

Australian Hypnotherapists' Association

ABN 20 004 388 872

Founded 1949

Registered 1957

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



Prospectus and Information Booklet



Psychotherapy & Counselling
Federation of Australia

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Welcome to the Australian Hypnotherapists' Association

Providing the endorsement of your hypnotherapy skills that clients are looking for.

Thank you for your interest in joining the association, the accompanying information explains the mission and criteria of the association. Please do not hesitate to phone us on the Free Advisory Line 1800 067 557 if there are any points that need clarifying or do not fully explain to your satisfaction what is required.

The AHA is Not Just Another Peak Body

The Australian Hypnotherapists' Association (AHA) has been the National Registration Body for hypnotherapists since 1949. Registration with a professional Peak Body such as the AHA, reflects a hypnotherapist's willingness to demonstrate to the public a strong desire to be accountable. Registration is the only formal process that members of the public can rely on in relation to standards and accountability. Therefore, if you are looking for a Professional Hypnotherapy Association to join... then this is the one. Not only is the AHA the oldest Hypnotherapy Association in Australia, it is also the largest Hypnotherapy Association and Registration Body in Australia. However membership is not restricted to only Australian based hypnotherapists. **The AHA is the voice for professional hypnotherapists**

The AHA, as Australia's leading independent National Registration and Industry Representative Body, represents only professional hypnotherapists and fulfils many crucial roles within the framework of the hypnotherapy profession. These include consistent standards in training, on going professional development, professional supervision, industry and professional representation to the government and other appropriate bodies, including the traditional medicine and health insurance industries. The AHA was founded in 1949 and incorporated in 1956, and has grown into the largest independent professional body for hypnotherapists in Australia. **We are not just talking about it, we are doing it.**

The AHA's primary responsibility is for the ongoing registration of individual practitioners and setting the criteria for the validation of Recognised Training Courses. The AHA is proudly independent and does not have a direct relationship with any one particular teaching institution. So what does that mean? It means that we evaluate each of our members by their academic output and not just because they have done a course by the school that has established an association just to accredit its own students.

The AHA is not about rhetoric; it is an action orientated professional body. It is not simply a service and membership body. The AHA exists for its members and therefore member benefits and services are our first priority. The AHA's second priority is to ensure that the hypnotherapy profession is represented appropriately to government and other professional organisations. The AHA is unlike any other body for hypnotherapists in Australia. **The AHA with its Free Advisory Line 1800 067 557** is able to react quickly to meet any enquiries.

AHA membership and registration on the National Hypnotherapy Register of Australia (NHRA) has gained national recognition as the standard for the practice of hypnotherapy. Anecdotal evidence suggests that government departments, insurance companies and the public now recognize the importance of such standards and view AHA membership as a basic requirement for hypnotherapy as a treatment modality. As a practising hypnotherapist (or future hypnotherapist), it is crucial that your qualifications are recognised by a National Professional Peak body. Recognition of your qualifications by a reputable National Peak organisation, such as the AHA, clearly establishes your level of professionalism and good character to your clients, the general public and your colleagues. Being registered with the AHA also means that you will be able to practice under a uniform and clearly defined Code of Conduct and Practitioner Standards. Registration with a Professional Body also demonstrates a practitioner's willingness to demonstrate to the public a strong desire to be accountable. Registration is the only formal process that members of the public can rely on in relation to standards and accountability.

To be a member of the AHA, it does not matter where you learnt - what matters is that you are able to show the Board that you are properly trained and know your hypnotherapy. Prospective members are examined in the relevant areas of hypnotherapy including, psychology and counselling as well as the clinical applications of hypnotherapy. Prospective members also need to pass a working with children check and/or a police check to protect the public by ensuring that they are suitable persons to carry out therapy. Then once accepted as members, they are required to enter into a supervisory relationship throughout their period of membership. All

members are sworn to uphold the professional and ethical standards of the AHA as they are set out in the Association's Code of Ethics. (see AHA website for further details)

What does the AHA offer you that other associations don't?

