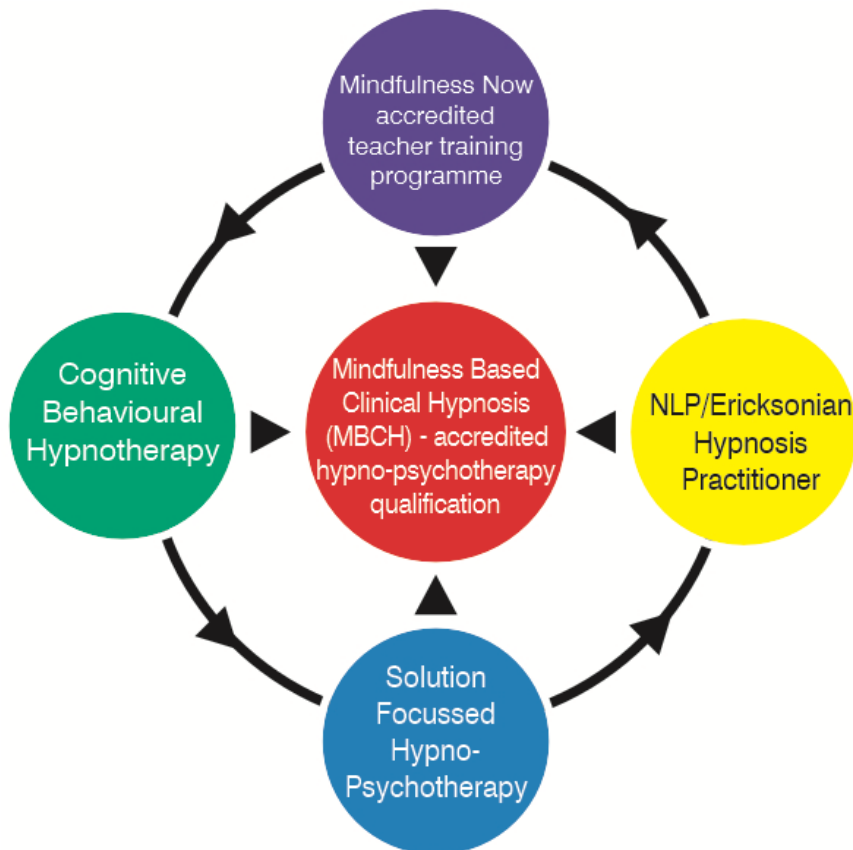


Mindfulness Now  
Certified teacher training course



Mindfulness Based Clinical Hypnosis (MBCH)  
Integrated and accredited hypno-psychotherapy diploma



# 2024/2025 London & Online

Prospectus and Course Syllabus  
Timetable, Fees and Discounts  
Booking Information

<https://mbch.org.uk>  
<https://mindfulnessnow.org.uk>



# Why Train to be a Mindfulness Teacher?

The demand for mindfulness teachers has grown enormously in the past decade. Qualified mindfulness teachers are needed for one-to-one support, teaching groups, working in healthcare and education settings and supporting people in organisations of all kinds.

Mindfulness teachers come from many walks of life, including talking and physical therapists, healthcare professionals and practitioners, yoga and other movement-based teachers, educators, creative artists, coaches, corporate managers and employees, and those who are retraining for a completely new career.

Many people are drawn to mindfulness teaching because of the benefits they have personally obtained from the practice. Learning mindfulness can be life changing and being able to teach it to others is a hugely rewarding experience.

## Mindfulness Now Certified Teacher Training Course

The Mindfulness Now course is our most popular course, approved by the British Psychological Society. It is one of the 4 modules on the MBCH Diploma.

It can also be taken as a stand-alone course, which will certify you to teach mindfulness to individuals, groups, children and in organisations.

# Why Train to be a Hypno-Psychotherapist?

The need for psychotherapy has never been greater. Clinical mental health services are stretched well beyond capacity and waiting lists for counselling, cognitive behavioural therapy and other forms of psychotherapy are huge. Individuals are increasingly turning to private practice to get the support they need.

Hypnotherapy training is the fastest route to you being able to offer psychotherapy support to private clients. Initial training can be completed in just one year, allowing you to obtain professional insurance and begin charging clients immediately for therapeutic support.

Hypnotherapy is also one of the most rapid forms of psychotherapy, often helping clients achieve significant results in just a few sessions. You can learn to support clients with a wide range of conditions and disorders, including anxieties, phobias, addictions, trauma, pain, emotional disturbances, and difficult behaviours. It can be tremendously rewarding to see clients transform old unhelpful patterns into new positive ways of living.

As a hypno-psychotherapist, you will learn and practice a wide range of techniques, not limited to hypnosis, including NLP, Emotional Freedom Technique, Eye Movement Desensitisation and Reprocessing and more.

## Mindfulness Based Clinical Hypnosis (MBCH) Diploma

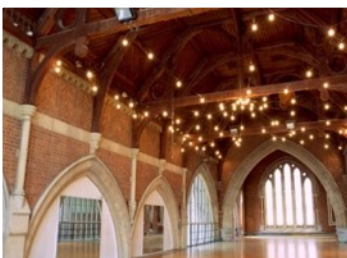
To be awarded the externally accredited MBCH Diploma, which will enable you to practice as a fully qualified hypno-psychotherapist, requires completion of 4 modules. Each module consists of 5 days of training, either in person, online or a blend of the two. Modules can be completed in any order.

# Timetable 2024/2025

Dates	Module	Location
23 <sup>rd</sup> to 27 <sup>th</sup> September 2024	NLP/Ericksonian Hypnosis Practitioner	Online
21 <sup>st</sup> to 25 <sup>th</sup> October 2024	NLP/Ericksonian Hypnosis Practitioner	London Finchley
4 <sup>th</sup> to 8 <sup>th</sup> November 2024	Mindfulness Now Teacher Training	London Highgate
27 <sup>th</sup> to 31 <sup>st</sup> January 2025	Cognitive Behavioural Hypnotherapy	Online
24 <sup>th</sup> to 28 <sup>th</sup> February 2025	Cognitive Behavioural Hypnotherapy	London North
15 <sup>th</sup> , 16 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> , 30 <sup>th</sup> March 2025	Mindfulness Now Teacher Training	Weekend Blended Learning*
19 <sup>th</sup> to 23 <sup>rd</sup> May 2025	Solution Focused Hypno-Psychotherapy	London North
16 <sup>th</sup> to 20 <sup>th</sup> June 2025	Solution Focused Hypno-Psychotherapy	Online
14 <sup>th</sup> to 18 <sup>th</sup> July 2025	Mindfulness Now Teacher Training	London Highgate
1 <sup>st</sup> to 5 <sup>th</sup> September 2025	NLP/Ericksonian Hypnosis Practitioner	London North
29 <sup>th</sup> Sep to 3 <sup>rd</sup> Oct 2025	NLP/Ericksonian Hypnosis Practitioner	Online
Oct/Nov 2025, dates tbc	Mindfulness Now Teacher Training	London Highgate

\* Weekend Blended Learning – our weekend blended learning option means you can study the first 3 days online, with the final two days of the course taking place in London.

## Venues



In-person Mindfulness Now courses take place at Jackson's Lane Arts Centre, Highgate, North London.



In-person hypnotherapy modules take place in one of our preferred North London venues.



All online modules take place live using Zoom.

### Mindfulness Now Additional Locations

The Mindfulness Now course is also held online and in a number of other locations in the UK. For further information, visit <https://mindfulnessnow.org.uk>.

# Mindfulness Now Teacher Training

## Certified teacher training course



As an accredited 'stand-alone' course, or as a module of the diploma course, we offer the British Psychological Society (BPS) approved Mindfulness Now certified teacher training course. Research has shown that mindfulness meditation offers powerful health and wellbeing benefits. Qualified teachers can be in high demand, teaching one-to-one, groups and within organisations of all kinds.

The 'Mindfulness Now' programme provides a fusion of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT), both of which are evidence based and the latter is recommended by the UK National Institute for Health and Care Excellence (NICE). Graduate can join the official Mindfulness Teachers Register.

# Mindfulness Based Clinical Hypnosis (MBCH)

## Integrated and accredited hypno-psychotherapy diploma



UK College of  
Clinical Hypnosis

This training is unique in offering a mindfulness-based approach to clinical hypno-psychotherapy. Graduates are qualified to offer an integrated approach incorporating therapeutic mindfulness along with hypnotherapy and evidence-based psychotherapy.

We offer in-person and online training which is highly practical and experiential in nature. With two external accreditations, graduates are also eligible to obtain (subject to successful completion of assignments) the 'gold standard' HPD Diploma based on the UK Government's National Occupational Standards, at level 4 – Foundation degree level.

Graduates are eligible to become members of the National Council for Hypnotherapy (NCH) and the Association for Professional Hypnosis and Psychotherapy (APHP).

# Hypnotherapy in Practice Diploma

## Awarded by the National Council for Hypnotherapy



The Hypnotherapy in Practice Diploma is considered to be the 'gold standard' of hypnotherapy practitioner qualifications in the UK. The MBCH Diploma modules and qualification will prepare students for this additional, highly recommended, but entirely optional, qualification. Students will be able to prepare a portfolio based on the work they have already done and answer a question paper at home, before everything is submitted for approval by the National Council for Hypnotherapy.

Students will be fully supported in the process of obtaining this additional award, including being offered either a group preparation day or individual preparation coaching, and being given feedback on up to three occasions on their portfolio, and the submission of their portfolio to the NCH for approval.

# Fees and Discounts

Mindfulness Now Teacher Training	£900
Solution Focussed Hypno-Psychotherapy	£900
NLP/Ericksonian Hypnosis Practitioner	£900
Cognitive Behavioural Hypnotherapy	£900
<b>Complete Mindfulness-Based Clinical Hypnosis (MBCH) Diploma</b> (Note that these fees are inclusive of all teaching, materials, assessment, support and certification)	<b>£3,100 (£500 discount when you book and pay for all 4 modules at the same time)</b> <b>OR</b> <b>£2,400 (£300 discount if you have already completed the Mindfulness Now Teacher Training course, when you book and pay for the 3 hypnotherapy modules at the same time)</b>
Hypnotherapy in Practice Diploma awarded by the National Council for Hypnotherapy (This additional qualification is entirely optional, but highly recommended. This fee is only payable if you decide to obtain this additional qualification and only at the time that you decide to do so).	£300 (The fee includes a preparation day or preparation coaching, subject to availability, independent external assessment of your portfolio and the administration fee to submit your portfolio to the NCH).

## Booking and Payment

To obtain one of the discounted prices shown above, you must book either 3 or 4 modules at the same time. Depending on when you make the booking, you may be eligible to pay 50% at the time of booking and the balance for each module around 4 weeks before the relevant start date. You will be invoiced for the balance of payment for each module at the appropriate time. Other payment plan options may be available.

If you wish to attend just one module at the full price, you can also book this online. We welcome the opportunity to answer any questions you may have prior to booking or to have a discussion to ensure the course is right for you.

To book modules, including the relevant discount, please contact us or book online at:  
<https://mbch.org.uk>.

# Mindfulness Now Teacher Training

Including working with children and working in organisations

5 Day Immersive Practitioner Module & Stand-alone Qualification

Mindfulness is a scientifically evidenced approach to helping with many conditions, including anxiety, depression, stress and pain. Representing a convergence of ancient contemplative traditions, along with modern neuroscience, mindfulness is not considered to be a therapy, even though its effects are profoundly therapeutic. It is therefore taught or facilitated by a mindfulness teacher.

This course is our most popular, especially as it is available as a completely stand-alone and externally approved teacher training qualification.

This certified teacher training is approved by The British Psychological Society and includes specialist tuition in mindfulness approaches, including the Mindfulness Now Programme which offers a progressive fusion of key elements of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT).

Both are evidence based and the latter is recommended by the National Institute for Health and Care Excellence (NICE) for the prevention of relapse in recurrent depression, combining mindfulness techniques like meditation, breathing (mind and body awareness) with elements from cognitive behaviour therapy (CBT) to help break the negative thought patterns that are characteristic of recurrent depression.

The 'Mindfulness Now' programme is capable of being fully integrated into talking therapy practice. As with all our courses, we assume no prior learning, but attendees should naturally have some meditation practice in order to become an effective teacher.

A comprehensive training manual and additional materials, together with practical and written assignments is provided.

## When you attend this training you will learn:

- Client / learner assessment protocols
- Cautions, safeguards and contra-indications
- Session recording and evaluation
- History of mindfulness
- How to conduct mindfulness meditation sessions – seated, lying and movement-based
- Attitudinal basis (Kabat-Zinn)
- 3-stage breathing space
- Body scan
- Breath and body awareness
- Mindfulness in wellbeing
- Mindfulness teaching techniques and methodologies
- Therapeutic interventions with mindfulness
- Developing the teacher's own mindfulness practice
- Conducting individual / group sessions
- The Mindfulness Now 8 weeks wellbeing programme
- Stress reduction – the MBSR approach
- Cognitive behavioural approaches – the MBCT approach
- Integration of mindfulness with talking therapies
- Corporate applications of mindfulness
- Working with children and young people

and much, much more!

To learn more, visit <https://mindfulnessnow.org.uk>

# Solution Focussed Hypno-Psychotherapy

Including classical and analytical hypnosis

5 Day Immersive Practitioner Course

The skills of assisting clients to resolve issues with which they may have struggled for some period of time is, or should be, at the forefront of all psychotherapeutic training. Beginning with counselling skills and rapport building techniques, this 5-day certificated training develops into the use of Solution Focussed Hypno-Psychotherapy techniques, including the use of therapeutic metaphor.

Sometimes clients are resistant to change, possibly due to some secondary gain associated with the symptoms, often at an unconscious level. This course teaches ways of uncovering and resolving deeper issues through a number of time regression techniques.

We also teach you how to work safely and successfully with children and how to employ mind/body healing and pain control techniques. You will also learn how to use Eye Movement Desensitisation and Reprocessing (EMDR) a remarkable technique for overcoming post-traumatic stress disorder and for removing fears and phobias.

A comprehensive training manual and additional materials, together with practical and written assignments is provided.

## When you attend this training you will learn:

- Counselling techniques including Rogerian (Person Centred) and specialised counselling approaches
- How to “Scramble” Symptoms to dissolve their power and attachment
- A comparison of solution focussed and regression / analytical work including “Rapid Direct to Cause” techniques
- Therapeutic Metaphor
- Anxiety States Therapy
- Stress Management Techniques
- The De Shayzer “Solution Focused Therapy” Model
- Hypnotherapy and the successful treatment of IBS
- Treatment of emotional and psychosomatic disorders
- Working with substance misuse
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Inner Child healing
- Working with Children
- An introduction to “Gestalt” approaches
- Pain Control
- Safeguards and Ethical Considerations

and much, much more!

To learn more, visit <https://mbch.org.uk>

# NLP/Ericksonian Hypnosis Practitioner

Including new NLP Wellbeing Strategies

5 Day Immersive Practitioner Course

Ericksonian Hypnosis, which is also an important element of NLP, teaches us to utilise whatever the client presents us with, on the basis that the answers always lie within, no matter how deeply buried they may be. Ericksonian language patterns enable us to discover what our clients really want and how to use appropriate language and strategies, as therapists, to coach our clients, helping them to make rapid, genuinely effective and permanent change.

Created over 35 years ago, NLP is still continuing to evolve and develop. NLP Timeline Strategies provide elegant and powerful ways of achieving therapeutic progression, regression and real life changes through the use of visualisation. This certificated, 5-day course is at the leading edge of Mindfulness Based Clinical Hypno-Psychotherapy training.

As with our other courses, this NLP / Ericksonian Hypnosis Practitioner Course is taught using the powerful principles of Accelerated Learning enabling the whole learning experience to be highly practical, absorbing and fun! If you want courses where you just sit and listen, then our training is not for you. NLP can best be learned by doing it. We teach you what to do and why we're doing it, then demonstrate it, and then get you to practise it.

A comprehensive training manual and additional materials, together with practical and written assignments is provided.

## When you attend this training you will learn:

- Skills of effective, clear communication (NLP Meta and Milton Models)
- How to gather specific high-quality information from people and then use it to achieve successful outcomes
- The structure, content and application of Ericksonian Hypnosis
- How to improve the learning ability of yourself and others
- Coaching strategies with NLP and Ericksonian Hypnosis
- How to change unwanted behaviours in rapid and effective ways
- How to "see" what is going on inside yourself and others
- Accelerated Learning techniques
- Phobia Release therapy, including the NLP Fast Phobia Release
- To work with anchors to create your own resourceful state of excellence – and teach others to do the same
- Working with internal states (Reframing - Parts Integration)
- Changing the way we internally represent - (NLP Changing Submodalities, including 'Swish')
- How to use NLP Timeline Strategies to clear negative influences from the past, and create a positive future
- How to successfully and ethically practice NLP and Ericksonian Hypnosis

and much, much more!

To learn more, visit <https://mbch.org.uk>



# Cognitive Behavioural Hypnotherapy

## Including the 'Quit 4 Life' smoking cessation programme

### 5 Day Immersive Practitioner Course

Cognitive Behavioural Therapy (CBT) is a vital cornerstone of modern psychotherapy with wide levels of credible research and proven success in overcoming behavioural difficulties. You will learn here how powerful hypnosis/CBT strategies can assist clients to overcome unwanted behaviours/habits, including over-eating and smoking.

This fully certified and accredited 5-day immersive course focuses on well tried and tested methods of assisting people to make powerful behavioural changes. The combined hypnosis/CBT models can be highly effective and all participants will learn to use them along with NLP and Emotional Freedom Technique (EFT) in a powerful combination which, for smokers, can often achieve complete success in as little as one single treatment session!

Smoking kills 120,000 people in the UK every year. Rates of smoking amongst 15 to 24 year olds are still amongst the highest in Europe (UK Government statistics). At today's prices, a 20-a-day smoker will spend over £92,000 on cigarettes over the next 20 years. Its small wonder that smoking cessation therapists can charge a substantial fee, should they wish, for their services.

Graduates of this training are able to register in The Hypnotherapy Directory and to become a licensed 'Quit 4 Life' specialist with access to resources, including the use of the registered logo.

A comprehensive training manual and additional materials, together with practical and written assignments is provided.

## When you attend this training you will learn:

- The background, theory and practice of Cognitive Behavioural Therapy (CBT)
- Hypnosis/CBT models for effective behavioural change
- Hypnotic inductions, including rapid trance techniques
- Safeguards and cautions – issues of responsibility, ethics and legality
- The history of hypnosis and the development of Hypnotherapy
- Hypnotic deepening techniques
- Emotional Freedom Technique (EFT) – a wonderfully powerful method of combining affirmation with tapping on meridian points
- The "Benefits Approach" therapeutic model
- The "Quit 4 Life" Smoking Cessation Method, including scripts and strategies for success
- How to use Hypnotherapy with groups of people
- Building a successful hypnotherapy practice
- How to take these skills into organisations and develop a thriving corporate practice

and much, much more!

To learn more, visit <https://mbch.org.uk>

# Professional Standards and Accreditation

Have confidence in the quality of your learning and qualification, knowing that the Mindfulness-Based Clinical Hypnosis Diploma is recognised and accredited by professional external bodies, giving you a mark of quality and the recognition you need to obtain insurance, join professional registers and attract clients.



The Mindfulness-Based Clinical Hypnosis (MBCH) Diploma meets the requirements of the UK's National Occupational Standard in Hypnotherapy at Level 4, equivalent to a Foundation Degree. Your training consists of 120 hours of tutor-led learning, along with a further 330 hours of directed and self-directed learning, which you will meet through your assignments, case studies and reading. Once you receive the MBCH Diploma, you can obtain professional insurance and practice as a fully qualified hypno-psychotherapist.



Once you have begun your professional practice, you may choose to obtain a further national award, the Hypnotherapy in Practice Diploma (HPD), by demonstrating your competence. The HPD is considered to be the UK gold standard in hypnotherapy qualifications, awarded jointly by the National Council for Hypnotherapy and the NCFE. We will provide you with all the support you need to complete your portfolio and answer the NCH question paper, so that you can obtain this valuable additional national diploma.



NCFE is one of the largest technical and vocational qualification awarding bodies in the UK. The NCH is an approved NCFE Centre and the Hypnotherapy in Practice Diploma (HPD) is accredited by the NCFE. This means that the HPD has measurable learning outcomes that have been benchmarked at Level 4 of Ofqual's Qualification and Credit Framework level descriptors. The NCFE logo will appear on your HPD certificate issued by the NCH.



Your qualification is recognised by the Association for Professional Hypnosis and Psychotherapy (APHP) and you are eligible to become a student member of APHP and, once you qualify, a full member. Membership gives you access to continuing professional development, resources, discounted insurance and a listing in the APHP directory. APHP is a member of the UK Confederation of Hypnotherapy Organisations and has been influential in establishing the core curriculum for training schools.



If you join the APHP, you are also eligible to join the National Register of Psychotherapists and Counsellors. Despite the name, it is in fact an international register and professional membership organisation, committed to maintaining professional standards in counselling and psychotherapy.

# About Your Tutor

The courses listed in this prospectus are taught by Tony O’Shea-Poon, who is supported on these courses by other tutors from time to time.



Tony qualified as a hypno-psychotherapist with the UK College of Clinical Hypnosis and subsequently completed the National Council for Hypnotherapy - Hypnotherapy in Practice Diploma. He is the lead tutor for the Mindfulness-Based Clinical Hypnosis Diploma in London, UK and also teaches the course online.

Tony supports individuals with a broad range of conditions and disorders using a variety of approaches. He has particular experience working with major addictions, phobias, anxiety, trauma and pain. His Mindful Eating programme combines hypnotherapy, mindfulness and coaching to support clients to transform their relationship with food and with their bodies.

Tony is a qualified coach, mindfulness tutor and member of the national Mindfulness Now teacher training team. He has been practicing meditation for more than 25 years and practices in the Plum Village tradition, taught by Buddhist Zen Master, Thich Nhat Hanh. He enjoys mindful walking, yoga and growing vegetables.

## Post-Qualification Support

We offer extensive and ongoing post-qualification support

- A choice between group and individual supervision
- Continuing professional development days
- The Breathing Space journal for mindfulness teachers and therapists, issued 3 times a year
- A community Facebook page
- A weekly online support group
- An opportunity to retake a course, without charge if you feel the need to brush up your knowledge and practice (subject to availability)
- Information and guidance on membership of professional bodies
- Recommendations for insurance
- Enhanced DBS checking service

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**TERMS AND CONDITIONS:** We reserve the right to change our syllabus and course content at any time. We reserve the option, in certain circumstances, to change trainers, dates, training venues and mode/method of delivery. If this does happen, and in all events, we endeavour to maintain the quality and value of our training. Course fees are payable in full in advance and are not refundable under any circumstances. If you have personal circumstances preventing you from attending, we may agree to transfer you to a future course, subject to availability, providing that you give a minimum notice period of 30 days. We may allow you to move to a future course date with less notice, if due to exceptional circumstances, such as death of a family member, serious personal illness or a catastrophic event. We will only move you to a future course on one occasion. Photographic, audio and video recordings of our courses are not allowed without explicit consent. Although our policy is one of open access, we reserve the right to refuse any course application at our discretion, and to terminate the training, without refund of fees, of any student whose conduct is deemed by us to be offensive/disruptive. If you have a learning difficulty or suffer/have suffered from any serious physical or mental condition which might impact on your training and subsequent professional practice, please discuss this in confidence with your tutor at the time of booking. For any help/advice please don’t hesitate to call us. Details of course timings, directions, and, where appropriate, a reading list will be sent to you with your receipt. Nothing in our prospectus or this document forms a contract. Additional terms and conditions for using our website and for online bookings are published on our website.