



Gareth Strangemore-Jones

HPD, DSFH, DMH, AHD, CNHC, MNCH (Reg.), AfSFH, NCTJ, MSC-CPA, PGCE (FE)
Clinical Psychotherapist, Consultant Medical Hypnotherapist, Mindfulness Teacher & Life Coach



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HYPNOTHERAPY TODAY

ASSOCIATION FOR SOLUTION FOCUSED HYPNOTHERAPY Edition 20, Autumn 2016

TRAIL BLAZERS: Meet the CORP pioneers

Including:
CORP testimonials
SFH and Palliative Care
Are you seeing enough clients?
Nail biting: how SFH can help



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Association for
SOLUTION FOCUSED HYPNOTHERAPY

CORP CASE STUDY 2

Hypnotherapy practitioner, Gareth Strangemore-Jones, was another early pioneer for CORP. He talks to HT from his practice in Penarth, Wales:

"My partner Enys and I have been involved in CORP since we qualified at CPHT in October 2015. We've found the benefits to be immeasurable! CORP provides a transparent way of showing prospective new customers the effectiveness of Solution Focused Hypnotherapy, in general, as well as our own competence.

It is a marketing tool as well as a clinical one. Once engaged, CORP gives the customer a base level measurement of the seven key areas of life and a visual journey of their progress week-by-week. They can actually see themselves getting better and this in turn helps them get better.

If there is any lull, plateau or decrease in any of their scores, we can hone in on that aspect to seek solutions. For example, CORP can reveal if they are not feeling they are doing enough, or interacting enough or if their confidence needs building and then we can focus on that area of life and so see a brighter outcome for them.

The main benefit is the visible change in the progress chart (the line graph) and the percentage change chart (the block graph). CORP can also help us decide as and when a customer is ready to either decrease the frequency of visits or to finish their treatment. I generally seek to see them up above the "blue line of intellectual control" for several weeks in a row and for them to verbally report not just a "brain gym" fitness, but a mental

stamina that will ensure that they are not just back on track today - but that they can stay on track with whatever life challenges present to them next week, next month, next year...

CORP aiding marketing

As well as to prospective new customers, and to bolster the Initial Consultation, I have shown CORP to the Practice Manager at the Doctors' Surgery and to the MD of the chain of Pharmacies where I hold clinics...they were very impressed.

The Doctor said, 'Good God, we'd shudder to think about having such transparency over our effectiveness but I can see why you are proud of your results!' The Pharmacist has since referred several customers directly as well as a family member. They are both very interested in seeing how the AfSFH will present the national figures to NHS NICE, to the BMA, to the BPS and any other interested bodies with an interest in mental health and they would genuinely love to see themselves more able to refer to us with prescription funding. It does help that my CORP stats and graphs are great.

It is important for customers to be able to see their personal progress, to see your practice's average and to see the national average progress. It is important to gather this data to help show our collective effectiveness and to back up the assertion that Clinical Hypnotherapy can be argued to be a powerful therapeutic tool for dealing with stress, anxiety and depression.

CORP: Easy to use:

Once downloaded, it has been very easy to use. Any snags, and Matthew Cahill and the CORP Tech Team have helped out very quickly. The new version is even easier to use - it uploads the stats to the national database automatically and even prompts you if you haven't done so for a while. It's been great to be part of the beta testing of CORP. I used to work for tech giants, in my previous career in Marketing, PR and Communications.

I helped to launch Windows XP for Microsoft, and effectively taught the world about VoIP (Voice over IP) which is the technology behind what we now know as Skype. It paid me handsomely, but what I do now fulfils me far more. I'm more excited about what can happen next as CORP grows and gathers the data we need to help the NHS NICE to more broadly recommend Solution Focused Clinical Hypnotherapy.

The clients soon begin to look forward to filling in their CORP readings, and love seeing the graphs rise each week. It is a high point towards the end of the session and a great way to end. Even if there is a fluctuation in any of the seven key areas, they will self-reflect and generally know why this has happened and then resolve to redouble their efforts in the coming week. In other words, focusing on the seven key areas allows a client to continue working and focusing on them between sessions."

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.....



Gareth Strangemore-Jones

Meet the people making a difference

Ode

FOR INTELLIGENT OPTIMISTS

AS CHOSEN BY:

DAVE EGGERS

CATE BLANCHETT

JEFF BRIDGES

KAREN ARMSTRONG

EVE ENSLER

ROBERT F. KENNEDY JR.