The AHA as the National Registration Body for Hypnotherapists is a progressive professional association that fulfils a critical role within the Australian hypnotherapy industry. The AHA is primarily concerned with providing a unified voice for the hypnotherapy industry; by establishing a national complaints tribunal and supporting its members by providing a consistent Code of Ethics; by setting Industry Standards for all hypnotherapists; by maintaining a National Register of practicing clinical hypnotherapists; by lobbying on behalf of its membership the health funds for rebates for members' clients; by lobbying the government for formal recognition of hypnotherapy as an Allied Health Profession; by making the general public more aware of the hypnotherapy profession and the availability of reputable hypnotherapists; by lobbying the Insurance companies for fair and reasonable insurance coverage, and for the formal recognition of hypnotherapy as a separate profession. The AHA is an independent association that offers member services and benefits second to none. **The AHA is the voice for Professional Hypnotherapists. We are not just talking about it, we are doing it.**

Professional Representation

An organisation's credibility as the Professional Peak Body is generally reflected by its standards, benefits, services and professional paid staff. The AHA's professional Head Office is situated in Wahroonga, a northern suburb of Sydney in NSW. It is open Monday to Friday from 9:00 am to 5:00 pm on normal working days. Members are normally able to speak directly to a person and not an answering machine or virtual office representative. All applications and personal information are filed and locked away in a metal filing cabinet. The association has a professional administrator who ensures that all applications and requests for documentation are processed within three working days.

Having professional representation also ensures that the AHA can respond or lobby the government on issues as they occur. It is our experience that any issues involving the government have a very short life span in regard to taking effective action. The AHA is a National Peak Body; therefore the physical location of our Head Office in no way inhibits our ability to effectively respond to members or issues anywhere in Australia.

National Registers

The AHA has four National Registers that are made available to the public:

1. NHRA (National Hypnotherapists Register of Australia) - Find a hypnotherapist Register, for the public looking for an accredited NHRA hypnotherapist,
2. National Register of all AHA members, for the Advisory line
3. Professional Supervisor Register: Requires pre-requisite qualifications for eligibility.
4. Foreign language speaking hypnotherapists register

AHA National Hypnotherapists Register of Australia (NHRA)

It is NHRA registration that separates professional hypnotherapists from the rest and reflects accountability to the public, government, insurance companies and health funds. Registration on **the NHRA register is open to all hypnotherapists that meet accreditation standards** whether or not you are an AHA member. However if you are an AHA member there are no extra administrative costs to apply for entry on any of the above registers. However hypnotherapists whose names do not appear on the register cannot claim to be an accredited NHRA Hypnotherapist.

The National Hypnotherapists Register of Australia (NHRA) is updated weekly. As mentioned earlier the NHRA register is not restricted to AHA members but, **as a National Register, is open to all hypnotherapists that meet the NHRA standards**, it is imperative that all AHA Clinical and Professional members are included on the NHRA to affirm to the public that they are in fact accredited NHRA hypnotherapists. It is accreditation with the NHRA that separates professional hypnotherapists from the rest and reflects accountability to the public, government and health funds.

Registration is also a requirement that the government consistently brings up in our discussions in regard to hypnotherapy being formally recognised as a profession in its own right rather than seen as just an adjunct to psychology, psychotherapy or counselling. The AHA has been in discussions with the Department of Health and Ageing and any agreement that is made will only be relevant for accredited NHRA hypnotherapists.

Membership Benefits and Services.

The AHA Free Advisory Line

The AHA has a Free Advisory Line for the public to use 8 hours a day, 5 days a week, to answer questions and be recommended to an accredited NHRA hypnotherapist in their area. Due to having the Free Advisory Line a member of the Executive is also available for our members 8 hours a day, 5 days a week.

As the Peak body for hypnotherapists as well as being the oldest and largest hypnotherapy association in Australia, the AHA's high standards have withstood the test of time. For more than sixty plus years it has been the leader in the field and it now invites all practicing hypnotherapists in Australia, New Zealand and overseas, that are interested in joining this highly respected progressive, proactive and continuously expanding hypnotherapy association, to apply for membership by just phoning the free 1800 067 557 number

The AHA Continuing Education Programs

To help members keep abreast with the latest techniques and new developments that are happening in the field of clinical hypnotherapy the AHA maintains a Continuing Education Program that consists of seminars, workshops and discussion/support groups, as well as supervision sessions etc. All AHA State workshops and seminars are attended by well-known speakers and experts in their field, thus facilitating a collegial and educational setting, with both national and local speakers, that are open to all.

AHA members are given substantial discounts to AHA workshops. The AHA also holds regular General Meetings followed by the opportunity for members to meet informally over lunch or supper, thus giving members the opportunity to socialize, network and exchange ideas and knowledge about their particular areas of interest or expertise.

