



Australian Hypnotherapists' Association

ABN 20 004 388 872

Founded 1949 • Incorporated (Registered) 1957

AHA Prospectus and Information Booklet

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

Advisory Line: 1300 55 22 54
www.ahahypnotherapy.org.au

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Welcome & Introduction

Thank you for your interest in joining the Australian Hypnotherapists' Association (AHA). This booklet explains our mission and membership criteria. If you need further information, please phone our Advisory Line on 1300 55 22 54.

The AHA is unlike any other body for hypnotherapists in Australia. The AHA considers Clinical Hypnotherapy a professional modality with clearly recognisable standards and a philosophy supported by a distinct and evidence-informed body of knowledge.

Australia's oldest registration body. The AHA has been a primary national registration body for hypnotherapists since 1949 and is the oldest hypnotherapy association and registration body for Clinical Hypnotherapists in Australia. Registration with a professional body such as the AHA reflects a hypnotherapist's willingness to be accountable to the public and provides the only formal process the public can rely on for standards and accountability. Membership is not restricted to Australian-based hypnotherapists: being one of the oldest Clinical Hypnotherapy Associations in the world, the AHA is a voice for all professional hypnotherapists, with many international members.

Australia's leading independent, national registration and industry body. Established in 1949 and incorporated in 1957, the AHA has evolved into the largest independent professional body for clinical hypnotherapists in Australia. We only represent professional hypnotherapists who meet the highest industry standards. Our many roles include but are not limited to establishing and promoting consistent training standards for Clinical Hypnotherapists in Australia, providing ongoing professional development and mentoring, professional supervision, and industry representation to government and other bodies, including the traditional medicine and health insurance industries.

Our primary responsibility. The AHA maintains a national register of AHA Clinical Hypnotherapists and sets the criteria for formal approval of AHA-recognised training courses. The AHA is proudly independent, with no direct relationship to any one teaching institution, so it can evaluate each applicant objectively on their academic output, training and experience.

An action-orientated body. The AHA is not simply a service and membership body. Member benefits and services are our first priority, alongside our commitment to ensuring the hypnotherapy profession is represented appropriately to government and other professional organisations. Our national office advisory line, 1300 55 22 54, responds quickly to enquiries.

National recognition. AHA membership and registration via our public directory have gained national recognition as the standard for the practice of hypnotherapy. Government departments, insurance companies and the public increasingly view membership of a professional association such as the AHA as a basic requirement for hypnotherapy as a treatment modality. Recognition of your qualifications by a reputable national organisation such as the AHA establishes your professionalism and good character towards clients, the public and colleagues. AHA registration also means practising under a uniform, clearly defined Code of Ethics and Conduct.

To become a member, you must show the Board that you attended a training school recognised by the AHA and/or that meets the AHA's high professional standards set out in this prospectus. Documented evidence of training qualifications from the school will automatically be considered as meeting the AHA's criteria. All prospective members also require a clear police check and, where indicated, a Working with Children Check, plus current first aid and insurance. Once accepted, members must maintain a supervisory relationship and ongoing professional development throughout their membership and uphold the Association's Code of Ethics and Conduct (see the AHA website, www.ahahypnotherapy.org.au, for further details).

What does the AHA offer that other associations do not?

The AHA is a national registration body for Clinical Hypnotherapists and a progressive professional association fulfilling a critical role within the Australian hypnotherapy industry. It provides a unified voice for Clinical hypnotherapists by:

- Supporting, promoting and mentoring our members through every stage of their professional journey
- Setting industry standards for all hypnotherapists
- Maintaining a national directory of practising clinical hypnotherapists
- Raising public awareness of the hypnotherapy profession and the availability of reputable practitioners
- Maintaining a national complaints committee and a consistent Code of Ethics and Conduct
- Lobbying health funds for client rebates, and government for formal recognition of hypnotherapy as an allied health profession
- Lobbying insurers for fair and reasonable coverage and for formal recognition of hypnotherapy as an independent profession

Professional representation

The AHA's credibility as a professional registration body is reflected in its standards, benefits, services our members can normally speak directly with an AHA administrator, or their call will be returned as soon as practicable. All applications and personal information are held securely on the national database, and part-time professional administrators ensure applications and documentation are processed efficiently.

The National Board is made up of member representatives from across Australia, spanning private practice, supervision, education and training, which promotes informed decision-making and effective governance for all members.

