



## **You are considering or investigating whether you should consult a hypnotherapist.**

### **What you should know.**

IF YOU WANT TO CONSULT A HYPNOTHERAPIST ABOUT ANY PHYSICAL ISSUE YOU MUST FIRST HAVE HAD THE MATTER ATTENDED TO BY A MEMBER OF THE MEDICAL PROFESSION (YOUR GP AND RELEVANT CONSULTANTS). WE ALSO RECOMMEND YOU ASK YOUR GP IF HE/SHE HAS ANY OBJECTION TO YOU HAVING SUCH A CONSULTATION.

### **How qualified is the therapist?**

The hypnotherapist you choose to consult should be able to show you his or her qualifications as a hypnotherapist. Be aware that terms such as “diploma” or “advanced diploma” mean very different things depending on the training/educational institute which issues them. Some refer to courses lasting just a few weekends, while others are far more substantive. While hypnotherapy is not regulated by law in Ireland, any hypnotherapist who is a member of The CHPA has completed a course which meets the minimum standard laid down in the United Kingdom. This standard requires that the course consist of not less than 450 hours, to include at least 120 hours interpersonal interactive tuition, supervised practice, homestudy and assessment preparation. This means at least the equivalent of 60 seven and a half hour training days.

**Does the therapist keep up to date through attending continuing professional development training programmes?** He or she should be able to show you certificates of attendance at such events.

**Does the therapist have professional indemnity insurance?** He or she should be able to show you a current certificate of insurance.

**Does the therapist adhere to a formal code of ethics and practice?** The therapist should be able to give you details of the code which he or she follows. (The code for therapist members of The CHPA is available elsewhere on this website)

**Can the therapist give you contact details of where you may lodge a complaint against him or her should you wish to do so ?** A reputable therapist will belong to an association which has a formal complaints procedure, and he or she should be willing to give you details of where to go in case you need or want to. (The formal complaints procedure of The CHPA is available elsewhere on this website).

**Does the therapist work under a system of Supervision ?** A reputable therapist will work within a system which requires that he or she has supervision, that is, a formal relationship with other experienced therapists. Through such supervision therapists have access to backup and clinical assistance if at all necessary, while preserving absolute client confidentiality.

DON'T BE AFRAID TO ASK!

IT'S YOUR HEALTH AND YOUR MONEY!