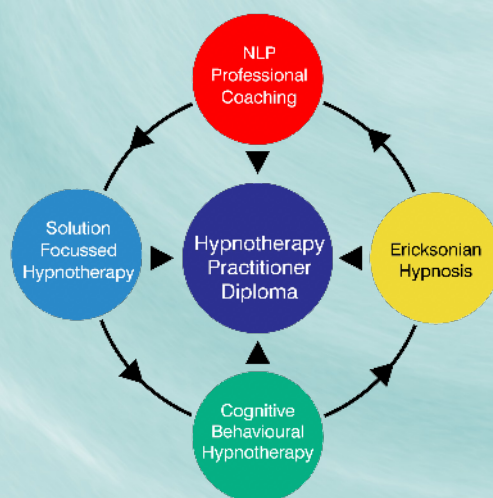


# 2019/20

## Course Timetable, Fees and Application Form



[www.centralenglandcollege.org](http://www.centralenglandcollege.org)  
[www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

- 3 times Training School of the Year! APHP award
- 17 Years of Top-Rated training
- Option of the NCH 'Gold Standard' HPD Qualification

# Professional Practitioner Programme

## 2019/2020 programme

To gain the externally accredited 'Practitioner in Clinical Hypnosis Diploma (PCHD)' qualification requires completion of all four (Monday to Friday - 5 day) courses in any order.

Mindfulness Teacher Training is our most popular course and we are offering the British Psychological Society (BPS) approved, UK College of Mindfulness Meditation accredited teacher training as an option to, or as a reduced price addition to, the NLP Coaching course, as part of the diploma. Further information is on the next page.

In addition to the Monday to Friday weekday training, the Mindfulness Teacher training course is also available as a weekend course – again 5 days in total, spread over two and a half weekends – further information follows.

## Weekday Course Dates 2019/2020

### Course Dates 2019

Booking Code:	Dates:	Course:	Booking Required ✓:
CBH1901	7th to 11th January 2019	Cognitive Behavioural Hypnotherapy	
MM1901	21st to 25th January 2019	Mindfulness Teacher Training	
NLPC1902	4th to 8th February 2019	NLP Professional Coaching	
SFH1903	4th to 8th March 2019	Solution Focussed Hypnotherapy	
EH1904	1st to 5th April 2019	Ericksonian Hypnosis	
MM1904	29th April to 3rd May 2019	Mindfulness Teacher Training	
MM1905	13th to 17th May 2019	Mindfulness Teacher Training	
CBH1906	3rd to 7th June 2019	Cognitive Behavioural Hypnotherapy	
MM1907	1st to 5th July 2019	Mindfulness Teacher Training	
NLPC1909	2nd to 6th September 2019	NLP Professional Coaching	
MM1909	23rd to 27th September 2019	Mindfulness Teacher Training	
SFH1910	7th to 11th October 2019	Solution Focussed Hypnotherapy	
MM1910	21st to 25th October 2019	Mindfulness Teacher Training	
EH1911	11th to 15th November 2019	Ericksonian Hypnosis	
MM1911	25th to 29th November 2019	Mindfulness Teacher Training	

### Course Dates 2020

CBH2001	6th to 10th January 2020	Cognitive Behavioural Hypnotherapy	
MM2001	27th to 31st January 2020	Mindfulness Teacher Training	
NLPC2002	3rd to 7th February 2020	NLP Professional Coaching	
SFH2003	2nd to 6th March 2020	Solution Focussed Hypnotherapy	
EH2003	30 March to 3rd April 2020	Ericksonian Hypnosis	
MM2004	27th April to 1st May 2020	Mindfulness Teacher Training	
MM2005	18th to 22nd May 2020	Mindfulness Teacher Training	
CBH2006	8th to 12th June 2020	Cognitive Behavioural Hypnotherapy	
MM2006	29th June to 3rd July 2020	Mindfulness Teacher Training	
NLPC2009	7th to 11 September 2020	NLP Professional Coaching	
MM2009	21st to 25th September 2020	Mindfulness Teacher Training	
SFH2010	5th to 9th October 2020	Solution Focussed Hypnotherapy	
MM2010	19th to 23 October 2020	Mindfulness Teacher Training	
EH2011	9th to 13th November 2020	Ericksonian Hypnosis	
MM2011	23rd to 27th November 2020	Mindfulness Teacher Training	

# Mindfulness Teacher Training



As part of the diploma, or as an accredited 'stand-alone' qualification, we offer the British Psychological Society (BPS) approved 'Mindfulness Now' certified teacher training course. Research has shown that Mindfulness offers powerful health and wellbeing benefits. Qualified teachers can be in high demand, teaching 1 to 1, as well as in groups and within organisations. The Mindfulness Now programme provides a fusion of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT), both are evidence based and the latter is recommended by NICE.

