

Australian Hypnotherapists' Association

ABN 20 004 388 872

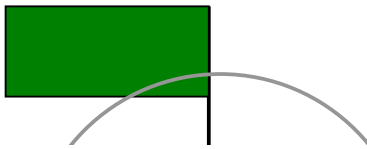
Founded 1949

Registered 1957

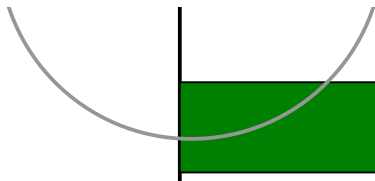
A Member Association of the Psychotherapy and Counselling Federation of Australia (PACFA)



Psychotherapy & Counselling
Federation of Australia



Prospectus



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INTRODUCTION

The Australian Hypnotherapists' Association's (AHA) early members were the pioneers of Hypnotherapy in Australia. The Association was formed in 1949, by a group of hypnotherapists who had already been in practice for many years. The AHA was created specifically for two reasons:

- 1) To support its members by supplying opportunities for exchanges of information, supervision and continuing education in the form of workshops and
- 2) To establish and elevate the status of the profession, and thus engender the respect and confidence of the community. The AHA founders recognised the importance of developing and maintaining uniform technical, clinical and ethical standards for hypnotherapists.

In 1957 the AHA was incorporated as a non-profit, democratic association with Branches in most states of Australia. Over the years the AHA has continued to gain wide recognition for the expertise and ethical standards it has maintained in the field of Hypnotherapy. The Association has set a high standard of proficiency and only skilled therapists of high integrity, using approved techniques, are accepted as members.

The AHA's prestige, impeccable reputation and longevity are exemplified by the success of its representations to the Federal and State governments regarding the deregulation of hypnosis and the favourable insurance policies offered to AHA members.

The AHA's aim, as an Association, is to provide continuing empirical leadership in the field of Clinical Hypnotherapy to practising Hypnotherapists throughout Australia.

Our standards book "**A Set of Competency and Proficiency Standards for Australian Professional Clinical Hypnotherapists – A descriptive Guide to the Australian Hypnotherapists' Association Accreditation System**" first published in 1996, is available from the National Library and all State libraries in Australia as well as selected overseas libraries. It is the first book ever written, both in Australia and overseas that sets out Hypnotherapy standards for the profession. This and the 2nd edition may be seen on the AHA web site.

The AHA is an inaugural member of PACFA (The Psychotherapists and Counsellors Federation of Australia), a National Peak body that represents the interests of the large number of therapists working within the various modalities within the disciplines of psychotherapy, counselling and hypnotherapy.

For further information please

See our web site: www.ahahypnotherapy.org.au or

Contact the Membership Secretary for your state

AHA CONTACT DETAILS

www.ahahypnotherapy.org.au

Free call All States 1800 067 557 (Victoria 1800 186 305)

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Victorian State Secretary (Pending)

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W. Aust. Director - Beverley Arnold (08) 9227 1284

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BENEFITS OF MEMBERSHIP

Affiliate Member

- Belonging to the oldest established Hypnotherapists' Association in Australia. (founded 1949.)
- Registration as an Affiliate Member.
- Member discount fees to attend AHA seminars and workshops.
- Opportunity to network with other members.
- Free subscription to the AHA quarterly journal.
- Added to the AHA mailing list.
- Opportunity to attend AHA social events.

Student Member

- Belonging to the oldest established Hypnotherapists' Association in Australia.
- Registration as a Student member.
- Certificate of Student membership.
- Free subscription to the AHA quarterly journal
- Added to the AHA mailing list.
- Member discount fees to attend AHA seminars and workshops.
- Support Network – mentoring.
- Access to the AHA Internet Community Board
- Free attendance at AHA **National** group supervision sessions.
- Opportunity to attend AHA social events.
- No waiting for special meetings to be upgraded to Associate membership.

