

CERTIFICATE IN SPORTS HYPNOSIS (FOR HYPNOTHERAPISTS)

Course Length: 2 days (12 hours)

Level: Foundation

Assessments: Examination (seen)

Qualifications: Certificate in Sports Hypnosis (Cert.SportsHyp)

Entrance Requirements:

Attendees should be qualified to at least diploma level (i.e. Diploma in Hypnotherapy, HPD, DHP etc) and registered with a professional body (minimum GHR Reg, HS or NCH Licentiate or equivalent). No prior knowledge of sports psychology is required.

Prior Experience:

At least 6 months' hypnotherapy experience is recommended.

Learning Outcomes:

At the end of this course, students will:

- Have acquired a knowledge of the history of sports hypnosis
- Have an insight into current and past research into sports hypnosis
- Understand the main areas of interest in sports psychology
- Be able to identify and use common interventions in sports psychology
- Be able to integrate hypnosis into sports psychology interventions
- Be able to recognise when hypnosis might be an appropriate tool in sports

Learn how to:

- Conduct an assessment in sport
- Restore and build confidence
- Improve motivation for training and competition
- Manage competition anxiety
- Control arousal levels
- Stop negative self-talk
- Improve focus and concentration
- Create training and performance goals
- Develop sports-specific routines for golf, tennis, swimming and more
- Help athletes prepare for competitions
- Work with injured athletes

Course Outline:

Background to sports hypnosis:

- Clinical vs. Sports Hypnosis
- Historical outline
- Challenges & Prospects in Sports Hypnosis
- Sports Hypnosis research

Introduction to Sports Psychology:

- Main areas of interest
- Conducting an assessment / initial consultation
- Sports Psychology questionnaires

Sports Psychology theory and Sports Hypnosis practice:

- Attribution: The effects of attribution and goal orientation on confidence and motivation
- Confidence: Sources of confidence, Techniques to restore and build confidence
- Self-talk: How thinking in sport affects performance, How to identify and stop negative thoughts and create a more helpful thinking strategy
- Anxiety: Understand the types of anxiety and the effects on arousal, Overcoming pre-competition anxiety, Interventions for preventing and reducing anxiety,
- Arousal: Arousal theories, Anxiety and arousal, Identifying optimum arousal
- Focus: Understand the different types of focus, and how to apply them in sporting settings, 5-Step concentration training
- Motivation: Types of motivation, Determinants of motivation, Improving motivation
- Goal Setting: Outcome, performance and process goals, Effective goal setting
- Competition Preparation: Pre-competition routines, Competition goals
- Injury Recovery: Common problems, Interventions to aid recovery

Marketing Sports Hypnosis

- Specialising in sports and performance
- Using the internet effectively
- PR, radio and the press
- Talks and group work
- Networking