

Piece of Mind Hypnotherapy Training Prospectus

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Welcome to Piece of Mind

This prospectus is your guide if you're thinking about becoming a **hypnotherapist**. At Piece of Mind, we train people to work in the real world with real clients, real emotions, and real transformation.

Our approach is integrative, modern, and rooted in neuroscience. We teach you to combine hypnotherapy with psychotherapy, NLP, coaching, and solution-focused tools so you're equipped to help people change their lives, safely and effectively.

You won't just sit and listen. From the very beginning, you'll be practising. You'll build real skills and grow in confidence with every module. Many of our students start working with practice clients halfway through their course and some even launch their business before they graduate.

Our training is designed to be engaging, hands-on, and emotionally impactful with plenty of laughs, some lightbulb moments, and a community that genuinely has your back.

You will graduate with qualifications recognised by CNHC, GHSC, ACCPH and BSCH and be ready to begin a safe, ethical, and effective practice.

***But more than that you'll walk away changed.
Because the first life this work changes... is usually your own.***

4 Our Story

Piece of Mind was never built from theory. It was built from lived experience from struggling with anxiety, walking into therapy and walking back out again, and learning the hard way that healing can't come from a one-size-fits-all approach.

I didn't come into this work through a straight line. I came through fear, panic, self-doubt and a lifetime of people pleasing. I worked in events for 20 years before deciding to train as a therapist not because it was a career move, but because something needed to change. First in me. Then in others.

And that's what sets our training apart. It's not just based on models and methods although we teach plenty of those. It's built on understanding what real people go through when they're struggling. When therapy doesn't work. When they feel too much, or not enough. When they need someone who actually *gets it*.

I trained in hypnotherapy, coaching, NLP, psychotherapy and EMDR. But it wasn't until I started blending those tools, throwing out the stuffy scripts and building a style that actually works for real clients that everything clicked.

Piece of Mind Training was born from that blend. And today, our graduates are using that same approach to build their own practices, support their clients, and change their own lives in the process.

We're not here to produce perfect therapists. We're here to help people become grounded, confident, and human ones.

If that's what you're looking for welcome in.



A Warm Welcome from Andy

Dear Prospective Student,

If you're reading this, you're likely standing at a bit of a crossroads wondering whether this path is for you, whether you can really do this, and what it would mean to help people on a deeper level. I get it. I was there too.

I'm Andy Griffiths therapist, trainer, and founder of Piece of Mind. I oversee everything we do here, while also running a busy hypnotherapy practice that's clocked thousands of hours working with real clients battling anxiety, trauma, burnout, fear, and everything in between.

This isn't a corporate school. It's a place built on compassion, straight-talking honesty, and lived experience. And our training reflects that.

Our programme is inclusive, down-to-earth, and open to anyone who's ready to make a shift whether your brand new to therapy or you've worked in mental health for years. What matters is your willingness to learn, to show up, and to grow both personally and professionally.

We teach neuroscience-backed therapy that works in real life, not just on paper. We'll show you how to bring together hypnotherapy, coaching, NLP, and psychotherapy in a way that feels natural, effective, and ethical and we'll support you every step of the way as you build something that's yours.

This could be the start of something that changes your whole life.
And if it is we'd be honoured to walk that with you.

Warmly,

Andy Griffiths

Founder & Director of Piece of Mind Training



Our Mission and Our Values

Our Mission

At Piece of Mind, our mission is simple:

To help people become the kind of therapist they once needed.

We offer practical, science-backed training that's rooted in real life not scripts, jargon, or outdated ideas. We welcome students from all walks of life and create a learning environment that's supportive, honest, and genuinely life changing.

Our courses combine hypnotherapy, psychotherapy, coaching, NLP and neuroscience to give you the tools, confidence and mindset to support others while growing and healing yourself in the process.

Whether you've worked in mental health before or you're brand new to this, we'll meet you where you are and help you build a career that's both meaningful and rewarding.



Our Values

Real Learning That Sticks

We don't just teach theory. You'll practise, explore, and grow using real-world tools that work with real people.

Inclusion Without Pretence

You don't need to have it all figured out. Our doors are open to anyone ready to learn, grow, and do the work.

Backed by Science, Guided by Heart

Everything we teach is grounded in neuroscience, but we also teach with empathy, humour, and humanity.

Community Over Competition

We're not interested in ticking boxes. We're here to build a network of therapists who lift each other up not outdo each other.

Integrity, Always

You'll learn how to do this work safely, ethically and effectively no gimmicks, no shortcuts, no BS.

Growth That Starts With You

The first life you'll change through this training? Your own. Everything else grows from there.