Directory registration is open to all AHA Advanced Clinical, Clinical, Professional and Graduate hypnotherapists who meet accreditation standards, at no extra administrative cost. The public directory is linked to the member management system, so updates to member information flow through automatically. All eligible members are included on the directory and have the ability to update their public profile by adding personal information, areas of practice and their individual specialities, creating higher visibility. Being on this register affirms to the public that they are qualified professional AHA hypnotherapists, trained to the highest industry standards who are committed to maintaining accountability through annual supervision and ongoing education requirements.

Hypnotherapy is currently not government-regulated, therefore as an independent regulatory body, the AHA ensures the highest standards in the profession. We engage with government bodies, championing the recognition of hypnotherapy as an independent therapy process in its own right, while also advocating for its role as a complementary therapy to other disciplines. Recognised as the peak association, we provide expert advice on all matters concerning hypnotherapy.

Membership benefits and services – highlights

The AHA Advisory Line

1300 55 22 54, or email administrator@ahahypnotherapy.org.au.

Continuing professional development

To help members stay current, the AHA maintains a continuing education program of seminars, workshops, discussion/support groups and supervision sessions (group and one-on-one). All AHA workshops and seminars are run by well-known speakers and experts, fostering a broadly accessible collegial and educational culture.

Members receive substantial discounts on AHA workshops. Face-to-face training days let members meet informally, socialise, network and exchange ideas. The AHA has also developed a permanent workshop platform delivered via Zoom, giving members far greater access to ongoing training. The AHA may advertise members' workshops via the AHA Members database, and all events are listed on the AHA website calendar.

Australian Hypnotherapy Journal

The AHA's quarterly e-journal is currently out of production. Previous editions can be accessed on the AHA website or in the National Archives.

Keeping in touch

The National Board welcomes feedback and ideas from members, who can connect via:

- AHA Members and Friends (Facebook Group)
- Australian Hypnotherapists Association (Facebook Page)
- Instagram: www.instagram.com/australianhypnotherapistsassoc/
- Collegial peer/supervisory network groups: www.ahahypnotherapy.org.au/hypnotherapy-training/aha-events-calendar/

Private Health Fund Provider Numbers

The AHA was the first hypnotherapy association to successfully negotiate provider numbers specifically for clinical hypnotherapists in Australia, and has since fostered strong relationships with private health funds, resulting in continued funding for AHA members in recognition of their high clinical standards.

To ensure continued recognition, all AHA members must comply with the Private Health Insurance (Accreditation) Rules summarised below.

Section 9 – Treatments by Allied Health Professionals

- Treatments in fields specified under Section 12 of the Health Insurance Regulations 2018, as amended, must be administered by allied health professionals who are appropriately qualified in those fields.
- Qualification is confirmed by meeting the educational and training standards outlined in the Health Insurance (Section 3C General Medical Services – Allied Health Services) Determination 2024, or its successor.
- Additional recognition or membership requirements for specific services should be enforced only when explicitly mandated by the relevant Medicare instrument or applicable law.

AHA recognition by government

The AHA is recognised as an authority on clinical hypnotherapy by government and private agencies. Members are regularly invited to speak nationally and internationally at conferences, community and service organisations, and are recognised as health professionals by many private health funds.

Discounted Professional Indemnity and Public Liability Insurance

All practising AHA members must carry professional indemnity and public liability insurance. The AHA has negotiated competitive rates with independent providers, although members are not restricted to this choice. Contact details are available on the AHA website.

Research

The AHA recognises the importance of research and development for the advancement of hypnotherapy, and publishes Australian and international researchers' findings on the AHA website. The AHA is also proactive in sharing current, credible, well-constructed research via social media, to create discussion and build public awareness of the body of empirical evidence supporting Clinical Hypnotherapy.

The History of the AHA

The Australian Hypnotherapists' Association (AHA) has been representing hypnotherapists in Australia since 1949.

The AHA's early members were pioneers of hypnotherapy in Australia. The Association was officially formed in Victoria in 1949, although all foundation members had already been in practice for many years. The AHA was created as a national peak body out of concern that aspects of the profession could otherwise be regulated by governments or other bodies without specialist knowledge of the hypnotherapy field. It was established as a hypnotherapy registration body for four reasons:

- To provide a unifying self-regulation role for the profession, developing and maintaining uniform technical, clinical and ethical standards.
- To support members through exchanges of information, supervision and continuing education, workshops, seminars and conferences.
- To advance the knowledge, art, science and practice of hypnotherapy, elevate the status of the profession, and build community respect and confidence.
- To stimulate public interest in hypnotherapy and keep members up to date with the latest developments and techniques.

In 1957 the AHA was incorporated as a company limited by guarantee, a non-profit, democratic association with branches in most Australian states. Over the years it has gained wide recognition for the expertise and ethical standards it has maintained. As the independent registration body of the time, it set a high standard of proficiency, accepting only skilled therapists of high integrity using approved techniques.

