesses the brain's neuroplasticity – its ability to reorganise and form new neural connections. Through repeated sessions, clients can reinforce positive thought patterns and behaviors, effectively rewiring the brain for lasting change. This makes hypnosis valuable for treating conditions such as anxiety, depression, chronic pain, and addiction.

The intersection of hypnosis and neuroscience reveals how the brain can be harnessed for therapeutic purposes. By tapping into the brain's natural processes, hypnotherapists can guide clients towards profound and lasting change. We equip our students with the knowledge and skills to leverage this powerful interplay, empowering them to make a meaningful impact in their clients' lives.

Are you ready to learn more
about neuroscience?



WHAT QUALIFICATIONS WILL I GAIN?

120
HOURS

Our course offers a comprehensive training experience involving 120 hours of classroom study over 10 months, complemented by practice and reading assignments. Additionally, you'll gain up to 200+ client in practice hours, ensuring you are well-prepared for professional practice.

Interactive Learning

Engage in dynamic face-to-face learning sessions, supported by remote assistance through text, phone, and email throughout the month.

10
MONTHS

Portfolio Assessment

Throughout the course you will compile a portfolio that will be assessed both internally by CPHT and externally. This process leads to the Level 4 graded Hypnotherapy in Practice Diploma (HPD).

200+
HOURS

Professional Practice

Prepare to set up and confidently run your own hypnotherapy practice. You'll receive support to develop essential skills for managing and marketing your practice.

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DIPLOMAS

Qualifications

Upon successful completion of the course, you will receive two qualifications:

- **Diploma in Solution Focused Hypnotherapy and Psychotherapy (DSFH)**
- **Hypnotherapy in Practice Diploma (HPD), accredited by the NCFE**

**YOUR OWN
PRACTICE**

These qualifications will enable you to obtain professional insurance and memberships, ensuring you can operate your practice safely and ethically.



WHAT WILL I BE STUDYING?

Hypnosis

You will be able to accurately and effectively use hypnosis for a broad range of the most common issues. You will be able to explain exactly what is happening in the brain when we go into trance and the value of trance as part of therapy.

Origins of psychology

You will understand the roots of psychology, perspectives in psychology and the fields of psychology, in connection with hypnosis and hypnotherapy.

How the mind works and neuroscience

You will learn the most up to date neuroscience pertaining to the intellectual and primitive parts of the brain and how anger, anxiety and depression are caused. You will learn the neuroscience of the most common issues we see in hypnotherapy and be able to educate your clients as part of the solution focused therapeutic process.

The solution focused hypnotherapy model

You will learn the complete model of solution focused hypnotherapy, the origins and development of the model. Access to case histories of how real clients have overcome sometimes a lifetime of challenges to achieve their goals and regain happiness in their lives.

Language and language Patterns

Language is a key and vital part of therapeutic change. How to use language, metaphor and questions to effect positive and long lasting change.

Therapeutic alliance and working with clients

Research suggests that up to 50% of the success of therapy depends on the relationship between therapist and client. You'll learn what the therapeutic alliance is, how to gain rapport, and how to forge a positive working partnership with your clients to support them in making the changes they want. This applies whether you're working with them in person or online.

Marketing and Setting Up in Practice

You will learn the basics of marketing yourself as a Clinical Solution-Focused Hypnotherapist and be encouraged to start your marketing efforts while studying. The training includes obtaining student insurance, a DBS check, and student membership of the NCH and AfSFH, ensuring you are practice-ready upon qualification. Additionally, we provide training on how to work with clients online through online sessions, covering why online therapy is just as effective as in-person therapy.

Anxiety & Depression

You will learn how to help clients quickly and comfortably manage depression symptoms and educate them on minimising these symptoms long-term. You will be trained to support clients with various manifestations of anxiety, including generalised anxiety, panic attacks, nervous habits, and fears.

Introduction to Working with Children and Vulnerable Adults

We'll guide you in supporting children and vulnerable adults, building your confidence to assist them and their families while meeting safeguarding requirements—preparing you to work with them after qualification.

WHAT WILL I BE STUDYING?

Obsessive Compulsive Disorder (OCD)

You will understand OCD and how the solution-focused approach can provide long-lasting and effective outcomes.

