



PROSPECTUS

NEW BEGINNINGS TRAINING
ACADEMY

Live Training
Courses 2025 - 2026

"Unlocking your potential through dynamic
and comprehensive training"

About Us



Mark Ward, Course Trainer has completed over 14500 one-to-one hypnotherapy and coaching sessions with adults and children since 2006. He continues to have two busy clinics in Newark-on Trent and Worksop and also works virtually with clients worldwide. Over 80% of clients are from recommendation and there is always a waiting list to see Mark. He is accredited as a Senior Qualified Hypnotherapy Practitioner by the General Hypnotherapy Register (the largest professional hypnotherapy body in the UK).

Mark's knowledge and skills in the hypnotherapy and coaching world are comprehensive and enable him to use a multi-modality approach which is tailor-made for each individual client. He is a Master Practitioner of Neuro Linguistic Programming (NLP) and a practitioner in Eye Movement Therapies including Eye Movement Desensitisation And Reprocessing (EMDR) and the BLAST technique, Mark is also a Life Coach, Mindfulness Teacher and Emotional Freedom Technique (EFT) Practitioner.

Mark is an experienced teacher and trainer, from starting as a secondary school teacher in the UK to then being an English teacher to adults in France and now training adults in the area of mental health and wellbeing. Mark loves combining his two passions of helping people and teaching people and this is reflected in this Diploma and the way he teaches it.





New Beginnings Training Academy

Mark Ward PGCE, DipCAH, HPD, SQHP, Course Trainer

Contact details

Mark Ward:

Email: markward@newbeginningshypnotherapy.net

Phone: 07973847190

Website: www.newbeginningshypnotherapy.net



Course Dates

Course 1

New Beginnings Training Academy
Diploma in Clinical Hypnotherapy October 2025 start
9 months duration, 1 weekend per month
120 hours class training

Course dates of classroom training

9:30am-5:00pm Including lunch break and 2 short breaks

Saturday 11th October 2025

Module 1: Introduction to Hypnotherapy

Sunday 12th October 2025

Module 2: Neuroscience & hypnotherapy

Saturday 8th November 2025

Module 3: Inductions, deepens & trance termination

Sunday 9th November 2025

Module 4: The therapeutic relationship (part 1)

Saturday 6th December 2025

Module 5: The therapeutic relationship (part 2)

Sunday 7th December 2025

Module 6: Person-centered & psychodynamic hypnotherapy

Saturday 10th January 2026

Module 7: CBT hypnosis & metaphor

Sunday 11th January 2026

Module 8: Eriksonian hypnosis & metaphor



Course 1 cont'd

Saturday 7th February 2026

Module 9: Direct & authoritarian approaches

Sunday 8th February 2026

Module 10: NLP

Saturday 7th March 2026

Module 11: Mindfulness hypnotherapy

Sunday 8th March 2026

Module 12: Weight loss

Saturday 11th April 2026

Module 13: Smoking Cessation, habits & addictions

Sunday 12th April 2026

Module 14: Anxiety

Saturday 9th May 2026

Module 15: Phobias

Sunday 10th May 2026

Module 16: Depression

Saturday 6th June 2026

Module 17: Chronic Pain

Sunday 7th June 2026

Module 18: Establishing your business

New Beginnings Hypnotherapy and Mind Coaching Ltd est 2006



What you will learn

Module 1 - Introduction to Hypnotherapy

- Introduction to hypnosis and hypnotherapy
- Exploration of terms relevant to hypnotherapy
- Conscious and unconscious mind
- How does hypnotherapy work?
- State theory
- Non-state theory
- The experience of hypnosis
- How to tell when someone is hypnotised
- Who can be hypnotised?
- Ideomotor signaling
- Accessing, using and referencing academic texts and journals

Module 2 - Neuroscience and hypnotherapy

- Overview
- Brainwaves
- Default Mode Network
- Brain Hemispheres
- Autonomic Nervous System
- The vagus nerve
- Neurons and mind-body connection
- Neural pathways
- History of hypnotherapy