Associate Member

- Belonging to the oldest established Hypnotherapists' Association in Australia.
- Registration as an Associate member.
- Receive a Certificate of Associate membership.
- Added to the AHA mailing list.
- Support Network – mentoring.
- Referrals from the AHA Free Advisory Line.
- Free subscription to the AHA quarterly journal
- Access to the AHA Internet Community Board
- Rights to use the acronym “Assoc.Memb. AHA” (Associate Member Australian Hypnotherapists' Association).
- Status to belong to a Foundation Member Association of PACFA (Psychotherapy & Counselling Federation of Australia).
- Ability to obtain Professional Indemnity and Public Liability Insurance at a reduce rate.
- No waiting for special meetings to be upgraded to Clinical membership.
- Member discount fees to attend AHA seminars and workshops.

- Free attendance at AHA **National** group supervision sessions.
- Opportunity to become an AHA Sub-Committee Member.
- Opportunity to attend AHA social events.

Clinical Member

- Belonging to the oldest established Hypnotherapists' Association in Australia.
- Registration as a Clinical member.
- Receive a Certificate of Clinical membership.
- Added to the AHA mailing list.
- Referrals from the AHA Free Advisory Line.
- Referrals from The Smoking Quitline.
- Referrals from The Gambling line.
- Free listing on the AHA Web Site.
- Free subscription to the AHA quarterly journal
- Ability to obtain low cost Professional Indemnity & Public Liability Insurance.
- Opportunity to appear in the Yellow Pages under the AHA banner
- Member discount fees to attend AHA seminars and workshops.
- Free attendance at AHA **National** group supervision sessions.
- Access to the AHA Internet Community Board
- Part of the AHA Support Network
- Health Fund Rebates for your clients.
- Rights to use the acronym MAHA (Member Australian Hypnotherapists' Association).
- AHA Voting rights.
- Opportunity to become an AHA Sub-Committee Member.
- Opportunity to become an AHA Executive Member.
- Opportunity to apply to be an AHA Supervisor.
- Opportunity to apply to be included in the PACFA Membership Register.
- Opportunity to attend AHA social events.

MEMBERSHIP CRITERIA

Affiliate Member

The purpose of this membership category is to serve the interests of those who have an interest in Hypnotherapy but do not intend to practice as a hypnotherapist.

Criteria for Eligibility for “Affiliate Membership” –

- Supplies all the information that is required. Has completed the Application for Admission as an “Affiliate Member”
- Agrees that as an Affiliate member, whilst maintaining that status shall not hold out or represent or advertise to the public at large or in any way let it be known in order to practice hypnotherapy that they are a member in any status of the Association whatsoever and/or that they are accredited by the Association and/or are working under the auspices of the Association

The application is accompanied by cheque payment of all the prescribed charges and fees as stated below

- \$40 Annual (pro-rata) Membership due on 1 January of every year

Student Member

The purpose of this membership category is to serve the interests of those who are currently engaged in a program of study that will ultimately enable them to acquire all the academic and practical experience conditions required for Associate Membership (and, ultimately attain Clinical Membership).

Criteria for Eligibility for “Student Membership”

- Has completed the Application for Admission as a “Student Member”
- Supplies all the information that is required; i.e. provides evidence of enrolment in a program that will enable them to acquire all the stated academic and practical experience required for Associate Membership.
- Includes all the undertakings in relation to future conduct required by the AHA’s Code of Ethics.
- Agrees to hold the AHA indemnified for all judgments and costs awarded against it or incurred by it, as the case may be, in any action against it, arising directly, or indirectly from their conduct as a Hypnotherapist and any practice of hypnotherapy
- Has agreed to attend 75% all of the Association’s State meetings unless it can be shown that there is a valid reason for not being able to do so.

Note A Student Member whilst maintaining that status shall not hold out represent or advertise to the public at large or in any way let it be known in order to practice hypnotherapy that they are a member in any status of the Association whatsoever and/or that they are accredited by the Association and/or are working under the auspices of the Association.*

The application is accompanied by cheque payment of all the prescribed charges and fees as stated below

- \$40 Annual (pro-rata) Membership due on 1 January of every year

Associate Member

The purpose of this membership category is to serve the interests of those who intend to become Clinical Members of the AHA, and who are also currently engaged in a program of study that will ultimately enable them to acquire all of the stated academic and practical experience required for Clinical membership, or those who are in another discipline that uses hypnotherapy as an adjunct.

