

NZHRB Core Curriculum/Competency Standards Overview



Core Curriculum/Competency Standards Summary Statement

The Core Curriculum/Competency Standards covers both practical and theoretical elements:

A. Practical

- 1 - Fostering rapport – knowledge of, and ability to demonstrate, rapport development. **Standard 3**
- 2 - Developing effective communication with the client. **Standard 3**
- 3 - Assessing the client’s needs, gathering & utilising client information, client goal setting. **Standard 2, Standard 3**
- 4 - Hypnosis inductions - knowledge of, and ability to demonstrate, a variety of styles and techniques. **Standard 2**
- 5 - Deepening hypnosis - knowledge of, and ability to demonstrate, various techniques. **Standard 2**
- 6 - Interventions and techniques - knowledge of, and ability to, explain and demonstrate various techniques. **Standard 3, Standard 6.**
- 7 - Termination of hypnosis induction - knowledge of, and ability to demonstrate, various techniques. **Standard 2**
- 8 - Providing treatment, and evaluation of effectiveness. **Standard 3**
- 9 - Communication and the professional relationship. **Standard 3**
- 10 - Health, effective functioning and well-being. **Standard 3, Standard 8.**
- 11 - Applications – stress, anxiety, confidence and self-esteem, habits and behavioural change (e.g. smoking cessation, nail biting, sleep, weight control, etc.) phobias, panic attack, sport & performance enhancement, etc. **Standard 3, Standard 6, Standard 7.**

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12 – Knowledge of, and ability to demonstrate, pain management techniques, regression techniques, parts therapy, systematic desensitisation, ideomotor responses, analytical hypnotherapy. [Standard 3](#), [Standard 4](#), [Standard 5](#).

B. Theoretical

1 – History of Hypnosis and the therapeutic advantages gained by the use of hypnosis. Brief overview of learning required. [Standard 1](#)

2 - Conduct research on specific topics related to a hypnotherapy practice [Standard 1](#)

3 - Hypnotherapy Science – basic knowledge of anatomy and physiology, breathing, endocrine system. Human psychological theory including: sensation and perception; states of consciousness; nervous system; stress response; learning; memory; motivation; emotion and behavioural development, [psychopharmacology](#) , neurosis and psychosis [Standard 7](#), [Standard 8](#).

4 - Psychology:

- a) theories to include the basics of psychodynamic and humanistic theory, cognition and behaviour. [Standard 8](#)
- b) the therapeutic process, how key theories and approaches to treatment can be utilised in therapy [Standard 8](#)

5 - Additional/optional hypnotherapy applications: e.g. dermatological issues, gastro-intestinal issues, eating disorders, psycho-sexual disorders, depression, sexual dysfunctions, abnormal psychology. [Standard 3](#)

4 - The scope and methods of complementary healthcare: how hypnotherapy fits with other healthcare; when it is only part of the answer. [Standard 9](#) And when the hypnotherapist may or must not choose to treat a client; to know when to refer on. [Standard 3](#)

5 - Practice management - how to keep appropriate client records that are adequate, and how to ensure that these are only accessible by those entitled to see them [Standard 3](#)

6 - When and how clients are to be accompanied in session, and how to manage these sessions appropriately. [Standard 9](#)

7 - Professional Code and Standards - the current Code of Conduct, Ethics and Practice and Standards of Education and Training of the Member Organisations, and how these apply in practice. [Standard 9](#)

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8 – When and how client information is required to be legally disclosed. **Standard 9**

9 – Legislation: An understanding of current legislation, including but not limited to:

- The Code of Health and Disability Services Consumers' Rights 1994 and subsequent amendments
- The Consumer Guarantees Act 1993 and subsequent amendments
- The Privacy Act 1993 and subsequent amendments
- Children, Young Persons, and Their Families Act 2005 and subsequent amendments
- New Zealand Advertising Standards Authority Code of Ethics
- Health and Safety in Work Act 2016 and subsequent amendments
- The Injury Prevention, Rehabilitation, and Compensation Act 2001 and subsequent amendments

and how these apply to a hypnotherapy practice

The importance of keeping up to date with changes to legislation **Standard 9**

10 - When and how to investigate specified topics related to a hypnotherapy practice. e.g. conduct research on client issues, medication, etc. **Standard 1**

12 - Employment and organisational policies and practices – An understanding of how the role of the hypnotherapist fits within the wider health and social care sector, the limit and extent of the hypnotherapist's responsibility and the resources available to the client. **Standard 9**

13 – Insurance – the importance of public liability and professional indemnity cover **Standard 9**

14-- Ongoing professional development, including regular and appropriate formal supervision. **Standard 9**

15 - Training Hours – comprise a **minimum** of 450 hours of learning time (i.e. time required to achieve the specified learning outcomes). Of those a **minimum** 120 hours are structured class hours.