JAMES LOVELOCK

25 Intelligent Optimists

who are
creating
a better
tomorrow
today

MICHAEL POLLAN

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MATTHIEU RICARD

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VOL. 8 ISSUE 1



PHOTOGRAPH: WORLD SHIFT 2012

ODE MAGAZINE'S 2010

INTELLIGENT OPTIMIST OF THE YEAR

SOCIAL ENTREPRENEURSHIP

Gareth
Strangemore-Jones

Co-initiator, WorldShift 2012

Penarth, Wales



"IN MANY CULTURES AND PHILOSOPHIES OF THE world, a crisis is also an opportunity—an opportunity to let go of old ways of thinking and outdated practices that are no longer working or serving the new paradigm," says social entrepreneur Gareth Strangemore-Jones. "I feel this is where we are now. It is no longer an option to continue with the materialistic, self-serving economic model of growth-for-growth's-sake."

As an organizer, innovator and activist, Strangemore-Jones has been putting these words into practice. In 2004, he created Tsunami Relief, a fundraising charity that helped raise more than \$40 million for the victims of natural disasters in Indonesia. Around the same time, in London, he organized events for the third meeting of the European Social Forum (ESF), where participants brainstormed progressive global strategies. More recently, he helped launch 999 It's Time, which encourages ordinary people to devote nine minutes a day to practical, sustainable causes.

These days Strangemore-Jones focuses on WorldShift 2012, which is working to create "the foundations of a peaceful, just and sustainable world by the end of 2012." He is overseeing the launch of WorldShift Media Group, which will include television and film projects as well as news and library resources. Strangemore-Jones also organizes WorldShift Events, a series of lectures, performances and spiritual gatherings designed to promote WorldShift 2012's ideas on spiritual and ecological awakening. "I love the creative process," Strangemore-Jones says, "that creative zone where once there was nothing and, through your efforts and those you work with, something tangible and worthwhile evolves." —DAN SCHANK



"Gareth is one of the most dedicated and effective persons I know. He lives with, and for, the great cause of promoting and facilitating a movement that would call attention to the dangers and opportunities we now face in common, and bring people and organizations together to find timely responses and join together in implementing them. With more Gareths in this world, we would soon have the critical mass we need to bring about the 'worldshift' from a negative, crisis-bound path of development to a positive, breakthrough path leading to a peaceful and sustainable civilization."

—ERVIN LASZLO, systems theorist and author



Diploma

Solution Focused Hypnotherapy (DSFH)

This is to certify that:

Gareth Strangemore-Jones

Has completed a professional course of study and has demonstrated by practical work and written assessment a comprehensive degree of expertise and technical knowledge and is therefore deemed a fit and proper person to practice solution focused hypnotherapy and psychotherapy.

GLH: 450hrs

Signature:

Senior Lecturer: David Newton DHP FAPHP MNCH MNCP SHS SQHP Sup Hyp.

Date Awarded: 16-10-15

Certificate No: BS64A03

Issued by: The Clifton Practice (CPHT), 8-10 Whiteladies Road, Clifton, Bristol BS8 1PD

Accredited by: AfSFH, NCH, APHP, GHR, NHS



ncfe.



This is to certify that

GARETH STRANGEMORE-JONES

has been awarded

HYPNOTHERAPY PRACTITIONER DIPLOMA

This achievement included the successful completion of the units detailed on the
Learner Unit Summary

AWARD NUMBER: C0454
DATE AWARDED: 13/11/2015
LEARNER NUMBER: 102976043
CERTIFICATE NUMBER: 3561466
CENTRE NUMBER: 001047
SESSION: 2015/2016
GLH: 450
OCF LEVEL EQUIVALENCE: LEVEL 4

David Grailey
Chief Executive
NCFE

Terry Hodgkinson CBE
Chair
NCFE

Graham Russell Chairperson
The National Council for Hypnotherapy

congratulations
from **ncfe.**

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Learner Unit Summary

GARETH STRANGEMORE-JONES

has achieved the following units of

HYPNOTHERAPY PRACTITIONER DIPLOMA

Internal Assessment

Fully Achieved

Units Achieved

C0454/001	UNDERSTAND THE THEORY OF HYPNOSIS AND HYPNOTHERAPY
C0454/002	PRACTICE HYPNOTHERAPY

AWARD NUMBER: C0454
DATE AWARDED: 13/11/2015
LEARNER NUMBER: 102976043
CENTRE NUMBER: 001047
SESSION: 2015/2016

David Grailey
Chief Executive
NCFE

Terry Hodgkinson CBE
Chair
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GARETH STRANGEMORE-JONES

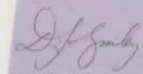
has achieved

The Clifton Practice

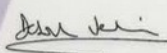
ADVANCED HYPNOTHERAPY DIPLOMA

This achievement included the successful completion of the units detailed on the Unit Summary


DATE ACHIEVED: 03/09/2018
LEARNER NUMBER: 104331052
CERTIFICATE NUMBER: 51184733
CENTRE NUMBER: 003938
PRODUCT NUMBER: CQ10935
ECERT NUMBER: 36932538-01-981A