Phobias

You will learn to differentiate between specific and non-specific phobias and the full treatment process for effectively removing specific phobias and resolving non-specific ones.

Trauma & Post Traumatic Stress Disorder (PTSD)

You will understand how trauma and PTSD are created and manifest, and how to treat them using the solution-focused approach without reliving the trauma or revisiting the past.

Stop-Smoking Therapy

You will learn about smoking & vaping, their effects on the brain and how to treat smoking / vaping in one session using a highly effective, neuroscience-based model.

Weight Management:

You will study the neuroscience of obesity, the stress response related to weight gain/loss, and how to run a positive, supportive, and empowering weight management program for clients.

Pain and long-term chronic conditions

You will understand the causes of long-term chronic pain, pain gate theory, and how to alleviate and manage chronic pain and other chronic health issues.

Sleep

You will learn about the role of sleep in mental health, common sleep disorders, and how to treat them successfully and long-term.

Sport and Performance

You will study the solution-focused approach to performance in areas such as driving tests, exams, public speaking, and sports, whether for elite athletes or hobbyists.

Addiction and substance abuse

You will understand the pathology of addiction and substance abuse and learn how to work with common addictions to achieve positive long-term outcomes.



Graduate Testimonial

Thanks to Brian and Sian who run the training in Brighton. The course has changed my life! So informative and progressive. Brian and Sian pushed us all along the way but always ensuring they were equipping us with the appropriate tools to put in to practice what we were learning. I graduated today and I'm looking forward with positivity and confidence that I will establish a flourishing hypnotherapy business and make a real difference to people's lives.

Chris D - London

COURSE FEES

Training and Assessment Fees

Our comprehensive training program costs £3490. This includes all the training and assessments you'll need to become a confident and qualified Solution Focused Hypnotherapist. We ask for a 20% non-refundable deposit, to confirm your place.

Unable to pay the full fee in one go?

We offer a convenient monthly payment plan split over 8 months, allowing you to pay alongside training for your qualification.

Additional Costs:

There are a few additional costs to consider, such as student public liability insurance, association annual fees and if required an Enhanced DBS check. These are essential for your practical work and to ensure you can work safely with vulnerable clients.



**Look out for our
Early Bird prices**

COURSE LOCATIONS

We have **26 fantastic locations** across the UK and Ireland, making it easier for you to find a place that suits you best. Whether you're in England, Scotland, Wales, Northern Ireland, or the Republic of Ireland, we've got you covered.

Many of our locations offer both Spring and Autumn intakes, so you can choose the time that fits your schedule.

[Link to school locations
& Course start dates](#)



*Map of UK, NI and ROI for
illustrative purposes only*

HOW DO I APPLY?

Take the first step toward an exciting new career by getting in touch with us today!

You can 'Apply now' by [clicking this link](#), and we'll invite you to book an informal interview with one of our lecturers.

During this interview, we'll discuss your suitability for the course, answer any questions you might have, and explore how we can best support your learning journey. It's also a wonderful opportunity for you to discover more about our program, our approach to hypnotherapy, and how we can help you achieve your career goals.

Don't wait any longer to start a career that brings you joy and satisfaction. Reach out to us today and take the first step towards a brighter future!



**Confirm
Location**



Call us



Message us



**Zoom
Interview**

We look forward to speaking to you soon!



WHY OUR GRADUATES LOVE THEIR JOBS!

Choice

Work from home, visit clients, or rent therapy rooms. You have the flexibility to choose where and how you work.

Flexibility

Fit your practice around family and other commitments. It's a role you can take with you if you decide to move.

Community

Join a supportive network of professionals. Build a support network and form lifelong friendships with colleagues.

Meaning and Purpose

Make a significant impact on clients' lives. This gives you a strong sense of professional and personal satisfaction.

Huge Market

High demand for mental health solutions. One in four people suffer from a mental health issue each year, increasing the need for hypnotherapy.

Specialism & Progression

Opportunity to specialise and advance in areas that interest you. CPD training and advanced training are available.

Financial Reward

Earn between £65 and £100 per hour, depending on your location and experience. This allows you to be financially rewarded for doing something you love.

Variety

Help a diverse range of clients with various issues. This ensures that you never get bored with your work.

Personal Growth

Enhance your own mental and emotional well-being. Understanding how the brain works helps you develop better relationships and improve your own life.