Module 3 - Inductions, deepeners & trance termination

- Inductions overview
- Direct inductions
- Indirect inductions
- Naturalistic inductions
- Confusion inductions
- Physical inductions
- Deepening trance state
- Fractionation
- Establishing a safe place
- Testing hypnotic state
- Testing for susceptibility- formal and informal
- Trance termination
- Measurement of trance state
- Convincers

Module 4 - The therapeutic relationship (part 1)

- Establishing and maintaining client rapport
- Meta communication and client feedback
- Utilisation
- Empathy, acceptance and congruence
- Active listening
- Client and therapist boundaries
- Transference and counter-transference
- Client actions, reactions and interactions
- Abreactions
- Implied and informed consent
- Signposting clients
- Evaluation
- Client cooperation and participation
- Physical surroundings
- Working online
- Legal considerations



Module 5 - The therapeutic relationship (part 2)

- Session structure - first and subsequent sessions
- Client history to inform treatment
- Goal setting
- SUDS
- Scaling system- solution focused questions and scaling
- Diagnostic trance
- Post hypnotic suggestions
- Client actions, reactions and interactions
- Abreactions
- Implied and informed consent
- Signposting clients
- Evaluation
- Client cooperation and participation
- Physical surroundings
- Working online
- Legal considerations

Module 6 - Person-centred and psychodynamic hypnotherapy

- Therapeutic modalities overview
- Person centred framework
- Combining person centred approach with hypnosis
- Psychodynamic approach
- Regression
- False memory syndrome
- Combining psychodynamic therapy with hypnosis

Module 7 - CBT-hypnosis & NLP Anchoring

- Cognitive Behavioural Therapy (CBT)
- ABCDE interviewing
- NLP Anchoring
- Combining CBT with hypnosis
- Combining CBT with NLP anchoring
- Developing an integrated approach



Module 8 - Ericksonian hypnosis and the use of metaphor

- Indirect versus direct approaches overview
- Ericksonian/indirect approaches in hypnotherapy
- Metaphor
- Clean language
- Open language
- Permissive language
- Therapeutic storytelling
- Milton model language

Module 9 - Direct approaches & positive language

- Direct/ authoritarian approach
- Mechanistic techniques
- Positive language
- Self-help
- Self-hypnosis

Module 10 - NLP

- Neuro Linguistic Programming (NLP) overview
- Reframing
- Modalities and submodalities
- Association and dissociation
- Visual Kinesthetic Dissociation Technique, aka "Rewind Technique"
- The Swish technique
- Collapsing Anchors
- Rapid transformation
- Future pacing
- Parts therapy

Module 11 - Mindfulness hypnotherapy

- Mindfulness overview
- Neurology of mindfulness
- Therapeutic application
- Mindfulness exercises
- Mindfulness and hypnosis



Module 12 - Weight Loss

- Complexity of weight issues
- Managing client expectations
- Lifestyle considerations
- Creating a weight loss programme
- Weight loss protocols
- Research findings

Module 13 - Smoking, habits & addictions

- Smoking cessation overview
- Managing client expectations
- Smoking cessation in one session protocol
- Smoking cessation package
- Adapting to vaping
- Marketing your services and pricing
- Research findings
- Other Habits
- How hypnotherapy can help
- Habits protocol
- Addictions overview
- Neuroscience of addictions
- Why people become addicted
- Types of client and when to signpost
- Managing client expectations
- How hypnotherapy can help
- Addictions protocol

Module 14 - Anxiety

- Anxiety Overview
- Neurology and physiology of anxiety
- Causes of anxiety
- Explaining anxiety
- Managing client expectations
- How hypnotherapy can help
- Anxiety protocol
- Research findings

Module 15 - Phobias

- Phobias overview
- Simple phobias and complex phobias
- Causes of phobias
- Phobia treatment protocol
- Research findings