Has the equivalent of 150 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy and including:

- Counselling skills min. 35 hours
- Basic Psychological Process min. 6 hours
- Provides all the prescribed documentation and/or any other supporting evidence that is required by the Executive. (It is the applicant's responsibility to verify all information and documentation supplied)
- Has undertaken to cover themselves by Professional Indemnity Insurance and agrees to hold the AHA indemnified for all judgements and costs awarded against it or incurred by it as the case may be in any action against it arising directly or indirectly from the applicant's conduct as a Hypnotherapist.
- Has obtained and agrees to maintain a current First Aid Certificate. ***NB:** An invalid Certificate may void Professional Indemnity Insurance, AHA Membership and the ability for your clients to receive a Health Fund Rebate.*
- Had their psychological fitness (16PF) to practice as a hypnotherapist examined and attested

Satisfied the Executive that you are of good reputation and character by providing 3 referees, attesting to their professional capabilities, good fame, reputation and character.

- one (1) from your Supervisor and
- two (2) from people who are not related to you and who have known you professionally for at least two (2) years
- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year and verified on the AHA Record Card
- Has agreed to undertake a minimum of twelve (12) hours of one-on-one Supervision each year **or** a minimum of 24 hours of Group Supervision **or** a mixture of both Supervision models per year. ***NB:** A Group Supervision hour equates to 0.5 of a one-on-one Supervision hour,* and verified on the AHA Annual Record Card
- Is currently maintaining, or has access to an adequate professional library
- Has agreed to conduct themselves in all their professional dealings with the public at large within the Code of Ethics of the Association
- Has the capacity to independently identify, plan and implement effective courses of hypnotherapeutic treatment for a range of presenting problems
- Understands when to refer a client and knows how to make professional referrals

- Has agreed to attend at least 75% of the Association's State meetings unless it can be shown that there is a valid reason for not being able to do so.

Has demonstrated with the below stated criteria to the AHA's examinations, that they have attained at least the relevant minimum standards of competency and proficiency

- Oral interview
- Written examination
- Practical demonstration

Two written case studies explaining a

- Successful case and why
 - Case that you would do differently and why
-
- If a country applicant is unable to attend the interview with the AHA Examiners, the Membership Secretary in your state can discuss alternative arrangements

The application is accompanied by cheque payment of all the prescribed charges and fees as stated below

- \$40 Application
- \$100 Examination
- \$98 Annual (pro-rata) Membership due on 1 January of every year

Clinical Member

Criteria for eligibility for “Clinical Membership”, the applicant –

- Is currently a professional Hypnotherapist and has been so employed for at least two (2) years prior to lodging the application (*subject to the discretion of the Executive*)

Has the equivalent of 400 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy and including:

- Basic Psychological Process min. 30 hours
- Medical Terminology/Anatomy and Physiology min. 40 hours
- Counselling Skills min. 65 hours
- Human Sexuality min. 30 hours
- Provides all the prescribed documentation and/or any other supporting evidence that is required by the Executive. (*It is the applicant’s responsibility to verify all information and documentation supplied.*)
- Has undertaken to cover themselves by Professional Indemnity Insurance and agrees to hold the AHA indemnified for all judgements and costs awarded against it or incurred by it as the case **may** be in any action against it arising directly or indirectly from the applicant’s conduct as a Hypnotherapist.
- Has obtained and agrees to maintain a current First Aid Certificate. **NB:** An *invalid Certificate may void Professional Indemnity Insurance, AHA Membership and the ability for your clients to receive a Health Fund Rebate.*
- Had their psychological fitness (16PF) to practice as a hypnotherapist examined and attested