Why Choose Piece of Mind



Whether you're craving a career that actually means something, looking to add hypnotherapy to your existing toolkit, or simply feel like it's time for a new chapter we've got you.

Some of our students come from teaching, coaching, nursing, social care or corporate burnout. Others have never worked in mental health before but feel drawn to this path because they've lived it they've battled anxiety, survived trauma, or hit breaking point and rebuilt.

No matter what brings you here, we'll meet you where you're at and help you build something you can be proud of.



Practical Hypnotherapy Training That Works

We don't just teach theory. We show you how to use clinical hypnotherapy safely and effectively in the real world with real people, real problems, and real results.



Integrated Psychotherapy Tools

You'll be trained in a blended approach combining hypnotherapy, NLP, coaching, and solution-focused techniques. It's flexible, evidence-based, and powerful.



Neuroscience You'll Actually Use

You'll learn how the brain works under stress, how change really happens, and why hypnosis can rewire old patterns all grounded in the latest research (but explained in plain English).



Start Your Business As You Train

From as early as Module 4, you'll be encouraged to start working with practice clients gaining real experience, charging for your time, and building confidence before you graduate.



Learn the Business Side Too

We don't just train therapists we help you build a career. That means marketing, pricing, client communication, and everything else you need to run a practice that works for you.

What is the Piece of Mind Method

At Piece of Mind, we don't teach one rigid model or method. We teach an approach that works because it's flexible, grounded in neuroscience, and shaped by real-life experience in the therapy room.

The Piece of Mind Method blends hypnotherapy, psychotherapy, NLP, coaching, and neuroscience in a way that adapts to the client not the other way around. It's client-led, emotionally attuned, and focused on creating deep change without retraumatizing people in the process.

We believe therapy should meet people where they're at especially when they're overwhelmed, stuck, or scared. That's why our method focuses on three core pillars:



Understanding the Brain

We teach you how to work with the nervous system, not against it. You'll learn the science behind why people feel anxious, panicked, disconnected, or stuck in cycles they can't explain — and how to help them rewire that.

Working With the Unconscious Mind

Hypnosis, metaphor, and guided visualization aren't just relaxation tools they create real neurological shifts. You'll learn how to use hypnosis in a way that feels natural, safe, and effective, especially for clients who struggle to put things into words.

Helping People Move Forward Without Reliving the Past

We don't believe you need to dissect trauma to heal from it. Our approach helps clients build safety, restore a sense of choice, and create new patterns without forcing them to revisit the worst parts of their story.

What Can This Approach Help With?

The Piece of Mind Method has helped thousands of clients overcome and manage issues such as:

- Generalised anxiety & panic attacks
- Low confidence & self-esteem
- Childhood trauma & emotional neglect
- Phobias, OCD & health anxiety
- Chronic stress & burnout
- Sleep issues
- Weight struggles linked to emotion or self-protection
- Feeling stuck, lost or like you're "too much"
- Relationship patterns & attachment wounds
- Work stress, imposter syndrome, and high-functioning anxiety

And sometimes... it just helps people feel more like themselves again.



Why Train in the Piece of Mind Method?

Our method helps clients move forward without needing to relive or retell the worst moments of their lives. Instead of staying stuck in the past, they begin building the future calmly, safely, and with real emotional shifts along the way.

You'll learn how to create lasting results through neuroscience-backed tools, language, and unconscious integration not just talking in circles.

Work With a Flexible, Integrative Framework

Rather than following a rigid script, you'll learn how to work intuitively using a blend of hypnotherapy, psychotherapy, coaching, and NLP to meet the client's needs in the moment.

It's structured enough to give you confidence and consistency and flexible enough to fit any client who walks through your door.

Protect Your Own Mental Health While Helping Others

The Piece of Mind Method allows you to support clients without carrying their trauma or emotionally burning out. You'll learn how to hold space with compassion, without over-identifying, fixing, or draining yourself in the process.

Helping others shouldn't come at the cost of yourself and with this training, it won't.



The Neuroscience Behind Hypnosis



You don't need to believe in hypnosis for it to work because it's not magic. It's science.

At Piece of Mind, we teach you how the brain processes change and how hypnosis can help speed that up. When someone goes into trance, their brain moves into a more receptive state. That means their inner critic quiets down, their imagination wakes up, and they become more open to new patterns of thinking, feeling, and behaving.

- **Rewiring Through Neuroplasticity**

The brain isn't fixed it's flexible. This is called neuroplasticity. When you guide someone into hypnosis and offer new suggestions, you're helping their brain form new pathways and let go of old ones that are no longer helpful.