David Grailey
Chief Executive
NCFE



Deborah Jenkins MBE, DL
Chair
NCFE


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Unit Summary

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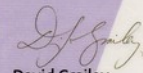
has successfully completed the following units of

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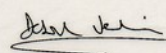
ADVANCED HYPNOTHERAPY DIPLOMA

Unit Number	Unit Title
CQ10935/001	NEUROSCIENCE AND ESSENTIAL RESEARCH FINDINGS IN PSYCHOTHERAPY AND HYPNOTHERAPY
CQ10935/002	SOLUTION FOCUSED BRIEF THERAPY
CQ10935/003	SOLUTION FOCUSED HYPNOTHERAPY (SFH)
CQ10935/004	FERTILITY, CHILDBIRTH AND CHILDREN
CQ10935/005	PSYCHONEUROIMMUNOLOGY - THE IMPACT OF HYPNOTHERAPY ON DISEASE
CQ10935/006	THE RELATIONSHIP BETWEEN NEUROSCIENCE AND OBESITY
CQ10935/007	CLINICAL APPLICATION OF MINDFULNESS AND ACCEPTANCE-BASED STRATEGIES
CQ10935/008	NEURO-LINGUISTIC PROGRAMMING (NLP)
CQ10935/009	COGNITIVE BEHAVIOURAL THERAPY (CBT)

DATE ACHIEVED: 03/09/2018
LEARNER NUMBER: 104331052
CERTIFICATE NUMBER: 51184733
CENTRE NUMBER: 003938
PRODUCT NUMBER: CQ10935
ECERT NUMBER: 36932538-01-981A



David Grailey
Chief Executive
NCFE



Deborah Jenkins MBE, DL
Chair
NCFE

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THE HPD is NCFE Level 4 and covers

- Hypnosis – Literally everything you need to know and the confidence to use it effectively and safely.
- Defining Hypnotherapy – Pre Erickson, Erickson and post Erickson. CBT, NLP and SFBT.
- Origins of psychology.
- The perspectives in psychology and the fields of psychology.
- How the mind works –
- The 'Intellectual' brain and the primitive 'emotional' brain.
- The creation of depression, anxiety and anger.
- Neuroscience and its applications.
- The clinical setting – how therapy progresses.
- How to help people quickly and comfortably with symptoms associated with depression and anxiety.
- How to deal successfully and effectively with fears, phobias and PTSD.
- Language patterns.
- The use of metaphor.
- The use of modern techniques including:
 - Scaling
 - The miracle question
 - SWISH
 - Rewind
- How to alleviate pain.
- Anti-smoking therapy.
- Dealing with habits and substance abuse.
- An overview of analytical techniques.
- Dealing with all forms of difficulties caused by anxiety including: addictions, anger, blood pressure, blushing, lack of confidence, insomnia, IBS, relationship

difficulties, migraine, nail biting, nightmares, obsessions (OCD), panic attacks, skin disorders etc.

- Personality – the three main personality groups and how to recognise them.
- Marketing

Methods of Hypnotherapy & Psychotherapy

The students will be made familiar with the two main methods of therapy used to aid patients:

Suggestion Therapy – a traditional treatment used to help with straightforward problems such as smoking, pre-test nerves, nail-biting etc. It makes use of the mind's heightened awareness and susceptibility to suggestions in order to make changes. You will learn on the course all you need to know about this therapy. In particular, you will be well drilled in anti-smoking techniques.

Brief or Solution Focused Based Therapy – the modern method which helps with a large range of symptoms. This therapy focuses on helping people achieve what they want to in life. Solution Focused Hypnotherapy uses practical, modern and well researched strategies to help people make significant, positive changes in their lives in a relatively short period of time.

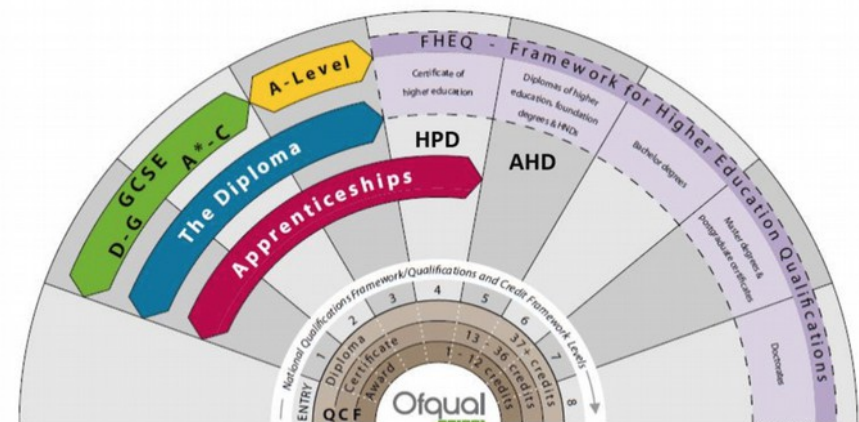
Working with Solution Focused Hypnotherapy, we look at what the client wants to achieve rather than on the problem(s) that prompted them to seek change. The approach focuses on the present and future and not on the past. The Hypnotherapist asks the client to consider their preferred future, for instance, what would be better if the problem had improved? What would have changed? This enables the client's possible solutions to become more apparent and worked towards.