The AHA proudly continues to be the largest, leading independent registration body for Clinical Hypnotherapists.

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

AHA Vision Statement

To be the peak association advocating for registered clinical hypnotherapists in Australia.

Mission Statement

As Australia's first hypnotherapists' association, we are a unifying voice between AHA Registered Clinical Hypnotherapists, the community and governments within Australia, ensuring the highest professional standards of practice and ethical conduct.

AHA Aims, Standards and Purpose

Aims

- To provide continuing empirical leadership and support in hypnotherapy to practising registered clinical hypnotherapists throughout Australia.
- To advance the hypnotherapy profession in Australia through review of evidence-based academic research.
- To be a self-regulatory body providing registration for AHA clinical hypnotherapists in Australia.
- To liaise with government for the benefit of members and the public.
- To maintain a world-class directory of qualified, practising registered clinical hypnotherapists.
- To identify to consumers those registered clinical hypnotherapists who meet nationally approved AHA standards of practice.
- To provide a single unified voice for the hypnotherapy industry.
- To provide a Code of Ethics and Conduct and a set of Practitioner Standards.
- To provide a National Complaints procedural process and Ethics Committee.
- To promote the professional development and growth of practising registered clinical hypnotherapists.
- To mentor and support newly qualified clinical hypnotherapists.
- To support established members through challenging and difficult circumstances.
- To review hypnotherapy education courses and recognise those meeting AHA minimum standards.
- To provide an industry-based association for persons engaged in hypnotherapy education.
- To raise international awareness of Australian registered clinical hypnotherapists.
- To educate the community about the benefits of the hypnotherapy profession and the availability of reputable registered clinical hypnotherapists.
- To provide a register of approved AHA supervisors.

Standards

The Code of Ethics and Conduct and Training Standards documents reflect the Association's standards. These can be found on the AHA website, www.ahahypnotherapy.org.au.

Purpose

The AHA sees its purpose as providing:

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

Non-Profit Status & International Affiliations

The AHA is a non-profit organisation

The AHA is a company limited by guarantee, structured as a non-profit, democratic institution, independent of any academic or commercial interest.

Collegial relationships with Australian and international associations

The Australian Hypnotherapists Association (AHA) is recognised within Australia through its affiliate membership with the Psychotherapists and Counsellors Federation of Australia (PACFA), a national peak body representing practitioners across psychotherapy, counselling, and hypnotherapy modalities. The AHA also collaborates with the Australian Counselling Association (ACA) and the Massage and Myotherapy Association of Australia (MMA), among many other professional bodies. By fostering these relationships, the AHA continues to strengthen its connections with allied health professionals, ensuring a comprehensive and integrated approach to therapy and wellness across various disciplines.

Through professional and personal contacts with other national and international peak hypnotherapy associations, the AHA encourages cooperative relationships with fellow professionals worldwide. These collegial relationships with both Australian and international associations reinforce the AHA's commitment to advancing the field of hypnotherapy and supporting practitioners across the globe.

Registration of independent hypnotherapists

The AHA acts as a national registration body for clinical hypnotherapists via its directory and is primarily an individual membership body. Hypnotherapists, NLP practitioners, life coaches, counsellors, psychotherapists, social workers, psychologists, nurses and others may apply for membership where they meet the hypnotherapy eligibility criteria defined later in this booklet.

As a free benefit, all AHA practising members are automatically registered on the directory at no extra cost (with an opt-out for those who prefer not to be listed). Continued registration depends on maintaining annual membership renewal, including Continuing Professional Development and supervision requirements, as set out under Membership Criteria.

The AHA welcomes professionals from other disciplines who have hypnotherapy training however it is primarily a body for hypnotherapists first and foremost. Registration with other professional bodies or state registration boards may therefore not automatically meet AHA or directory membership criteria. The AHA's philosophy is that all hypnotherapists who have completed appropriate training should have access to membership of a national body, such as the directory, at a level that enables registration.

AHA is an Independent Self-Regulatory Body

The Australian Hypnotherapists' Association is an Independent Self-Regulatory body requiring members to meet and maintain the highest professional standards.

Members of the public are familiar with the term 'registered' – psychologists, doctors, psychiatrists and nurses are all registered professionals, and the public expects that such professionals have met accepted educational standards and adhere to accepted professional requirements. The hypnotherapy profession is not government-regulated, so in the interests of professional excellence, the AHA self-regulates its members, ensuring they meet specific professional and educational standards. The public can therefore be assured that any hypnotherapist on the AHA Hypnotherapy Register meets strict AHA membership criteria as well as other mandatory criteria ensuring risk management, quality control and professional accountability.