Module 16 - Depression

- Depression overview
- Neuroscience of depression
- Categories of depression
- Causes of depression
- Treatment options
- How hypnotherapy can help
- Managing client expectations
- Hypnotherapy protocol
- Research findings

Module 17-Chronic pain

- Chronic pain overview
- Physiology of chronic pain
- Psychology of chronic pain
- Holistic approach
- Initial consultation
- Managing client expectations
- How hypnotherapy can help
- Hypnotherapy protocol

Module 18 - Establishing a successful practice

- Unique selling point (USP)
- Packaging your business
- Insurance
- Fee structure
- Where to run your business from
- Marketing and Advertising
- Social Media
- Proactive targeting: specialist groups and seasonal campaigns
- Presentations and guest lectures
- Group work
- Website design, management and income streams
- Referrals
- Other sources of income
- Supervision and CPD





Diploma in Clinical Hypnotherapy

Breakdown of hours

This course is externally accredited by the General Hypnotherapy Standards Council (GHSC) as meeting the Regulated Qualifications Framework across the UK at the following levels - Level 4 (England & Wales), Level 6 (Northern Ireland), Level 7 (Scotland)

Some courses selling point is that you can learn in a few days, without the need for case studies and learning the theory behind hypnotherapy. Ask yourself, would you rather visit a healthcare professional who has devoted their time to going into depth with their tutor and classmates, and who has spent hours practising their trade with the personal input from an expert in the field (Mark Ward, Tutor has 14,500 client sessions and counting) Or... would you rather visit someone who has skipped the practical learning, skipped the assignments and who has done a weekend course or a correspondence course? If you are really serious about becoming the best therapist you can, there are no shortcuts. The commitment pays off when you have the confidence to work safely with clients and experience their results.

The Diploma in Clinical Hypnotherapy Course consists of 450 learning hours in total and can be broken down as :

- 120 Live classroom hours at Venue
- 230 hours preparing and completing assignments, including case studies and practice
- 100 hours additional practice, reading and research

This is in line with National Occupational standards (NOS) and General Hypnotherapy Standards Council (GHSC)



You'll Receive

This course is taught by Mark Ward, experienced therapist (13,500 client sessions and counting) and teacher in “live” classes of maximum 9 students in a friendly, supportive and ‘hands on’ environment. The emphasis is always on offering you the support you need as you start, or add to, your therapeutic journey.

This course is externally accredited by GHSC as meeting the Regulated Qualifications Framework across the UK at the following levels – Level 4 (England & Wales), Level 6 (Northern Ireland), Level 7 (Scotland).

450 learning hours in total, including 120 hours of face-to-face teaching.

You'll Receive:

- Diploma in Clinical Hypnotherapy
- Certificate in NLP
- Certificate in Mindfulness-Hypnotherapy
- Certificate in CBT-Hypnotherapy
- 18 days Live classroom training (120 hour)
- Class sizes limited to maximum of 9 students
- Emphasis on practical learning
- Online portal to support classroom learning
- Evidence-based, clinically proven approach
- Hardback course handbook (sent prior to course) with all course material
- Personal support between modules
- 1-2-1 Business start-up meeting

On successful completion of the course you will be eligible to register with the General Hypnotherapy Register (GHR) and the board's governing body, General Hypnotherapy Standards Council (GHSC). As this is a live taught course you will also be eligible to register with the Complementary and Natural Healthcare Council (CNHC). This all gives you professional status and assures potential clients you are properly trained and registered.



What does it cover?

What does the course cover?

The Diploma in Clinical Hypnotherapy course is 120 hours classroom study. You are also required to read in between sessions, practise with volunteers, complete real life case studies, answer open book assessment questions in your own time and create a business plan - crucial in learning your new skills and developing confidence. The total number of learning hours is 450. The case studies are absolutely crucial in learning your skills and developing your confidence. The Diploma explores a range of approaches, including solution focused, psychodynamic and CBT approaches to hypnotherapy and also how to incorporate NLP and Mindfulness. This provides you with an integrated approach which means you can respond to the precise requirements of your clients without limiting yourself to a single mode of working. Learning hypnotherapy 'skills' is only a part of the Diploma. Just as important, and covered in detail on the course, is how to set up your business and start making a living as soon as you qualify. This course places a considerable emphasis on getting your business up and running.