The AHA also advertises members' workshops in their newsletter for its members as part of its contribution to helping members with their ongoing professional development. Advertising costs are available on request from the editor.

Hypnopatter – e-magazine

AHA sends out a quarterly e-magazine to keep members informed of happenings within the association and industry. The e-magazine contains articles and information on conferences, workshops, therapies, overseas news, business building hints, fact pages, comments from members and also has a very competitive advertising scheme. The e-magazine is free to all members who supply us with an email address. Members are encouraged to submit articles/papers for publication.

Monthly Newsletter

As well as Hypnopatter each member receives a monthly newsletter to keep them up to date with what has been happening in their industry as well as within the Association. The Newsletter is free to all members who supply us with an email address.

Private Health Fund Provider Numbers

The AHA was the first Hypnotherapy association to successfully negotiate provider numbers specifically for clinical hypnotherapists in Australia.

To ensure continued recognition all AHA members comply with the requirements of the Private Health Insurance (Accreditation) Rules 2008 which state: If the treatment is provided by a health care provider who is not referred to in sub-rule 7(1) or rule 8 or 9, the standard for that treatment is that the health care provider providing the treatment must be a member of a professional organisation which covers health care providers who provide that type of treatment (the profession) and which:

- (a) is a national entity which has membership requirements for the profession; and
- (b) provides assessment of the health care provider in terms of the appropriate level of training and education required to practise in that profession; and
- (c) administers a continuing professional development scheme in which the health care provider is required, as a condition of membership, to participate; and
- (d) maintains a code of conduct which the health care provider must uphold in order to continue to be a member; and

(e) maintains a formal disciplinary procedure, which includes a process to suspend or expel members, and an appropriate complaints resolution procedure.

AHA Recognition by Government

The AHA has been recognised as an authority on Clinical Hypnotherapy by both Governmental and private agencies. AHA members are regularly invited to speak at various Community and Service organisations about hypnosis and hypnotherapy. AHA members are recognised as health professionals by most of the Private Health Funds.

Discounted Professional Indemnity and Public Liability Insurance

All practicing members of the AHA must carry insurance for professional indemnity and public liability. The AHA has negotiated a drop in premium costs with **Insurance House** for three years running, which has made insurance for AHA hypnotherapists the cheapest for the profession. You can be sent an insurance application form with your membership kit if you request one.

Research

The AHA is aware of the importance of research and development for the advancement of Hypnotherapy. To this end the AHA have several strategies to encourage research within our profession. One strategy has been to publish Australian and International researchers' findings in the AHA's E- journal, Hypnopatter. Access to Hypnopatter, unlike many similar journals, is free.

PACFA Membership

The AHA is an inaugural member association of the peak body - Psychotherapists and Counselling Federation of Australia (PACFA). For more information about PACFA visit: www.pacfa.org.au

The History of the AHA

The Australian Hypnotherapists' Association (AHA), as the National Hypnotherapy Peak Body, has been representing hypnotherapists in Australia since **1949**. The AHA's early members were the pioneers of Hypnotherapy in Australia. The Association was officially formed in Victoria in 1949, however, all of the foundation members had already been in practice for many years. They created the AHA as a National Peak Body because they had concerns about the possibility that aspects of the profession could be regulated de facto by governments or other bodies with no specialist knowledge of the field. Thus they created the AHA as a Hypnotherapy Peak Body specifically for three reasons:

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

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, as the independent Peak Body, 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.

AHA Standards Book

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 updated edition may be seen on the AHA web site.

AHA Vision Statement:

- The AHA, as the professional Peak Body for hypnotherapy in Australia,
- Recognised by government and the health industry by maintaining the highest standards for the profession.
- Providing support to our members and informing the public as to the benefits of clinical hypnotherapy

AHA Aims, Standards, Purpose, and Mission Statement

Aims:

- The AHA’s aim, as the National Association, is to provide continuing empirical leadership and support in the field of Hypnotherapy to practising Hypnotherapists throughout Australia.
- To be a self-regulatory body to provide for registration of hypnotherapists in Australia;
- To liaise with Government for the benefit of members and the public;
- To maintain a register of qualified practicing hypnotherapists;
- To identify to consumers, hypnotherapists that meet nationally-approved standards of practice;
- To provide a single unified voice for the hypnotherapy industry;
- To provide a consistent Code of Conduct and set of Practitioner Standards;
- To provide a National Complaints Tribunal;
- To promote the professional development and growth of practising hypnotherapists;
- To assess, review and recognise hypnotherapy education courses;
- To provide an industry-based association for persons engaged in hypnotherapy education;
- To raise awareness of Australian hypnotherapists internationally;
- To help the public at large to become more aware of the hypnotherapy profession and the availability of reputable hypnotherapists;

Standards:

The Code of Conduct and Training Standards documents reflect the association’s standards. These can be found on the AHA web site.