Satisfied the Executive that you are of good reputation and character by providing 3 referees, attesting to your professional capabilities, good fame, reputation and character

- one (1) from your Supervisor, and
- two (2) from people who are not related to you and who have known you professionally for at least two (2) years
- Has at least 500 hours of clinical experience as a hypnotherapist. (*subject to the discretion of the Executive*)
- Has completed a minimum 50 hours post training supervision with a recognised Supervisor (*subject to the discretion of the Executive*)
- Satisfied the Executive that they are practicing a minimum of 150 hours per year as a Clinical Hypnotherapist.
- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year and verified on the AHA Annual Record Card
- Has agreed to undertake a minimum of twelve (12) hours of one-on-one Supervision each year **or** a minimum of 24 hours of Group Supervision **or** a mixture of both Supervision

models per year. **NB:** A Group Supervision hour equates to 0.5 of a one-on-one Supervision hour.

- Is currently maintaining, or has access to an adequate professional library
- Has agreed to conduct themselves in all their professional dealings with the public at large within the Code of Ethics of the Association
- Has the capacity to independently identify, plan and implement effective courses of hypnotherapeutic treatment for a range of presenting problems
- Understands when to refer a client to another therapist and knows how to make professional referrals

Has demonstrated with the below stated criteria to the AHA's examinations, that they have attained at least the relevant minimum standards of competency and proficiency

- Oral interview,
- Written examination
- Practical demonstration

Two written case studies explaining a

- Successful case and why
- Case that you would do differently and why
- If a country applicant is unable to attend the interview with the AHA Examiners, the Membership Secretary in your state can discuss alternative arrangements

The application is accompanied by cheque payment of all the prescribed charges and fees as stated below

- \$40 Application
- \$100 Examination
- \$198 Annual (pro-rata) Membership due on 1 January of every year

AHA CODE OF ETHICS

INTRODUCTION

The following is a code established to set minimum standards as guidelines for the ethical behaviour and conduct of Members in their practice.

ETHICAL PRINCIPLES

1. Members respect the essential humanity, worth and dignity of all people and promote this value in their work.
2. Members recognise and respect diversity among people and oppose discrimination and oppressive behaviour.
3. Members respect the privacy of their clients and preserve the confidentiality of information acquired in the course of their work.
4. Members protect the rights of their clients, including the right to informed consent.
5. Members take steps to maintain and develop the highest standard of professional competence and integrity in the application of hypnotherapeutic knowledge and techniques throughout their professional careers.
6. Members are strongly cautioned against becoming involved in any therapy that focuses on probing for forgotten or repressed memories of childhood sexual abuse. (See guidelines for recovered memory on the website.)
7. Members abide by the laws of the society in which they practice.

ETHICAL RESPONSIBILITIES

1. Responsibilities to the Client

- (i) Members take all reasonable steps to avoid harm to the client as a result of the therapeutic process.
- (ii) Members promote client autonomy and encourage clients to make responsible decisions on their own behalf.
- (iii) Members consider the social context of the client and their connections to others.
- (iv) Members are responsible for setting and maintaining professional boundaries within the therapeutic relationship.
- (v) Members do not have any personal relationships with clients during and for a period of at least 2 years after therapy.
- (vi) When publicly advertising hypnotherapy services, the information contained in such announcements shall be factual and explanatory, no claiming superior competence and not offering guarantees or exaggerated claims of a particular outcome as an inducement
- (vii) *and* Members are not to publicly or privately represent a personal point of view or opinion as being that of The Australian Hypnotherapists' Association, but only on behalf of their own professional framework as a Hypnotherapist.