REGULATION AND PROFESSIONAL STANDARDS

From the moment you graduate, it's essential to ensure that you are regulated by a governing body such as the National Council for Hypnotherapy (NCH), Association for Solution Focused Hypnotherapy (AfsFH) or the Complementary & Natural Healthcare Council (CNHC), or others.

These regulatory bodies are there to help you maintain ethical standards in your practice and business. The AfsFH and NCH have a student membership that you can sign up to whilst you're training and then upgrade once you graduate.



SUPERVISION

To ensure you have the right support behind you, it is essential to organise for a supervisor to support you post-graduation (we recommend doing this in Module 10). Your chosen supervisor must be trained in Solution Focused Hypnotherapy to an advanced level and must have completed a supervisors course.

Engaging in regular supervision sessions is crucial to maintaining ethical client work and meeting the requirements of your insurer and regulatory body. Having a supervisor is also a great way to build a hypnotherapy network, as most supervisors offer both group and one-on-one sessions.

To adhere to our professional standards and meet your regulatory requirements, you need to complete a minimum of the following per year:

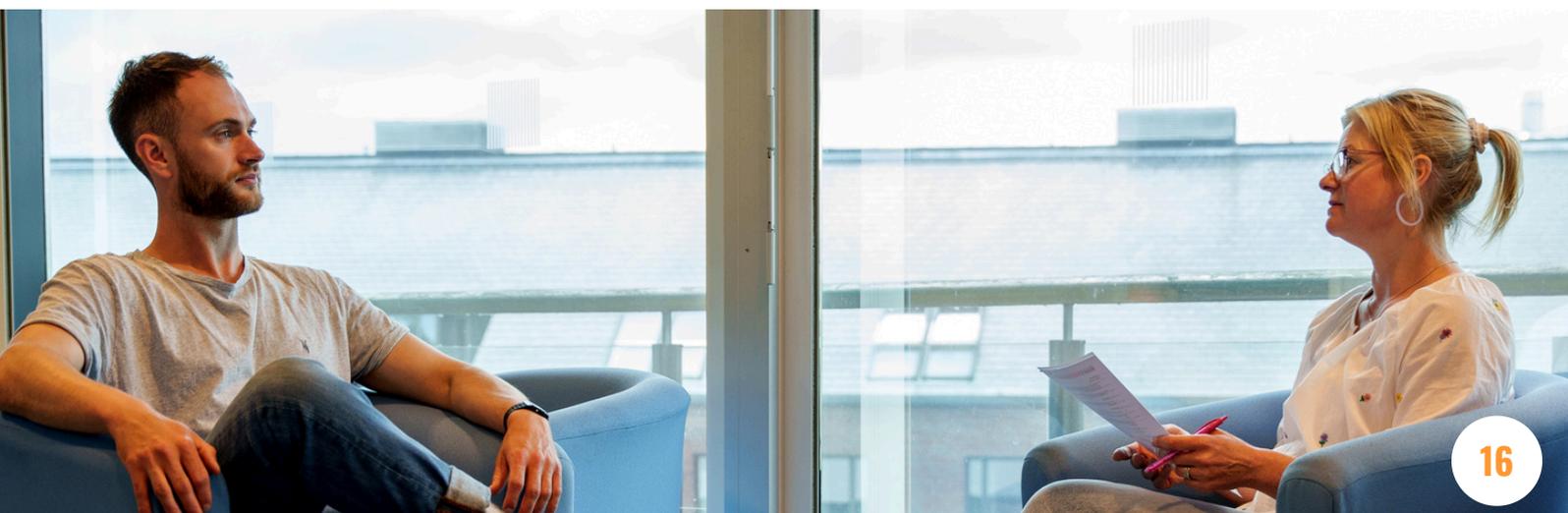


Supervision



CPD

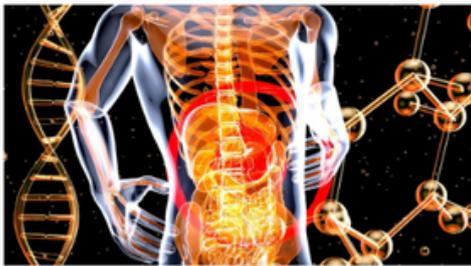
These requirements can vary based on your insurer and regulatory body, so it's always a good idea to check their terms and conditions.



CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

At CPHT, we believe in lifelong learning and professional growth. Our CPD programs and advanced courses are designed to help you gain new skills post-graduation, specialise in areas of interest, and elevate your hypnotherapy practice. Our CPD courses allow you to dive deep into specific areas of psychology, mental health, and human biology.

Whether you want to gain expertise in a particular niche or simply expand your knowledge, our CPD programs provide valuable opportunities to enhance your practice. With a broad range of topics to choose from, you can tailor your learning journey to suit your interests and career goals. [Explore our list of CPDs here.](#)



Understanding the Gut-Brain Axis



Unlocking the Neuroscience of Obesity



Using SFH to help clients with the side effects of cancer treatments

ADVANCED HYPNOTHERAPY DIPLOMA

Our Advanced Hypnotherapy Diploma (AHD) is ideal for those seeking to deepen their understanding of hypnotherapy and elevate their qualifications. This comprehensive program covers a wide spectrum of topics, providing greater insight into how hypnotherapy can address various issues. The AHD is a distance learning diploma, allowing you to complete it at your own pace with up to four years for completion. By earning this Level 5 qualification, the highest in hypnotherapy, you'll be equipped with advanced skills and knowledge that will significantly benefit both you and your clients. [Explore our AHD here.](#)

SUPERVISOR'S COURSE

After three years in practice, you might find yourself drawn to helping others within the hypnotherapy community. Our Supervisor course offers an excellent opportunity for those passionate about mentoring and coaching budding hypnotherapists. During this course, you'll revisit our Diploma curriculum from the perspective of a supervisor, work with supervisees, and provide case studies that document your progress and outcomes.

As a qualified supervisor, you'll play a crucial role in guiding and supporting new practitioners. This qualification also opens the door for you to become a lecturer for CPHT at one of our schools across the UK, sharing your expertise with future generations of hypnotherapists. If there's no school in your area, you could even become a licensee, managing your own CPHT school. [Explore our Supervisors course here.](#)

RESOURCES TO SUPPORT YOU & YOUR NEW BUSINESS



Nicola Griffiths - Blog 

A Beginner's Guide to Embarking on a Hypnotherapy Career

Whether you're thinking of training as a hypnotherapist or are ready to take your hypnotherapy career to the next stage, our guide covers everything you need to make the best choices.



Ali Hollands Hook - Podcast 

Creating A Thriving Hypnotherapy Business

A podcast for new and experienced hypnotherapists looking to flourish in practice and stay in business. I started this podcast for you, because I was fed up of seeing amazing hypnotherapists, many of whom I'd trained, stumble and give up. My dream for you is to make a hypnotherapy business that sustains you and a practice you can be proud of.



Katie Churms - CPD 

Building and Growing your Hypnotherapy Practice

Post graduation this CPD will give you a clear vision of how you want your practice to run, your target audience, marketing strategies and the necessary steps needed to take in order to achieve this.



Jennifer Dunseath - CPD 

Tax & Finance Basics for the Therapist

Post graduation The aim of this Workshop is to give therapists the tools and knowledge to be confident in their record keeping and to have the ability to do their own tax return.

JOIN OUR COMMUNITY

Becoming a part of CPHT means joining a supportive and dynamic community of hypnotherapists dedicated to excellence. We're here to support your journey, from your initial training through to advanced practice and beyond.

By continuously developing your skills and staying committed to professional standards, you'll not only grow your practice but also make a significant impact on the lives of your clients.

Graduate Testimonial

I loved it thank you, it was life changing. I researched a number of different hypnotherapy schools before starting with CPHT and this was the best decision I could have made.

Whilst other schools may promise training in a shorter period of time, or perhaps online, the experience you get from CPHT training is second to none. I have recently completed the course with a up and running business (I actually paid off the course before I had graduated) and I feel confident with practising because of the wealth of experience from the course, both practical in seeing clients face to face from early on, and the wealth of knowledge and experience the supervisors bring.

I am excited to start the next chapter and see where my business goes this year!

-Victoria H - Stoke-on-Trent





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THE ORIGIN OF SOLUTION FOCUSED HYPNOTHERAPY

Could this be the year, you find
your dream career?

www.cpht.co.uk