Purpose:

The AHA sees its purpose as providing:

- a professional association that represents high standards, benefits and services for its members,
- a formal registration process that can be audited and made available for public scrutiny,
- through the provision of professional services the ability to raise public confidence and trust in the hypnotherapy profession.

Mission Statement:

To continue to be recognised by the profession, public and government as The National Peak Association for practicing hypnotherapists in Australia.

The AHA is a non-profit organisation

The AHA is a non-profit, democratic institution, and is independent of any academic or commercial interest.

International Alliances:

Through professional and personal contacts with other national and international Peak hypnotherapy associations, the AHA encourages cooperative relationships with fellow professionals throughout the world.

In 2006 the AHA was formally recognised by the largest hypnotherapy association in the UK, by forming a strategic alliance with the UK Hypnotherapy Peak Body, The General Hypnotherapy Standards Council. As the GHSC is arguably the world’s largest and most successful professional body for hypnotherapists this reflects the AHA’s standing within the International community of hypnotherapists.

Affiliations with Peak Australian Associations:

The AHA has also been recognised within Australia through its inaugural membership with 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.

The AHA is also on the committee for DepressioNet.com. As well as being listed as a referral agent on the Stop smoking website and the Stop Gambling website.

Registration of Independent Hypnotherapists

The AHA acts as the National Registration body for hypnotherapists and therefore is primarily an individual membership body. Hypnotherapists, NLP practitioners, life coaches, counsellors, psychotherapists, social workers, psychologists, nurses, etc may apply for membership if they meet the hypnotherapy eligibility criteria as defined later in this application.

The AHA is now wishing to encourage all its accredited members onto this voluntary register as a free benefit in preparation for any future statutory regulation. Thus as a matter of course all accredited members are now automatically registered with the NHRA at no cost (with an opt-out clause for those who do not wish to be registered). Continued registration is dependent upon the maintenance of your accreditation

The AHA welcomes professionals from other disciplines that have hypnotherapy training. However the AHA is primarily a body for hypnotherapists first and foremost. Therefore registration with other professional bodies or state registration boards will not automatically meet AHA membership criteria. The AHA's philosophy is that all hypnotherapists who have completed the appropriate training should have access to membership of a National body at a level that enables them to be registered.

Why be Registered:

Members of the Australian public are familiar with the term Registered. Psychologists, doctors, psychiatrists and nurses are all registered professionals. When members of the public use any of these professions there is an inherent understanding that the services they are offered are by registered professionals. For a hypnotherapist to practice as a registered hypnotherapist the public needs to know the hypnotherapist not only meets membership criteria but also meets other criteria to meet quality control, risk management issues and accountability. How does being registered meet these issues?

Mandatory requirements of Professional Supervision and Ongoing Professional Development (OPD) address quality control issues. Quality control also includes mandatory requirements to have Professional and Public Liability Insurance as well as mandatory registration for an Australian Business Number (ABN) for individual practitioners. All this is incorporated with a complaints commission to address accountability issues. Risk management is addressed through training offered by the AHA and through articles in its bi-monthly e-journal Hypnopatter.

Each member of the AHA provides documentary evidence annually to meet these standards. Every hypnotherapist who is registered with the AHA has an individual personal file kept at the AHA's National Head Office that can show through documentary evidence that this member does meet all necessary requirements. Each file is audited annually to ensure the registered hypnotherapist maintains all mandatory requirements. This cannot be said of any other similar register.

Grandfather Clause

The AHA is an inclusive association and welcomes membership applications from older experienced hypnotherapists who do not necessarily meet all our educational requirements. The AHA is aware that some older hypnotherapists do not have a formal recognised qualification in hypnotherapy, but do have an extensive history and experience in the hypnotherapy field. Many older hypnotherapists who first began practising over 25 years ago were not required to complete extensive courses in hypnotherapy. Therefore hypnotherapists who wish to join the AHA and who believe that they may fall into this category should ring the Free Advisory line 1800 067 557 for more details about how to apply under this clause. However, only older hypnotherapists who have a significant documented history of practice as a hypnotherapist can apply under this clause.

