



So you want to be a hypnotherapist.

Hypnotherapy is touted through marketing and advertising programs as being a great way for people to fill their free time and make some money at the same time. If this is the approach to which you are attracted, then you should be aware that you may be being led up the garden path. There are hundreds of people in Ireland who have undergone various training programs to become hypnotherapists and have subsequently found that there is insufficient demand for what they offer, and that they do not have the other skills which are required to set up and run a successful practice, such as marketing skills. Simply putting your name in an advertising register is unlikely to draw you much response.

So, if you are prepared to take the necessary business approach and run a proper practice, then your investment in training could be a good one. However, you should recognise that your initial training program is only the beginning, since to become a serious hypnotherapist requires that you continue to undertake additional training or refresher courses each year as part of your continuing professional development. Furthermore, as part of your assurance to the public that you are not only qualified but also have the backup of other therapists through a system of support, usually referred to as supervision, you would, as a serious hypnotherapist, need to sign into such a system. If, as a therapist, you belong to a professional organisation, that organisation will be able to guide you in this respect.

Being a successful hypnotherapist or hypnopschotherapist can be a fulfilling career for those willing to put in the necessary effort. Unfortunately, in Ireland the profession is not regulated or recognised in any way at an official level. So finding how to train can be difficult. We in The CHPA have aligned our membership entry and continued membership standards with those of the profession in the UK where there is much more recognition of the profession. That we maintain such standards is acknowledged by the European Association of Hypnopschotherapy (EAHP) for whom we are Ireland's only Accredited Registration body.
