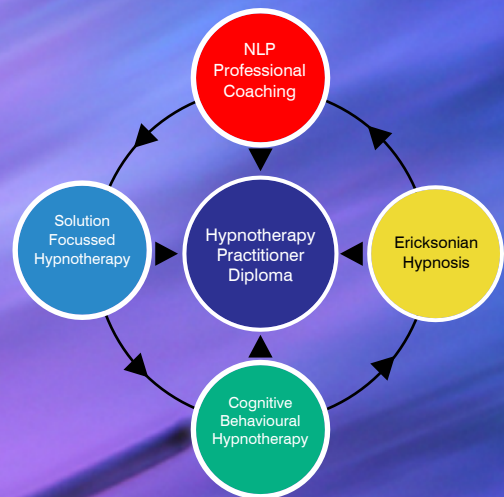


2018/19

www.centralenglandcollege.org
www.mindfulnessnow.org.uk

Course Timetable, Fees and Application Form



Mindfulness



- 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

2018/2019 programme – weekday and weekend courses –

You can choose either weekday or weekend for each course.

To gain the externally accredited 'Practitioner in Clinical Hypnosis Diploma (PCHD)' qualification requires completion of all four courses in any order. The training can be taken entirely as a weekend course over one year. Alternatively, you may choose to attend entirely on weekdays and, by so doing, qualify more quickly. So you are free to study at your own pace and even mix and match some weekend training and some weekday.

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.

Weekday Course Dates 2018/2019

Booking Code:	Dates:	Course:	Booking Required ✓
CBH1801	8th to 12th January 2018	Cognitive Behavioural Hypnotherapy	
MM1801	22nd to 26th January 2018	Mindfulness Teacher Training	
NLPC1802	5th to 9th February 2018	NLP Professional Coaching	
SFH1803	5th to 9th March 2018	Solution Focussed Hypnotherapy	
EH1804	9th to 13th April 2018	Ericksonian Hypnosis	
MM1804	23rd to 27th April 2018	Mindfulness Teacher Training	
MM1805	14th to 18th May 2018	Mindfulness Teacher Training	
CBH1806	4th to 8th June 2018	Cognitive Behavioural Hypnotherapy	
MM1806	25th to 29th June 2018	Mindfulness Teacher Training	
NLPC1809	3rd to 7th September 2018	NLP Professional Coaching	
MM1809	24th to 28th September 2018	Mindfulness Teacher Training	
SFH1810	8th to 12th October 2018	Solution Focussed Hypnotherapy	
MM1810	22nd to 26th October 2018	Mindfulness Teacher Training	
EH1811	5th to 9th November 2018	Ericksonian Hypnosis	
MM1811	26th to 30th November 2018	Mindfulness Teacher Training	
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	29 th 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	
MM1906	24th to 28th June 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	

Weekend Training Dates 2018

Booking Code:	Dates:	Course:	Booking Required ✓ :
SFHW1801	13th and 14th January 2018 10th and 11th February 2018 10th March 2018	Solution Focused Hypnotherapy	
EHW1803	11th March 2018 7th and 8th April 2018 12th and 13th May 2018	Ericksonian Hypnosis	
CBHW1806	9th and 10th June 2018 7th and 8th July 2018 8th September 2018	Cognitive Behavioural Hypnotherapy	
NLPCW1809	9th September 2018 13th and 14th October 2018 10th and 11th Nov 2018	NLP Professional Coaching	
MMW1809	15th and 16th September 2018 13th and 14th October 2018 17th November 2018	Mindfulness Teacher Training	

Weekend Training Dates 2019

Booking Code:	Dates:	Course:	Booking Required ✓ :
SFHW1901	12th and 13th January 2019 9th and 10th February 2019 9th March 2019	Solution Focused Hypnotherapy	
EHW1903	10th March 2019 6th and 7th April 2019 4th and 5th May 2019	Ericksonian Hypnosis	
CBHW1906	8th and 9th June 2019 6th and 7th July 2019 7th Sept 2019	Cognitive Behavioural Hypnotherapy	
NLPCW1909	8th Sept 2019 5th and 6th October 2019 9th and 10th Nov 2019	NLP Professional Coaching	
MMW1909	14th and 15th Sept 2019 12th and 13th Oct 2019 16th November 2019	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, UK College of Mindfulness certified teacher training course. Research has shown that Mindfulness Meditation 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.

The course is offered as a same cost option, to the NLP Coaching module of the Hypnotherapy Practitioner Diploma training, 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

Mind Wide Open

Mind Wide Open is our one day, foundation/introductory course in Hypnotherapy, Coaching, NLP and Mindfulness Meditation. Participants will experience going into hypnosis themselves as well as learning how to take someone else safely and easily in and out of hypnosis. You will also learn some NLP models for rapid change and some of the basic skills of Mindfulness and Coaching. The day is a highly practical and fun way to learn and an ideal (low cost) taster if you are considering the other courses.

Booking Code:	Dates: (Sundays)	Course:	Booking Required ✓ :
MWO1801	7th January 2018	Mind Wide Open	
MWO1803	4th March 2018	Mind Wide Open	
MWO1806	3rd June 2018	Mind Wide Open	
MWO1809	2nd September 2018	Mind Wide Open	
MWO1811	4th November 2018	Mind Wide Open	
MWO1901	6th January 2019	Mind Wide Open	
MWO1903	3rd March 2019	Mind Wide Open	
MWO1906	2nd June 2019	Mind Wide Open	
MWO1909	1st September 2019	Mind Wide Open	
MWO1911	3rd November 2019	Mind Wide Open	

Course Fees

Course:	Fees:
Cognitive Behavioural Hypnotherapy	£750.00
NLP Professional Coaching – or Mindfulness Teacher Training	£750.00
Solution Focussed Hypnotherapy	£750.00
Ericksonian Hypnosis	£750.00
Complete 'Practitioner in Clinical Hypnosis Diploma (PCHD)' course - All the above 4 courses plus the Mind Wide Open Foundation Course	£2,500.00 (a saving of £500.00)
Mindfulness Teacher Training or NLP Professional Coaching– as an additional course	£500.00
Mind Wide Open	£50.00 (fully refundable when you decide to sign up for any of the above courses)
The NCH Hypnotherapy Practitioner Diploma (HPD). The course prepares students for this additional, highly recommended but optional, externally awarded, portfolio based qualification.	£175.00 (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.

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)			£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 to discuss confirmation of 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 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
W: www.mindfulnessnow.org.uk