AHA Recognised Academic Qualifications

Standards of training for membership of the AHA are high. Many training providers are now asking the AHA to assess their courses to ensure their students are able to register for membership of the AHA.

An accredited course to meet AHA Associate standards must have a minimum of 150 hours of course content including experiential training. An accredited course to meet AHA Clinical standards must have at least a minimum of 450 hours of course content including experiential training. Hypnotherapy skills must be assessed in an experiential setting. Experiential training is work that involves hypnotherapy practice and assessment via face-to-face with an assessor who is also a qualified hypnotherapist. Courses that assess by essay form only are not acceptable.

Courses that meet AHA training standards in relation to registration can be found on the AHA website or alternatively you can phone the Free Advisory Line 1800 067 557 and clarify whether your qualification or course meets with AHA training standards. Courses that carry the AHA courses recognition logo also automatically meet AHA academic standards.

Reciprocal memberships:

Due to considerable differences in membership criteria and training standards it is not possible at this moment for the AHA to have any formal reciprocal agreements with most overseas associations. However, full members of ASTA, ASCH, PCHA & GHR will in most cases be eligible for clinical membership to the AHA. Members of these associations who wish to join the AHA must produce a current certified Certificate of Membership complete with all AHA requested documentation before membership can be considered.

AHA State Chapters

Attendance at State Chapter and MA meetings attract points in relation to OPD and any activities such as group supervision are counted towards your professional supervision requirements.

For further information on MA's and State Chapters go to our web site: www.ahahypnotherapy.org.au or Phone 1800 067 557 or Contact the Membership Secretary for your state.

BENEFITS OF MEMBERSHIP

- Belonging to the oldest, largest & finest professional Hypnotherapists' Association in Australia, recognised nationally and internationally.
- Registration as a Clinical member.
- Receive a Certificate of Clinical membership.
- Receive an AHA membership Card
- Added to the AHA mailing list.
- Referrals from the AHA Free Advisory Line. (our toll free 1800 number) by an experienced, specialist Hypnotherapist
- Referrals from The Smoking Quitline.
- Referrals from The Gambling line.
- Free listing on the AHA Web Site of members' contact details together with active links to their own email addresses and websites
- Free subscription to the AHA bi-monthly 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's strong Support Network
- Health Fund Rebates for your clients.
- Rights to use the acronym CMAHA (Clinical 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.
- The circularisation of details of forthcoming workshops and seminars
- The provision of regional information to members seeking peer group or personal supervision
- Clinical members may use the AHA logos
- Free publication and distribution of regular *News Bulletins*
- The provision of relevant information on all aspects of the profession to government departments, insurance companies, the health funds, the media and the public
- Free provision of user-friendly *Data Sheets* for the maintenance of Continuing Professional Development records
- Representation to, and dissemination of relevant information from the Department of Health (DoH) and all other interested Agencies

MEMBERSHIP CRITERIA

Clinical Member

Criteria for eligibility for "Clinical Membership", the applicant –

- Has the equivalent of 450 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including but not restricted to:
 - Overview of hypnotic strategies
 - Susceptibility techniques
 - Hypnotic terminology
 - Dangers of Hypnosis
 - Open & closed eye induction techniques
 - Deepening Techniques
 - Abreaction through hypnosis
 - Regression and progression
 - Hypnotic Anesthesia
 - Therapeutic applications
 - Script writing
- * and including:
 - Counselling skills - min. 80 hours
 - Basic Psychological Process - minimum. 30 hours
 - Ethics 6 hours
- with at least 80 hours of face to face practice of techniques in study groups.

- As well as having completed a minimum of 500 hours of post training client sessions

- 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.*
- Has produced a clean police record card and/or Working With Children Card
- 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 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
 - 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 the \$40 application fee (When accepted for membership the annual fee is \$198 (pro-rata))
- Membership renewals are due on 1 January of every year

Professional Member

Criteria for eligibility for "Clinical Membership", the applicant –

- Has the equivalent of 450 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including but not restricted to:
 - Overview of hypnotic strategies
 - Susceptibility techniques
 - Hypnotic terminology
 - Dangers of Hypnosis
 - Open & closed eye induction techniques
 - Deepening Techniques

- Abreaction through hypnosis
- Regression and progression
- Hypnotic Anesthesia
- Therapeutic applications
- Script writing

* and including:

- Counselling skills - min. 80 hours
- Basic Psychological Process - minimum. 30 hours
- Ethics 6 hours
- Setting up a practice

• with at least 80 hours of face to face practice of techniques in study groups.