•Establishing your business

Many people emerge from their hypnotherapy training with some great skills but with no idea how to work confidently with clients or how to establish their business. Throughout the course, we explore how to set up a practice which reflects your values and which will allow you to earn a comfortable living. Your 1-2-1 with Mark Ward helps you create a vision for your business and determine the practical steps which are required to bring that vision to life.

Career Opportunities

Work full-time, part-time, specialise, add to existing skillset....

Taking the Diploma in Clinical Hypnotherapy with New Beginnings can open lots of doors. You can work primarily in private practice as a clinical hypnotherapist. Private hypnotherapists can expect to earn between about £70 and £150 per session. Some hypnotherapists choose to go on and specialise in an area such as Children's hypnotherapy, Menopause, IBS, Trauma, Sport, Hypnobirthing or Smoking Cessation and can charge considerably more. Some Hypnotherapists choose to work with organisations, including charities and community organisations such as Anxiety UK or hospices.

In addition to people who wish to become Hypnotherapists, Counsellors, Psychologists, Teachers and Business Leaders can incorporate this Diploma's multi modality approach into their existing work.



Accreditation and Professional Membership

Like other professions, Hypnotherapists are encouraged to join a professional body. Doing so provides you with:

- Support
- Ethical & industry regulations
- Demonstration of skill level & expertise
- Quality assurance with regard to training

There is a huge range of professional hypnotherapy bodies in the UK. Some require very little training and you can join after undertaking an online course or a course which lasts for a few days. Others are long-established and require that you undertake a recognised course of training which meets National Occupational Standards (NOS). Any course which is accredited by the General Hypnotherapy Standards Council (GHSC) is mapped onto NOS and ensures you have undertaken a high quality, nationally recognised course of training.

The General Hypnotherapy Register (GHR) is the oldest and largest professional hypnotherapy body in the UK with international standing. You must complete a course which meets NOS before joining.

On completion of this course you will also be eligible to join the Complementary and Natural Healthcare Council (CNHC), as this is a face to face course and the GHR is a CNHC approved verifying organisation (students who complete Virtual courses are not eligible to join CNHC).



Venue for live training

Newark Chiropractic Centre

Address

Cheltermill House, 38 Lombard St, Newark NG24 1XP



Tel: 07973847190

On-site parking available

Town centre location

Easily accessible by Bus & Train (Newark North Gate & The Castle Stations)

For further details or if you would like any questions answered contact:

Mark Ward:

Email: markward@newbeginningshypnotherapy.net

Phone: 07973847190

Website: www.newbeginningshypnotherapy.net



Registration & Course Fees

If you decide to go ahead with the course, your first step is to contact Mark to arrange payment options or pay online.

Full course fee is £3150. This includes 120 hours live classroom teaching, Small class size of 9 maximum, hardback course handbook, on-line portal, personal support between modules, 3 months post-course support and 1-2-1 business start up meeting.

You can pay this in full or you can pay an initial £315 to secure you place followed by 9 further instalments of £315, each one to be paid by the Monday before each live training weekend.

If you would like to do the course on a 1-2-1 basis, (this includes the NLP Practitioner's course, worth £1050) the course fee would be £10,500. Payment can also be made in instalments.

Once you have paid your initial instalment or full course fee, you are registered as a student and will receive further registration documents. As places are limited to 9 students, refunds are not available. However, if you cannot attend for whatever reason, Mark will do his best to accommodate you on a future course.

Further Information

Choosing to do the Diploma in Clinical Hypnotherapy is a decision you want to make sure is right for you. I am very happy to discuss the course with you in further detail.

If you have any questions at all please contact Mark Ward,
Tel: 07973847190
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