It's not just relaxation. It's rewiring.

- **Balancing the Nervous System**

Many clients you'll work with are stuck in fight, flight, or freeze. Hypnosis helps calm the nervous system, regulate the stress response, and bring people back into a state where healing, learning, and growth can happen.

- **Accessing the Deeper Mind**

In a focused, relaxed state, people can access the unconscious beliefs driving their behaviour without needing to dig through trauma. You'll learn how to speak the language of the unconscious using metaphor, imagery, and focused suggestion so clients can experience powerful shifts, even if they can't explain them logically.

What Qualifications Will I Gain?

You won't just walk away with a new skill you'll leave with a recognised set of qualifications that give you the confidence, credibility, and legal grounding to build a private practice.

All training takes place in our dedicated therapy and training centre at Orchard Park in Glasgow, or online via Zoom if you're joining remotely. The environment is warm, supportive, and grounded, designed to help you feel safe, confident, and fully engaged in your learning.

120+
Hours of Training

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Recognised Certifications

Here's what you'll receive on successful completion:

- Certificate in Clinical Hypnotherapy
- Certificate in Life Coaching
- Diploma in Clinical Hypnotherapy
- Past Life Regression Practitioner Certification

These qualifications are externally verified and meet the standards for professional insurance and registration with bodies like the CNHC and GHSC so you'll be able to practise safely and ethically from day one.

Course Format:

- Certificate Course: 4 in-person weekends (or 7-day fast track option)
- Diploma Course: 5 in-person weekends (or full 10-day intensive option)
- Combined Hours: 120 classroom hours total

You'll also have ongoing practice between modules, peer support, and tutor contact to help you embed what you're learning.



Our training gives you the skills, understanding, and confidence to work with real people and real problems from everyday anxiety to long-standing trauma patterns. You won't just learn how to relax someone in a chair. You'll learn how to actually help them shift.

Across the Certificate and Diploma courses, you'll cover a full range of tools, theory, and practical applications all taught in a way that's engaging, structured, and easy to apply with clients.

You'll Learn To:

- Use clinical hypnotherapy safely and ethically
- Work with the unconscious mind using metaphor, imagery, and indirect suggestion
- Understand the neuroscience behind anxiety, fear, depression, trauma, and more
- Apply life coaching skills to help clients move forward and set clear goals
- Use NLP and language patterns to challenge stuck thinking and shift perception
- Work with clients from a person-centred, trauma-aware lense
- Build a strong therapeutic relationship and maintain healthy boundaries
- Adapt your approach for online sessions as well as in-person therapy
- Develop the confidence to charge for your services and deliver results professionally

We'll Cover Core Issues Including:

- Generalised anxiety, panic attacks, and health anxiety
- Depression and low mood
- Childhood trauma and emotional neglect
- Confidence, self-worth, and imposter syndrome
- Phobias and OCD
- Chronic stress, burnout, and nervous system overwhelm
- Weight struggles tied to emotion or protection
- Sleep issues and fatigue
- Relationship patterns and attachment wounds
- Performance (e.g. sports, public speaking, tests)
- Addictions and habit change
- Past life regression (as an optional specialist module)

You'll Also Learn:

- How to structure sessions effectively
- What to do when a client gets stuck
- How to track progress and measure change
- How to market yourself and grow your practice

By the time you qualify, you'll feel ready not just to start working with clients, but to support them with depth, skill and care.

Marketing and Setting Up in Practice

From building a basic online presence to understanding pricing, attracting clients, and handling the admin you'll learn the essentials of running a private practice with confidence. Many of our students begin working with paying clients before they've even graduated.

Course Fees and Location

All of our training takes place at our dedicated therapy and training centre in **Orchard Park, Glasgow** a warm, professional space designed for immersive, hands-on learning.

You can choose to:

- Join us in person in the classroom
- Or attend live via Zoom from anywhere in the world

We keep the experience personal and connected, whether you're in the room or online. There's no passive learning you'll be part of every session, discussion and demo.

Certificate in Clinical Hypnotherapy & Life Coaching

- £995
- Pay in full or split across 2, 4, or 6 monthly instalments

Diploma in Clinical Hypnotherapy

- £1295
- Also available to pay in full or over 2, 4, or 6 months

No admin fees, no hidden extras just accessible, professional training designed to work around your life.

Easy to Get To — Wherever You're Coming From

Orchard Park is just 4 miles from Glasgow city centre, and is:

- Easily accessible by bus, train or car
- Just off the motorway with excellent transport links
- Surrounded by local accommodation options if you're travelling from further afield

Whether you're Glasgow-based or coming in from across the UK, getting here is easy and we're happy to offer local guidance if you need help planning your stay.