- 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.*
- Has produced a clean police record card and/or Working With Children Card
- 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 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
 - 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 the \$40 application fee (When accepted for membership the annual fee is \$198 (pro-rata))

- Membership renewals are due on 1 January of every year
- \$198 Annual (pro-rata) Membership due on 1 January of every year

NB. A Student member upgrading to Professional membership will have their first year of membership waived. A \$40 Application fee for membership plus the normal documentation is all that is required for your first year of membership with the AHA. The AHA recognizes that there are costs involved in setting up in a new profession and believes this is a tangible way to demonstrate that the AHA will do everything it can to assist you to be a success in your profession.

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 or planning to engage in further 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.

Criteria for Eligibility for “Associate Membership”

- Has the equivalent of 150 hours of formal training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy
 - Overview of hypnotic strategies
 - Susceptibility techniques
 - Hypnotic terminology
 - Dangers of Hypnosis
 - Open & closed eye induction techniques
 - Regression and progression
 - Therapeutic applications

* and including:

- Counselling skills - min. 35 hours
- Basic Psychological Process - minimum. 6 hours

* with at least 35 hours of face to face practice of techniques in study groups.

- 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 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 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.*
- Has produced a clean police record card
- Has produced a clean Working With Children Card
- 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 the \$40 non refundable application fee (When accepted for membership the annual membership fee is \$98 (pro-rata))
- Membership renewals are due on 1 January of every year

NB. A Student member upgrading to Associate membership will have their first year of membership waived. A \$40 Application fee for membership plus the normal documentation is all that is required for your first year of membership with the AHA. The AHA recognizes that there are costs involved in setting up in a new profession and believes this is a tangible way to demonstrate that the AHA will do everything it can to assist you to be a success in your profession.

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 Membership.
- *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 a \$40 (pro-rata) cheque payment of all the prescribed charges \$40 Annual (pro-rata) Membership due on 1 January of every year

NB. A Student member upgrading to Associate or Professional member membership will have their first year of Associate or Professional membership waived. A \$40 Application fee for membership plus the normal documentation is all that is required for your first year of membership with the AHA. The AHA recognizes that there are costs involved in setting up in a new profession and believes this is a tangible way to demonstrate that the AHA will do everything it can to assist you to be a success in your profession.

Affiliate Member

The purpose of this membership category is to serve the interests of those who have an interest in Hypnotherapy but do not necessarily intend to practice as a hypnotherapist or those who are members of another Hypnotherapy Association

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 AHA whatsoever and/or that they are accredited by the AHA and/or are working under the auspices of the AHA
- The application is accompanied by a cheque payment of all the prescribed charges and fees as stated below

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

AHA CONTACT DETAILS

www.ahahypnotherapy.org.au

Head Office 19 Macleay Ave, Wahroonga 2076
Free call All States **1800 067 557** (Victoria 1800 186 305)

National Management Committee Members

National President / AHA Webmaster

Antoine Matarasso
73 Terrace St.
New Farm Qld. 4005
Tel: (07) 3254 1373
antoine@trancesolutions.com

National Secretary / NSW Representative

Katherine Ferris
9 Post Office Rd
Glenorie
Tel: (02) 9652 1818
katherine@sydneywellbeing.com

National / Director / National Membership Secretary & ACT, NT, SA & TAS Representative.

Stephanie Lewis
23 Leonard Ave
Toukley NSW 2263
Phone: (02) 4397 2833
stephanielewis@westnet.com.au

National Director/ Queensland Representative

Maria Element Mob: 0421 396 994
marie@marieelement.com.au

National Vice President / Health Funds Representative

Bernadette Rizzo
65 Pinnibar St
Hemmont 4178
(07) 3890 0959
bernierizzo@hotmail.com

National Treasurer/ Registrar

Mia Lack
19 Macleay Street
Wahroonga NSW 2076
Tel: (02) 9489 0158
mialack@tpg.com.au

National Director/ Conference Coordinator

Lydia Deukmedjian
0410 327 665
Lydia@acceleratedhealing.com.au

National Director/ Victoria Representative

Christine Taplin (03) 9773 8850
hypnochris@optusnet.com.au

National Director/ WA Representative

Linda Milburn (08) 9380 8862
glimilburns@bigpond