For those completing the Hypnotherapy Practitioner Diploma the mindfulness teaching course is offered as a same cost option, to the NLP Coaching module, or can be taken as an additional course at a reduced cost. Training dates are listed and highlighted in purple on the previous page. For further information please visit [www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

## Mindfulness Teacher Training - Weekend Training Dates 2019

Booking Code:	Dates:	Course:	Booking Required ✓ :
MMW1909	14th and 15th Sept 2019 12th and 13th Oct 2019 16th November 2019	Mindfulness Teacher Training	

## Mindfulness Teacher Training - Weekend Training Dates 2020

Booking Code:	Dates:	Course:	Booking Required ✓ :
MMW2009	19th and 20th Sept 2020 17th and 18th Oct 2020 21st November 2020	Mindfulness Teacher Training	

## Mind Wide Open

In order to learn more, or to try out one of our courses without committing yourself, why not book onto the first day of any of our training courses. That way you get a chance to experience what the training is like and meet some of our other students.

The cost is £50 and this gets refunded when you sign up to any of our courses. To take up this option please call us on 0121 444 1110 so we can work out a date to suit you.

## Course Fees

Course:	Fees:
Cognitive Behavioural Hypnotherapy	£750.00
NLP Professional Coaching – or Mindfulness Teacher Training	£750.00
Solution Focused Hypnotherapy	£750.00
Ericksonian Hypnosis	£750.00
Complete 'Practitioner in Clinical Hypnosis Diploma (PCHD)' course - All the above 4 courses	£2,500.00 (a saving of £500.00)
Mindfulness Teacher Training or NLP Professional Coaching – as an additional course	£500.00
Mind Wide Open (to sign up for any of the above courses)	£50.00 (fully refundable when you decide)
The NCH Hypnotherapy Practitioner Diploma (HPD). The course prepares students for this additional, highly recommended but optional, externally awarded, portfolio based qualification.	£195.00 (Entirely optional and not payable until you decide you wish to register for it, which you can do at any time during or after your training).

Please note, course fees are inclusive of assessment, certification, supervision and all training manuals. Fees may be subject to VAT where applicable.

## Continuing Professional Development (CPD) and Group Supervision – 2019

Professional therapists and mindfulness teachers are required to maintain their Continuing Professional Development (CPD) and supervision to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally for CPD this is a minimum of 15 hours, or two days of CPD during each twelve month period.

Supervision requirements vary according to experience and workload and we are happy to provide individual advice. The list below shows CPD events for mindfulness teachers and hypnotherapists currently scheduled for 2019, but new events are being added all the time, so please check the relevant websites regularly.

### **Saturday 23rd February 2019**

**Mark Price**

#### **Therapy's Creative Bridge**

A one-day practical workshop. As therapists or mindfulness teachers, helping our clients open up their creative minds is a major part of what we do. In a creative state of mind we can help clients break away from unhelpful patterns and find new directions, explore and change emotions, discover new perspectives on their thoughts, beliefs and expectations.

The attendance fee is £130 for students and graduates of CEC and £160 to all others.

### **Saturday 13th April 2019**

**Nick Cooke**

#### **Mindfulness Teachers Learning Pathway - Introduction**

This is a practical, workshop style, developmental day for all qualified mindfulness teachers, with some supervised teaching practice and exploration of 'third wave' mindfulness therapies. Some time is also allowed for support, discussion and group supervision. It forms part of the 'Learning Pathway', and is an ideal introduction to those considering it.

The attendance fee is £130 for students and graduates of CEC and £160 to all others.

### **Saturday 29th June 2019**

**Hilary Norris-Evans**

#### **Rapid and Creative Hypnotic Inductions**

Essential for all hypnotherapists who wish to obtain the most effective results with their clients. The way in which we guide our clients into hypnosis can have a profound effect on the subsequent success of their therapy. This is a practical, workshop style event. Hilary has complete mastery of this topic, in this one-day training which sells out each time we present it.

The attendance fee is £130 for students and graduates of CEC and £160 to all others.

### **Saturday 21st September 2019**

**Nick Cooke**

#### **Mindfulness – Evidence-Based Approaches to Pain Reduction**

For all mindfulness teachers and hypnotherapists, this practical workshop covers advanced theory and practice, including some hypnotherapy interventions, with a focus on evidence-based approaches, assessment methods and a detailed training manual. Some time is also allowed for developmental support, discussion and group supervision.