2. Exploitation

- (i) Members must not exploit clients, past or present, in a financial, sexual, emotional or any other way.
- (ii) When publicly advertising hypnotherapy services, the information contained in such announcements shall be factual and explanatory, not claiming superior competence and not offering guarantees or exaggerated claims of a particular outcome as an inducement.
- (iii) Members will not accept or offer payments for referrals, or engage in any financial transactions, apart from the ordinary fee charged to clients for interviews.
- (iv) Sexual relations between the Member and their client can **never** be acceptable and constitutes unethical behaviour. This is not restricted to sexual intercourse and includes any form of physical contact, whether initiated by the client or the Member, which has as its purpose any form of sexual gratification, or which may be reasonably construed as having that purpose.
- (v) Members should consider that the deeper the involvement with a client's emotional life during therapy, the less likely is the possibility of a subsequent equal relationship following termination of therapy. Members must seek professional supervision should any attempt to build a relationship with a former client be considered.

3. Confidentiality

- (i) Members treat with confidence any personal information about clients, whether obtained directly or by inference. This applies to all verbal, written or recorded material produced as a result of the relationship. All records, whether in written or any other form, need to be protected with the strictest of confidence.
- (ii) The client must not be observed by anyone other than their therapist without having given informed consent. This applies both to direct observation and to any form of audio or visual transmission or recording.
- (iii) Exceptional circumstances may arise which give the therapist good grounds for believing that the client will cause serious physical harm to others or themselves. In such circumstances, the breaking of confidentiality may be required, preferably with the client's permission, or after consultation with the therapist's supervisor.
- (iv) Any breaking of confidentiality should be minimised both by restricting the information conveyed to that which is pertinent to the immediate situation and by limiting it to those persons who can provide the help required by the client.
- (v) Agreements about confidentiality continue after the client's death unless there are overriding legal considerations.
- (vi) Special care is required when writing about specific therapeutic situations for reports and publication. The author must have the client's informed consent should there be any possibility of identification of the client.
- (vii) Members and supervisors are responsible for protecting the client's rights of confidentiality and any shared information should be disguised where appropriate.

4. Contracts

- (i) Therapeutic activities are to be undertaken only with professional intent.
- (ii) Contracts involving the client should be realistic and clear.

- (iii) Any publicity material and all written and oral information should accurately reflect the nature of the service offered and the training, qualifications and relevant experience of the Hypnotherapist.
- (iv) Members are responsible for clearly communicating the terms on which therapy is being offered.
- (vi) Members will disclose any conflict of interest which may arise in relation to a client and will seek supervision to resolve appropriate action which may include referral.

5. Responsibilities to Self as a Therapist

- (i) Members have a responsibility to themselves to maintain their own effectiveness, resilience and ability to help clients. They are expected to monitor their own personal functioning and to seek help or withdraw from their therapy practice when their personal resources are sufficiently depleted to require this.
- (ii) Members will not continue to practice when their functioning is impaired due to personal or emotional difficulties, illness, alcohol, drugs or for any other reason.
- (iii) Members will have regular suitable supervision and will use such supervision to develop their skills as a therapist, monitor performance and provide accountability for their practice.

6. Responsibilities to Other Professionals

- (i) Members do not conduct themselves in their practice-related or private activities in any way, which undermines public confidence in either their role as a therapist or in the work of other professionals.
- (ii) Members are committed to the ethical code of the Australian Hypnotherapists' Association and breaking such code may lead to withdrawal of membership for unethical practice.
- (iii) Members who suspect unethical conduct by other therapists that cannot be resolved or remedied after discussion with the professional concerned should approach the Ethics Committee of the relevant professional body.
- (iv) Members do not solicit the clients of other therapists. They have an obligation not to impair the work of their colleagues. Nevertheless, therapists need to be aware of the client's right to seek a second opinion.

7. Responsibilities to the Wider Community

- (i) Members work within the law.
- (ii) Members take all reasonable steps to be aware of current legislation affecting their work.
- (iii) Members are committed to protect the public against incompetence and dishonourable practices and are prepared to challenge these practices by using the appropriate channels and professional bodies for such challenges.
- (iv) Members are not to publicly or privately represent a personal point of view or opinion as being that of The Australian Hypnotherapists Association, but only on behalf of their own professional framework as a Hypnotherapist

8. Complaint Procedure

- (i) Complaint procedures are clearly defined in the Association's Articles and on the Association's web site; www.ahahypnotherapy.org.au