Hypnosis itself reduces anxiety and this is done very simply through relaxation and visualisation, allowing the client to focus on the positive aspects of their lives that encourages a shift in perspective. Working with the client, Solution Focused Hypnotherapy can help with Confidence and Self Esteem problems. The therapy can also help (if necessary in conjunction with medication) with the treatment of Depression and Anxiety, including Panic Attacks, Agoraphobia and Irritable Bowel Syndrome (IBS). Minor Phobias such as spiders, water, flying etc. and public speaking can also be minimised, along with painful memories and traumatic experiences.

Training in Solution Focused Hypnotherapy at The Clifton Practice is intensive and thorough.

THE AHD is NCFE Level 5 (the highest of its kind) and covers

- Neuroscience
- Psychoneuroimmunology
- Fertility
- Self-Hypnosis for Childbirth
- Neuro Linguistic Programming (NLP)
- Obsessive Compulsive Disorder (OCD)
- Working with Children
- Mindfulness
- Cognitive Behavioural Therapy (CBT)
- Solution Focused Brief Therapy (SFBT)
- Neuroscience & Obesity





The Clifton Practice

Diploma

Medical Hypnotherapy
(CPDMH)

This is to certify that:

Gareth Strangemore-Jones

Has completed the professional course of study and has demonstrated a comprehensive degree of expertise and technical knowledge and is therefore deemed a fit and proper person to practise hypnotherapy in a medical environment.

Signed: *DJ Newton*

For and on behalf of The Clifton Practice

Date: 2/1/18

Issued by:

The Clifton Practice
8-10 Whiteladies Road
Clifton
Bristol BS8 1PD

The Diploma in Medical Hypnotherapy covers

- living with chronic, persistent pain
- helping clients with chronic, incurable illness
- specialist techniques for needle and other phobia
- using hypnotherapy in challenging circumstances
- supporting clients through their chemotherapy and other complex treatments

Medical Hypnotherapy to support people having Chemotherapy

This module focuses on the challenges faced by people having chemotherapy, covering areas such as the role hypnotherapy has in anticipatory nausea and vomiting associated with chemotherapy and ongoing health issues post chemotherapy

Working with a fear of needles and other medical devices

There are several different types of needle phobia, and while the phobia aspects have more in common with each other, than differences, as in the fear responses of fight, flight and freeze, the hypnotherapy techniques used are different depending on the needle phobia type.

Long-term illness and end of life care

This module will support you to assist clients with palliative care needs, recognising that the client is the expert in their own life. Our skill is in helping them recognise their skills and strengths so that they become aware that these skills that they already have, are transferrable skills.

Using solution focused techniques in the medical setting

As we practice solution focused hypnotherapy we include a module on the essence of solution focused language and we will look at how we use language with seriously ill clients, how do we use goal oriented language or preferred future questions (of which the miracle question is one) with a client having end of life care for example.

Working as part of a multidisciplinary team in hospitals

Not every hypnotherapist completing this course wishes to work in a hospital setting, however we provide training for those who would like to do this. A Senior Nurse explains hospital protocols and shares her perspective on working with Hypnotherapists.

The treatment process and how research can improve our practice

This module introduces you to the research process and terminology and explains what it all means. At a nice and gentle pace we will show you how to understand the scientific language of a research paper and turn it into something we can all understand. Step by step, this module illustrates what research tells us about our most primitive responses, how we create anxiety and what we can do about it.

Specialist skills in trance: working in challenging environments

This module discusses the use of trance outside of the familiar therapeutic space and how we can bring effective practice into the often busy and noisy hospital environment.

The management of pain in both the home and hospital setting

This module will introduce you to the necessary skills you need to support a client experiencing pain. You will receive guidance on managing both acute (immediate) and chronic (long-term) pain in both the client's home setting and within the busy hospital setting.

Anticipatory nausea and the fear of sickness

This module will help you work with clients who have a severe fear of vomiting. This phobia is a complex issue and the skills learned in this module will provide you with a full range of options for treating clients with this concern.

These are Gareth Strangemore-Jones' main certificates. This document does not include CPD and other related training courses attended and completed.

Should you need any further information, please contact Gareth Strangemore-Jones on 02921 409218.