The attendance fee is £130 for students and graduates of CEC and £160 to all others.

### **Group Supervision for College Graduates**

Group supervision is offered to all qualified and practicing hypnotherapists and mindfulness teachers from any accredited training school.

Dates for Supervision/Support Network Meetings – 2019. All meetings are at Central England College, Kings Heath, Birmingham, unless advised, and commence at 10.00 AM and finish at 1.00 PM. The cost of attendance is £40 per session. Graduates of CEC / Mindfulness Now receive group supervision free for the first twelve months following graduation.

### **Dates for Supervision/Support Network Meetings - 2019**

Sat 19 January 2019

Fri 22 February 2019

Fri 22 March 2019

Sat 27 April 2019

Fri 24 May 2019

Sat 15 June 2019

Sat 13 July 2019

Fri 13 September 2019

Sat 19 October 2019

Sat 16 November 2019

Fri 6 December 2019

Please be aware of the high demand for the limited places on CPD and supervision events. If therefore you make a block booking, do please give at least one month's clear notice of cancellation. Regrettably we would have no alternative but to ask you to pay for the event missed if this request is not adhered to.

# Training Course Application Form

(please photocopy, complete and send with remittance, or simply book by phone)

Please book me on to the following training course/s:

Course:	Dates:	Code:	Fees:
Mind Wide Open (Optional Taster Day)			£50.00
Please note the following courses may be taken in any order:			
Cognitive Behavioural Hypnotherapy			£750.00
NLP Professional Coaching – or Mindfulness Teacher Training			£750.00
Solution Focussed Hypnotherapy			£750.00
Ericksonian Hypnosis			£750.00
Please note that the total fee is £2,500.00 if you are booking and paying for the above courses (£500.00 saving) VAT may be applicable, where appropriate. Please contact us for information.			
Mindfulness Teacher Training or NLP Professional Coaching - as an additional course			£500.00

My cheque, made payable to “Central England College” for £ \_\_\_\_\_ is enclosed

Or, book and pay by phone with your credit or debit card on **0121 444 1110**

Surname: \_\_\_\_\_ First name/s: \_\_\_\_\_ Title: \_\_\_\_\_

Name as you would like it to appear on certificates/diploma: \_\_\_\_\_

Preferred first name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Occupation/s: \_\_\_\_\_ Signature: \_\_\_\_\_

Telephone No: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email \_\_\_\_\_

## Book and Pay by Phone Now on 0121 444 1110

**TERMS AND CONDITIONS:** Upon receipt of your application, by post, phone or email, we will contact you regarding your enrolment. All fees are refundable or transfer to alternative course dates offered, provided that a clear 30 days notice prior to commencement of training, is given. We constantly seek to improve and update the quality and content of our training courses. We therefore reserve the right to change our syllabuses and course structures. We also reserve the option, in certain circumstances, to change trainers, dates and training venues. If this does happen, and in all events, we guarantee to maintain the quality and value of our training. Nothing in our prospectus or this document forms a contract. Photographic, audio and video recordings of our courses are not allowed. 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 of any student whose conduct is deemed offensive/disruptive. If you have a learning difficulty or suffer/have suffered from any serious physical or mental health condition which might impact on your training and subsequent professional practice, please discuss this in confidence with your tutor at the time of enrolment. For any help/advice please don't hesitate to call us. Details of course timings, directions and (where appropriate) a recommended reading list will be sent to you with your receipt.

### Intensive One to One Training

A very small number of places, for each course, are available for those with time constraints or who wish to qualify through an intensive, one to one, trainer/student or micro-group route. The number of hours of attendance can be significantly reduced and the qualification attained in a considerably shorter timeframe. If you feel this is for you please ask us for details.

### Distance Learning Option

All courses are available to study through, fully tutor supported, distance/on-line learning. Distance learning courses may be linked to short intensive, attendance training courses to meet the requirements of individual learners. Students learn at their own pace and receive personal tutorials, assignments and supervision. Please call us to arrange for an informal discussion.

- Centre of Excellence for Mindfulness Teacher Training. Course approved by The British Psychological Society (BPS)



- Award Winning Science Based Training

- Effective Changes Through Self-Directed Neuroplasticity (SDN)

- 'Practice-Ready' Training with Ongoing Professional Support

- UK Centre for Training in Acceptance and Commitment Therapy (ACT)



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W: [www.centralenglandcollege.org](http://www.centralenglandcollege.org)  
W: [www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