All members appearing on the AHA Hypnotherapy Register adhere to the following:

- Professional codes of conduct and behaviour
- Membership-level specific minimum educational standards
- Membership-level specific client contact hours
- Ongoing mandatory professional supervision
- Continuing Professional Development (CPD)
- Current Professional and Public Liability Insurance
- Current Working with Children Check
- Current First Aid certification

Each hypnotherapist on the AHA Register has a personal file on the national database, with documentary evidence that all mandatory requirements have been met. Each file is audited annually to ensure continued compliance.

The AHA also maintains a complaints resolution team / Ethics Committee, which addresses community complaints and member ethical accountability, and member risk management is regularly addressed through AHA training.

Recognition of Prior Learning

The AHA is an inclusive association and welcomes applications from experienced hypnotherapists who do not necessarily meet all of the AHA's educational requirements. The AHA recognises that some longer-serving hypnotherapists do not hold a formal recognised hypnotherapy qualification but have extensive history and experience in the field – many who began practising more than 30 years ago were not required to complete extensive hypnotherapy courses.

Hypnotherapists who believe they may fall into this category should phone the national office on 1300 55 22 54 for details on how to apply under this clause. Only experienced hypnotherapists with a significant documented history of practice may apply this way; all new graduates must enter at Graduate level.

AHA Recognised Academic Qualifications

The AHA upholds high membership training standards, and many training providers now ask the AHA to review their courses so students can register for AHA and/or directory membership.

To meet entrance-level membership requirements, an AHA-accepted course must include a minimum of 1,000 hours of content, including experiential training, ethics and counselling skills. Hypnotherapy skills must be assessed in an experiential setting – face-to-face practice and assessment (online or in person) with a qualified hypnotherapist assessor. Short online courses and/or courses assessed by essay only are not acceptable.

Courses that meet AHA training standards can be found on the AHA website, or you can phone the advisory line on 1300 55 22 54 to confirm whether your qualification or course meets AHA training standards. Courses carrying the AHA course-recognition logo automatically meet AHA academic standards, and the content of recognised courses is audited by the AHA every two years to ensure it continues to meet AHA's standards.

Non-Practising Members

Conditions of non-practice

Non-practising members are not required to:

- Complete Continuing Professional Development (CPD)
- Maintain professional indemnity insurance
- Participate in supervision

Non-practising members may not advertise hypnotherapy services or represent themselves as practising AHA members.

Initial or reinstated membership after a period of non-practice

- **Up to 12 months:** No additional requirements – full practising status is reinstated on application and payment of fees.
- **12 to 24 months:** 20 points of approved CPD required.
- **24 months to 5 years:** 50 hours of approved refresher education required.
- **5 to 8 years:** 100 hours of approved hypnotherapy education required.
- **Over 8 years:** No reinstatement – a recognised primary training course (minimum 1,000 hours) must be completed.
- **Transitioning from another association:** Must demonstrate compliance with AHA CPD and supervision requirements; a lower membership level may apply if these are not met.

Application process

- Submit a Reinstatement Application.
- Attend an AHA Reinstatement Call.
- Provide evidence of refresher education (if needed).
- Submit evidence of CPD and supervision (if transitioning from another association).
- Provide professional indemnity insurance details.
- Pay membership fees.

Applications are reviewed by the AHA Membership Committee, with reinstatement at the Committee's discretion based on compliance.

Contact AHA – a national organisation

You can contact our National Board members and administrator via <http://ahahypnotherapy.org.au/contact/> or by phoning 1300 55 22 54.

Benefits of AHA Membership

Once you are a member, the AHA offers a unique combination of benefits.

Professional opportunities

- The prestige of belonging to the oldest and largest professional hypnotherapy association in Australia, recognised nationally and internationally
- Reduced registration for international and national hypnosis conferences
- Circulated details of forthcoming AHA workshops and seminars, giving access to advanced specialist hypnotherapy training
- The opportunity to have articles published on the AHA website
- Upgrading to higher membership levels as soon as you qualify
- Increased credibility with clients, referrers and allied health professionals
- Eligibility for listing on the AHA national register of hypnotherapists
- Access to client referrals via the AHA advisory and enquiry service
- Clear professional identity supported by a recognised Code of Ethics
- Access to professional supervision and peer support groups
- Opportunities to publish and contribute to professional journals and forums
- Advocacy and representation with insurers, government and industry bodies
- Access to approved professional indemnity insurance pathways
- