CPHT Advanced Hypnotherapy Diploma
Learning Outcome Guide

PLEASE READ FULLY THE FOLLOWING:

This document details all of the learning outcomes that you will need to complete for each of the modules for the Advanced Hypnotherapy Diploma. You may wish to use it to familiarise yourself with the learning outcomes before each CPD. This will "prime" your conscious and sub conscious minds to look out for the relevant information when attending the CPD. Upon completion of each CPD you will be emailed a "Learning Outcome Guidance Notes" document for that module to help you complete and submit the Learning Outcomes.

It is important you come up with your own answers. The AHD is the equivalent of a Foundation Degree, and innovative writing would be recognised. Please do not be tempted to use AI in any format, unless you have discussed your unique situation with a member of the AHD team. To ensure fairness to all AHD learners we will use AI checking tools during the assessment process to ensure that AI has not been used.

N.B. – your Initial Consultation (either as an audio or video presentation); case studies; log reports and anything else from your practice will provide excellent resources for your answers so please utilise them fully. Be clever, and do not be afraid of using examples from your HPD portfolio if they seem appropriate.

As you complete each module, please email the AHD team on ahd@cpht.co.uk for assessment.

Module 01: Neuroscience and Essential Research Findings in Psychotherapy & Hypnotherapy – this Module has 3 sub divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.** **Please Note: You will probably want to leave learning outcomes 1A.1; 1A.2 and 1A.7 to the very end of your AHD. As such you should complete and submit all the other learning outcomes in this module as soon as possible after completing the Neuroscience CPD. The named three LO's can be completed later once you have enough data.**		
1A. The Learner will: Be able to provide evidence that Solution Focused Hypnotherapy can effectively change the brain and mind functioning to bring positive changes in behaviour		
1A.1. Outline the research project – Clifton Practice Outcome Rating Programme (CORP) Research Findings.	☐	☐
1A.2. Explain how the evidence will be sourced through the initial consultation and trance, and discuss the format of gathering data.	☐	☐
1A.3. Explain how understanding the brain function is the first step towards the solution of problems.	☐	☐
1A.4. Provide evidence that relaxation, trance and focusing on solutions can have a significant effect on the prefrontal cortex, limbic system and Autonomic Nervous System.	☐	☐
1A.5.	☐	☐

Provide evidence that through relaxation, trance and positive suggestions, the brain's activity can be manipulated by modulating neural plasticity.		
1A.6. Provide evidence that trance and suggestions can close the pain gate and decrease pain sensitivity.	☐	☐
1A.7. Interpret the data with graphs using statistical analysis of data – Minimum 300 session hours. Applying measurable parameters to gather evidence	☐	☐
1B. The Learner will: Understand of the working of the brain and its influence on physiological and psychological functioning		
1B.1. Discuss the functions of the various components of the Conscious or Intellectual brain.	☐	☐
1B.2. Discuss the functions of the various deeper components of the 'primitive' brain.	☐	☐
1B.3. Provide an overview of the Autonomic Nervous System.	☐	☐
1B.4. Explain what is meant by Synaptic Plasticity.	☐	☐
1B.5. Explain the effect of serotonin on mood.	☐	☐

1B.6. Describe the origin of stress and outline the effect of stress on the immune system; mental illness and sleep.	☐	☐
1B.7. Explain the origin of pain and describe the various types of pain.	☐	☐
1C. The Learner will: Understand the working of the brain and its relation to hypnotherapy		
1C 1. Explain how a better understanding of the brain can enable the practitioner to identify clients' problems and relate it to the initial consultation.	☐	☐
1C.2. Outline how a knowledge of underlying cerebral mechanisms can support the practitioner with trance work.	☐	☐
1C.3. Discuss how recent research has changed the 'face' of modern hypnotherapy.	☐	☐
1C.4. Discuss your interpretation of 'Brain Based Therapy' and how you apply it in the consulting room.	☐	☐

Module 02: Solution Focused Brief Therapy – this Module has 11 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
2A. The Learner will: Understand how SFBT has evolved		
2A.1. Provide a brief overview of the history and background of SFBT, including its development within the UK and Europe.	☐	☐
2A.2. Identify the main theories influencing SFBT.	☐	☐
2A.3. Demonstrate knowledge of the development of SFBT in the UK and Europe.	☐	☐
2B. The Learner will: Understand Research Indicators of SFBT		
2B.1. Demonstrate a knowledge of current brain research relating to daydreaming and trance.	☐	☐
2B.2. Illustrate the paradigm shift that SFBT has made from 'traditional' therapy.	☐	☐
2B.3. Identify the research underpinning the effectiveness of SFBT.	☐	☐
2C. The Learner will: Understand the Therapeutic Principles and Techniques of SFBT		

2C.1. Recognise how the therapist's positive, collegial and solution-focused stance influences therapy.	☐	☐
2C.2. Demonstrate an understanding of how the various forms of conversing with the client can implement change.	☐	☐
2C.3. Utilise available mechanisms to track problem patterns.	☐	☐
2C.4. Recognise the accomplishment of solution construction through manageable steps.	☐	☐
2C.5. Gain an understanding of SFBT's emphasis on solving problems by expanding possible solutions.	☐	☐
2D. The Learner will: Explain the Opening Gambit of SFBT		
2D.1. Demonstrate the process of opening collaboration within the first session.	☐	☐
2D.2. Identify how to establish the client's future focus.	☐	☐
2D.3.	☐	☐

Demonstrate an understanding of how to close sessions.		
2E. The Learner will: Understand the Model of SFBT	☐	☐
2E.1. Describe solution-based 'openers' following the first session.	☐	☐
2E.2. Explain how to elicit changes and improvements through the process of expanding and amplifying.	☐	☐
2E.3. Discuss how to establish a clear delineation between client and problem.	☐	☐
2E.4. Demonstrate how to establish the client's strengths and 'problem-free' areas.	☐	☐
2E.5. Demonstrate appropriate strategies to obtain the 'story'.	☐	☐
2E.6. Outline the practitioner's role in SFBT.	☐	☐
2F. The Learner will: Understand the process of Listening Constructively		
2F.1. Demonstrate how to elicit resourceful answers through questioning.	☐	☐
2F.2. Provide examples of strategy and identity questions.	☐	☐

2F.3. Discuss well-formed treatment goals.	☐	☐
2G. The Learner will: Understand how to Create the Picture		
2G.1. Provide language strategies which enable a shift from the negative to the positive.	☐	☐
2G.2. Identify and provide examples of language patterns to obtain specificity.	☐	☐
2G.3. Outline techniques for building a detailed picture of the preferred future.	☐	☐
2H. The Learner will: Be able to demonstrate what is already working		
2H.1. Demonstrate an understanding of pre-session change and its importance to therapy.	☐	☐
2H.2. Utilise appropriate questioning techniques to encourage future orientation within the present time.	☐	☐
2H.3. Rationalise the importance of eliciting exceptions through the use of questions.	☐	☐
2H.4. Explain the process of supporting client empowerment and provide examples of coping questions.	☐	☐
2I. The Learner will: Be able to explain the Tools of SFBT		

2I.1. Demonstrate an understanding of the scales framework.	☐	☐
2I.2. Utilise the miracle question to set a frame for goal setting.	☐	☐
2I.3. Provide examples of various questioning techniques used within own practice.	☐	☐
2J. The Learner will: Be able to encourage learning and development through Appraisal and Reflection		
2J.1. Discuss the role of reflective feedback within therapy.	☐	☐
2J.2. Identify how to explore areas of perceived 'stuckness'.	☐	☐
2J.3. Examine client-therapist relationships.	☐	☐
2K The Learner will: Understand the Process of Evaluation (CORP)		
2K.1. Provide an overview of the development of ORS and SRS.	☐	☐
2K.2. Describe the core ingredients of the Working Alliance.	☐	☐
2K.3.	☐	☐

Explain the core research behind the Alliance feedback.		
2K.4. Demonstrate how to explain CORP implementation to the client.	☐	☐
2K.5. Outline how to interpret and respond to the CORP evaluation.	☐	☐

Module 03: Solution Focused Hypnotherapy (SFH) – this Module has 4 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
3A. The Learner will: Be able to explain the Structure and Content of the Initial Consultation		
3A.1. Outline the conscious/unconscious process	☐	☐
3A.2. Explain the effect of negative thinking.	☐	☐
3A.3. Discuss the relationship of biochemical patterns to solution focused questions.	☐	☐
3A.4. Describe the implication of REM sleep to solution mode.	☐	☐
3B. The Learner will: Understand the importance of 'understandings'		
3B.1. Demonstrate an understanding of the rationale behind Repetition and Applying the same 'template' within SFH.	☐	☐
3B.2. Discuss control as a constant.	☐	☐
3B.3. Utilise Scaling and the Miracle Question in the context of SFH.	☐	☐

3C. The Learner will: Be able to provide the rationale and process of promoting continuing change		
3C.1. Incorporate metaphor to maximise trance.	☐	☐
3C.2. Discuss the relationship of the anterior cingulated cortex (ACC) and 'best hopes'.	☐	☐
3C.3. Describe the link between focused attention and creating positive change.	☐	☐
3D. The Learner will: Provide an understanding of the applications of SFH		
3D.1. Explain SFH in relation to depression, anger and anxiety.	☐	☐
3D.2. Discuss the role of psychological methods on chronic pain.	☐	☐
3D.3. Utilise the SFH template in treating obesity.	☐	☐
3D.4. Identify Solution Focused techniques and interventions within hypnotherapy.	☐	☐

Module 04 : Fertility, Childbirth and Children – this Module has 10 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
4A. The Learner will: Fertility: Understand the Mind / Body Balance		
4A.1. Provide a brief overview of male and female reproduction, fertility and the fertility cycle.	☐	☐
4A.2. Discuss the fertile state, and outline the factors which can affect it	☐	☐
4B. The Learner will: Fertility: Understand the Mind / Body Imbalance		
4B.1. Define the term infertility.	☐	☐
4B.2. Outline the scale of infertility problems.	☐	☐
4B.3. Identify the physical and psychological causes/factors of male and female infertility.	☐	☐
4B.4. Discuss the potential impact/ implications of infertility, including permanent infertility.	☐	☐
4B.5. Provide information on modern fertility treatments.	☐	☐

4C. The Learner will: Fertility: Understand how to work with the client		
4C.1. Explain the role of hypnotherapy in supporting fertility and reducing the negative effects of infertility.	☐	☐
4C.2. Explain how to set the goal for treatment.	☐	☐
4C.3. Discuss how to assess the information.	☐	☐
4C.4. Explain how to manage expectations/disappointment/loss.	☐	☐
4C.5. Outline hypnotherapeutic interventions.	☐	☐
4D. The Learner will: Childbirth: Understand the Birthing Process		
4D.1. Compare the history of birthing from a mammalian perspective and from a modern birth culture perspective.	☐	☐
4D.2. Describe basic anatomy and physiology of the body during pregnancy and labour.	☐	☐
4D.3. Discuss the psychological journey of birth.	☐	☐

4D.4. Discuss the impact of fear on pain.	☐	☐
4E. The Learner will: Childbirth: Understand how Hypnotherapy can support the Birthing Process		
4E.1. Discuss the reasons for using hypnotherapy in the birthing process, and the resultant benefits to mother, baby and birthing partner.	☐	☐
4E.2. Provide information of clinical research studies on the use of hypnotherapy for birth.	☐	☐
4E.3. Outline the process of achieving the ideal mental state throughout the stages of labour.	☐	☐
4E.4. Describe how hypnotherapy can support prenatal, perinatal and postnatal bonding.	☐	☐
4E.5. Discuss how hypnotherapy can support post-natal recovery.	☐	☐
4E.6. Provide a variety of hypnotherapeutic interventions which can be utilized throughout the whole birthing process.	☐	☐
4F. The Learner will: Children: Understand how to implement a Solution Focused approach when working with children		
4F.1. Outline the key points of solution focused practice when working with children.	☐	☐

4F.2. Describe how a solution focused approach supports children in the development of their own solutions to problems.	☐	☐
4F.3. Explain the importance of recognizing and acknowledging children's strengths.	☐	☐
4G. The Learner will: Children; Understand how to effectively communicate and engage with children		
4G.1. Explain the term 'child centred'.	☐	☐
4G.2. Outline the key areas which promote effective communication with children.	☐	☐
4G.3. Discuss ways of communicating with children who are unwilling or unable to communicate.	☐	☐
4H. The Learner will: Children: Understand how to set achievable goals		
4H.1 Explain the importance of setting clear goals when working with children.	☐	☐
4H.2. Provide examples of how to measure when/if goals have been achieved.	☐	☐
4H.3. Discuss how the Miracle Question and Scaling can be utilized in developing goals.	☐	☐
4I. The Learner will: Children: Understand the importance of discovering skills and resources		

4I.1. Explain the importance of discovering children's strengths, and provide examples of how to achieve this.	☐	☐
4I.2. Outline how to turn deficits into strengths.	☐	☐
4J. The Learner will: Children: Understand how to use Hypnotherapy with children		
4J.1. Outline a variety of childhood conditions where hypnotherapy could be effectively used.	☐	☐
4J.2. Explain why children respond well to hypnotherapy.	☐	☐
4J.3. Demonstrate a variety of hypnotherapeutic interventions which can be utilized with children.	☐	☐

Module 05 : Psychoneuroimmunology - The Impact of Hypnotherapy on Disease – this Module has 3 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
5A. The Learner will: Understand the anatomy and physiology of the body's regulatory systems		
5A.1. Provide an outline of the immune system.	☐	☐
5A.2. Explain the role of the voluntary and autonomic nervous systems.	☐	☐
5A.3. Outline the importance of the hypothalamic pituitary adrenal axis.	☐	☐
5B. The Learner will: Understand the implication of Evidence Based Medicine on certain clinical treatments		
5B.1. Outline a variety of sourcing evidence, and types of evidence.	☐	☐
5B.2. Provide study findings relating to the use of hypnotherapy.	☐	☐
5C. The Learner will: Understand how hypnotherapy can be applied in practice		
5C.1. Demonstrate the application of the work of Milton Erickson within your practice.	☐	☐

Module 06: The Relationship between Neuroscience and Obesity - this Module has 3 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
6A. The Learner will: Understand the mechanics of weight gain; associated health implications; and the science of weight loss		
6A.1. Define obesity and outline statistics in the UK.	☐	☐
6A.2. Identify potential health problems associated with obesity.	☐	☐
6A.3. Outline the physiology of adiposity.	☐	☐
6A.4. Explain the science of weight loss.	☐	☐
6B. The Learner will: Understand the connection between the mind and obesity		
6B.1. Discuss appetite/satiety and obesity from primitive man's perspective.	☐	☐
6B.2. Discuss the link between stress, depression and obesity.	☐	☐
6B.3. Outline the brain chemistry and the dopamine and cortisol connection.	☐	☐

6C. The Learner will: Understand treatments which can be utilised to treat obesity		
6C.1. Outline the effects of diets/supplements/drugs on obesity.	☐	☐
6C.2. Describe the various effective/non-effective treatments available.	☐	☐
6C.3. Discuss the use of SFH in treating obesity.	☐	☐
6C.4. Discuss **current research** and theoretical debates surrounding obesity.	☐	☐

Module 07: Clinical Application of Mindfulness and Acceptance-Based Strategies – this Module has 3 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
7A. The Learner will: Understand Mindfulness and how the mind works		
7A.1. Provide a brief overview of mindfulness.	☐	☐
7A.2. Describe how the parasympathetic nervous structure is activated.	☐	☐
7A.3. Outline the changes in brain structure resulting from mindfulness meditation.	☐	☐
7A.4. Discuss how mindfulness leads to a sense of well-being.	☐	☐
7B. The Learner will: Understand how Mindfulness approaches help clients to achieve solutions		
7B.1. Identify the similarities and consistencies of mindfulness with clinical hypnosis in structure and function.	☐	☐
7B.2. Identify the similarities and consistencies of mindfulness with solution focused therapy.	☐	☐
7B.3. Outline the key elements of mindfulness approaches that help clients to achieve solutions.	☐	☐

7B.4. Discuss research findings into the efficacy of Mindfulness and Acceptance-based approaches.	☐	☐
7C. The Learner will: Understand the rationale for the clinical application of Mindfulness		
7C.1. Outline the application of mindfulness principles to a variety of clinical presentations/conditions.	☐	☐
7C.2. Identify when not to use mindfulness.	☐	☐
7C.3. Demonstrate how to conduct mindfulness-based inductions and trance work.	☐	☐
7C.4. Explain how to set homework for clients regarding self-practice.	☐	☐

Module 08: Neuro-Linguistic Programming (NLP) - This Module has 3 sub divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
8A. The Learner will: Understand NLP as a communication model		
8A.1. Explain the NLP communication model.	☐	☐
8A.2. Contrast the NLP model with a model of the intellectual and primitive brain.	☐	☐
8A.3. Identify how these models can support each other.	☐	☐
8B. The Learner will: Understand a variety of NLP techniques		
8B.1. Describe a variety of NLP techniques.	☐	☐
8B.2. Discuss when and how to use these techniques with clients.	☐	☐
8B.3. Demonstrate how you would explain these techniques to the client	☐	☐
8B.4. Demonstrate how you would incorporate these techniques within trance.	☐	☐