How Do I Apply?

We like to keep things simple.

If you already know this is for you, just head to our website, select your course date, and click Enrol. You'll be guided through the sign-up process and offered your choice of payment plan full, 2, 4, or 6 months.

You'll get instant confirmation, and we'll be in touch with everything you need to get started.

Not Quite Ready to Enrol?

No problem at all. You're welcome to book a call no pressure, no pushy sales talk, just a proper chat about the training and whether it feels like the right fit for you.

We can chat:

- On Zoom
- By phone
- Or face-to-face at Orchard Park

We're happy to answer your questions and help you figure out if this path is right for where you're at.



Why Our Graduates Love Their Jobs

Our students come to us looking for change and they leave ready to create it.

Some go on to launch full-time or part time practices. Others blend what they've learned into existing work, coaching, teaching, healthcare, wellbeing. And many say the training changed their own life before they ever helped someone else.

Here's what they love most about the work:



Meaning That Matters

Helping people move through fear, grief, anxiety, or trauma isn't just a job it's a privilege. Our graduates often say they feel like they're finally doing something that makes a difference.



Flexibility & Freedom

You choose when you work, where you work, and who you work with. Whether it's part-time around your family or a full private practice, you're in charge of your own future.



A Career That Pays Back

Most of our graduate's charge between £70–£150 per session depending on location and specialism. Some earn back the cost of their training before they even finish.



Growth That Feels Good

This job doesn't just help others heal — it helps you grow too. You'll learn how the brain works, how emotions are stored, and how to build better relationships — with others and with yourself.



A Supportive Community

Training with us doesn't end when the course finishes. You can stay connected through supervision, peer networks, and ongoing CPD because you're never doing this alone.

Regulations and Professional Standards

When you finish training with us, you won't just walk away with certificates you'll leave fully qualified, fully insured, and ready to practise safely and ethically.

Accredited & Professionally Recognised

Our course is externally verified and meets the standards for membership with:

- The Complementary & Natural Healthcare Council (CNHC)
- The General Hypnotherapy Standards Council (GHSC)
- The Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH)
- The British Society of Clinical Hypnosis (BSCH)



These organisations uphold national codes of conduct and ethical practice giving your clients confidence and ensuring you're working to the highest professional standards.

Supervision & Ongoing Accountability

After qualifying, you'll be expected to work under regular supervision. This ensures you're staying grounded, ethical, and emotionally supported as you begin seeing clients professionally.

We can provide all of your supervision needs through Piece of Mind, including group or one-to-one options available at an additional cost. Many of our graduates continue to work with us long after they qualify, finding comfort in our ongoing community and mentorship.

Minimum Annual Requirements

Most professional registers require:

- At least 6 hours of supervision per year
- A minimum of 15 hours of CPD (Continued Professional Development)

We also offer a range of CPD training through Piece of Mind to help you meet these requirements, stay up to date, and keep growing as a therapist.



Continuing Professional Development (CPD)

Your training doesn't stop when you qualify and neither does your growth.

We offer a range of ongoing training courses and CPD workshops designed to deepen your skills, build confidence, and help you specialise in the areas of therapy that matter most to you.

From practical client strategies to deeper emotional work, our CPDs are real-world, relevant, and grounded in what actually works not just theory.

You'll find CPD topics such as:

- Working with emotional trauma and anxiety
- Expanding your confidence with metaphors and hypnotic language
- Client communication and boundaries
- Supporting clients through grief, burnout or stuck states
- Deepening your understanding of the brain-body connection
- Building and refining your therapy business

Stay Current. Stay Confident.

Ongoing CPD helps you:

- Meet professional registration requirements
- Stay inspired and effective in your practice
- Deepen your knowledge in specialist areas
- Avoid burnout and keep growing, long-term

While we don't currently offer a supervisor course or advanced diploma, we focus on the kind of CPD that helps you do the work better and feel better doing it.

You'll always be welcome to come back and learn with us.





Join Our Community

Choosing to train as a hypnotherapist isn't just about learning a skill it's about becoming someone who creates change. For others. And for yourself.

At Piece of Mind, we don't just train therapists we build a community. You won't be left on your own once the course ends. You'll have access to continued learning, supervision, real support, and a network of like-minded people who've all walked the same path.

Some of our students start with anxiety, imposter syndrome, or fear that they'll never "get it."

And they leave with a business. With confidence. With a renewed sense of purpose.

So, if something in you is drawn to this work — trust it.

This might just be the thing that changes everything.

Ready to take next step?



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