

HOW TO CHOOSE A HYPNOTHERAPIST

So you've decided to make some changes: perhaps reduce weight, stop smoking, address that anxiety or get to the core of some other problem.

Someone, perhaps your doctor has suggested that hypnotherapy is an ideal option, but with 543 hypnotherapists listed in the Yellow Pages for Victoria, where do you start?

What should you look for when choosing a Hypnotherapist?

The following list will help you to make an informed choice.

	NO	YES
Are they trained by a school accredited with the Hypnotherapy Council of Australia?		
Do they have a Diploma of Hypnotherapy?		
Are they a member of a recognized Association and thus accountable?		
Do they offer Health Fund Rebates?		
Do they have other Natural Therapies training?		
Are they willing to have a chat with you before you commit to a session?		
Are they affordable?		
Are they happy to refer you on to someone who specializes in your problem?		

Here are some answers to the questions above.

- Some training organizations are Government accredited. This means that the hypnotherapist has passed assessment criteria required by the [Australian Qualifications Framework](#).
- Other training organizations are accredited by the [Hypnotherapy Council of Australia](#) which is the peak body for Hypnotherapy in Australia.
- The difference between a Certificate IV and a Diploma means that the hypnotherapist has spent more time (usually a couple of years) in learning their craft.
- Hypnotherapists who are members of an Australian Association will have Level 2 First Aid, Insurance, a Police check, Working with Children clearance and are accountable to the Association with a Code of Conduct, regular supervision and ongoing professional development. Membership of an association requires a minimum standard of education in the hypnotherapy field and does not include 3 -7 day short courses or hypnotherapy training included in popular NLP courses.
- Many hypnotherapists also specialize in and are qualified in other Natural Therapies and this can enhance your experience. For instance, you may wish to include Reiki, Homeopathy or Coaching as part of your total treatment plan and seeing the one person saves on travelling time or re-telling your history.
- There are some great "deals" on the web, but are they good value and does the therapist tick all the boxes above? Many hypnotherapists will offer a small discount if you buy bulk sessions or "packages". What do you value more the \$2 vase or the \$200 vase?
- A confident hypnotherapist with integrity will refer you on to another if the problem you present with is beyond their expertise or not in their field.