8C. The Learner will: Understand the sub modalities of NLP		
8C.1. Explain the process of encoding information.	☐	☐
8C.2. Outline the 3 sub modalities (V.A.K) in relation to giving meaning to the world.	☐	☐
8C.3. Discuss how VAK can support the client in the therapy session.	☐	☐

Module 09: Cognitive Behavioural Therapy (CBT) - this Module has 5 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**		
9A. The Learner will: Be able to Explain the History and Development of CBT		
9A.1. Provide an outline of the history and development of CBT.	☐	☐
9A.2. Identify the research underpinning the effectiveness of CBT.	☐	☐
9A.3. Discuss what CBT and Solution Focused Therapy (SFT) have in common, and the differences between the approaches.	☐	☐
9B. The Learner will: Understand the Therapeutic Process of CBT		
9B.1. Determine when CBT is a suitable therapeutic option for a client and the range of issues it can be used for.	☐	☐
9B.2. Understand the circumstances when CBT may be contra-indicated or simply be unsuitable.	☐	☐
9B.3. Discuss how different levels of disability (mild-medium-severe), and the client's "pre-morbid personality" need to be considered with respect to treatment and prognosis.	☐	☐
9B.4.	☐	☐

Explain therapeutic resistance: identify possible reasons and rationale of why clients place barriers to change: and explore approaches to overcome it.		
9B.5. Understand the importance of a client taking ownership for their problem(s) and their active participation in "homework" assignments.	☐	☐
9C. The Learner will: Understand the assessment and Formulation process of CBT		
9C.1. Explain the rational for the formulation process and provide evidence of writing one.	☐	☐
9C.2. Demonstrate an understanding of how salient information derived from the formulation and CBT work can be effectively used in goal setting and trance-work.	☐	☐
9C.3. Identify ways of confirming the client's understanding of the CBT assessment process, and also of the practitioner's ability to implement it.	☐	☐
9C.4. Demonstrate a scientific approach to assessment through the use of pre and post client evaluation rating skills.	☐	☐
9D. The Learner will: Understand the application of Cognitive Behavioural Intervention methods		
9D.1. Explain the importance of activity with respect to assessment, goal setting and intervention.	☐	☐

9D.2. Explain the importance of aims and therapeutic goal setting.	☐	☐
9D.3. Demonstrate knowledge and understanding of different cognitive and behavioural strategies.	☐	☐
9D.4. Implement some specific behavioural interventions e.g. Graded Task Exposure.	☐	☐
9D.5. Implement some specific cognitive interventions e.g. countering.	☐	☐
9D.6. Use Thought Records, and support the client in identifying automatic thoughts, core beliefs and challenging unhealthy models of thinking.	☐	☐
9E. The Learner will: Understand the application of Cognitive Behavioural Hypnotherapy		
9E.1. Identify and understand how CBT and hypnotherapy can complement each other as a combined approach.	☐	☐
9E.2. Be able to understand the rationale of time limits, frequency of sessions, agenda setting and the “makeup” of each session.	☐	☐
9E.3. Discuss the importance of relaxation and stress reduction within Cognitive Hypnotherapy.	☐	☐
9E.4.	☐	☐

Demonstrate the use of hypnotherapeutic techniques such as Suggestion Therapy, Anchoring and SWISH to support CBT interventions.		

Module 10: Obsessive Compulsive Behaviour (OCD) - this Module has 5 sub-divisions **As you complete each module, please email it to the AHD team at ahd@cpht.co.uk for assessment.**
10A. The Learner will: Be able to
10A.1. Explain why is it ever more important to 'sell' the SFH treatment plan to the OCD sufferer?
10A.2. Describe the CBT approach of exposure and response prevention and how we might integrate this theory into SFH and our understanding of OCD.
10A.3. Describe the different types of OCD possible key thinking styles of the sufferer with examples. Why is it important to be aware of these?
10A.4. Explain how would you differentiate OCD from other related and comorbid conditions?
10A.5. Explain why is it important to bring down anxiety generally in the OCD sufferer?