



Annette Brown School
of Hypnotherapy, Coaching,
NLP, EMDR, EFT & Mindfulness



PRACTITIONER PROSPECTUS

EMDR

www.annettebrownhypnotherapy.co.uk
01253 969695



The Annette School of EMDR is an intensive and completely unique six-day course comprising 40 hours of face to face coaching training including, 35 hours of homework coaching assignments.

EMDR TRAINING

The mission of The Annette Brown School of EMDR, offers the most cutting-edge, effective EMDR trainings. The trainings will not only teach the concepts, but also demonstrate the foundational principles of effective therapy:

- Nonviolence
- Mindfulness
- Respect
- Compassion
- Healthy Boundaries
- Self Awareness

By applying the concepts to one's self before clients, the therapist has an opportunity to learn in a full-bodied, experiential way that invites deeper understanding and insight. This aspect makes this training powerful and potentially transformative as well as possibly challenging for those who have unresolved past experiences. The experiential aspect of the training is essential to effectively learning EMDR and that is why it is required by ACCPH, our professional organisation.

Support is offered prior, during and after the training. You Will Hear It, Experience It, and Practice It!

We will be keeping in mind the window of tolerance as we teach, my goal is set the conditions for safety and stability as you learn this new paradigm. An important part of this training is the experiential aspect in which you are working on actual personal material. It is up to you to let me know what you need to make that safe and successful.

Unlearning old habits will be the hardest part of learning this model of therapy.

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SAFETY IN THE TRAINING

- Take care of yourself.
- Take a break when you need to.
- Mistakes are required
- Let us know what you need.
- Let us know prior to the end of the training on the evaluation!
- Everything is optional, even being here!
- We are not trying to force anything. If you do not want to go deep, don't. (practicing is required by ABSEMDR, personal growth is optional. If you do want to go deep, I'm here to support you!
- Confidentiality is serious business. Please do not break this! You can be removed from the training for a violation of confidentiality. Talk about your own experience only in group discussions or at home.

PAYMENT

The Cost of the EMDR for all 3 modules is £995 and a deposit of £395 is payable upon receiving your application form. I will email you an invoice and it would be appreciated if you would pay the invoice within 5 working days for the deposit via bank transfer. Please ensure you provide a telephone number and correct email address. You can pay via a direct bank transfer for the deposit and full payment. Once this has been confirmed you will be booked on the course and sent joining instructions-if the deposit is not paid within this time we will not be able to hold your place.

Following deposit, your place is only guaranteed up until the date of your final balance (6 weeks before training) and eligibility to attend is confirmed. PLEASE ensure payment is on the due date as we will not always be able to send a reminder, we cannot guarantee your place if the payment is received after the final payment date. Full

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payment must be made when applications are submitted within 6 weeks of the first training day.

TRAINING REQUIREMENTS

There shall be at least 8 weeks between training parts to allow for practice and supervision, according to regulations set out by the accrediting body, ACCPH. You must use EMDR with at least three clients over the 3 Part training and participate in the clinical supervision hours provided on the course to gain your accredited training certificate. You must attend all hours of the training (0900-17.30 Saturday 09.00-15.00, the Sunday is earlier to accommodate those having to travel a long way) across each of the 6 days to gain your accredited training certificate.

Please let me know prior to the training if you suffer with vertigo, inner ear problems, migraines or epilepsy.

By applying for the training course you are agreeing to the cancellation policy and our Terms & Conditions.

SUPPORTING YOU DURING AND AFTER THE COURSE

I will offer you support during and after the course (I will be available in the first instance by the WhatsApp group and then we can schedule further support via Skype or phone conversation).

You will be added to the WhatsApp group for support, it is a great way of keeping in touch.

Time is set aside in every module for discussion of what you have learned so far, the practice you have been doing since the last class and any other questions you might have.

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YOUR COMMITMENT

CONFIDENTIALITY

Confidentiality is important to all information that is shared during the school sessions. If you wish not to disclose any information I will respect your wishes. However, any information that anyone else discloses, confidentiality is key!

FELLOW STUDENTS

In all I have trained in, I have always met up in between modules with my fellow students for peer support, discussion and practice. It helped me immensely, and so I will be encouraging you to do the same. This can be classed as part of your independent study.

ATTENDANCE

It is important that you are present for the minimum number of school hours that are stipulated in the contract. There are deferral measures in place for those who for whatever reason fall behind. However, please be aware that it could delay you in passing the course.

SELF-STUDY

Each month you will be asked to work through the study modules and complete (at least) the minimum number of written assignments set, on time and to a satisfactory standard.

UN-INSURED STUDENT

Under no circumstances, can you charge or advertise for hypnotherapy sessions while you are an uninsured student. You can practice on friends and family, which can also be classed as part of your independent study.

PRACTICE MAKES PERFECT

Practice-Practice-Practice is the key to success. Remember that success depends on the second letter, U! I will ask you to log at least 20 hours' EMDR practice as part of your independent study each month and the practice can be done with family, friends and other students.

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CANCELLATION / CHANGES POLICY

Cancellations must be made in writing, either by post (recorded delivery) or confirmed email. When a cancellation is made more than 6 weeks prior to the training date, the applicant will lose their 25% deposit or 25% of fee already paid. Cancellation between 4 and 6 weeks prior to training date entitles a 50% refund. No refunds can be made when a cancellation is made less than 4 weeks prior to the date of your first booked training day. You will not be refunded even when your nonattendance is due to sickness or bereavement. Non-attendance without notification forfeits the fee.

In the unlikely event of the course being cancelled or postponed for reasons outside of our control, The Annette Brown School of EMDR will not be liable for travel and/ or accommodation costs incurred. However the full registration fee will be refunded, or alternative dates arranged. On completion of each part of EMDR training module you will be sent an online feedback form that we ask you to complete, to help us to continue to improve our trainings.

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THE VENUE

The Inn on the Prom,
11-17 South Promenade,
Lytham Saint Annes,
FY8 1LU

All training includes all course materials, refreshments and lunch, and all you'll need is to be excited about forging your new lucrative career.

BANK DETAILS

Santander
P A Lytham
Sort Code: 09-01-29
Account: 11895499
Reference: EMDRT111819 and your last name.

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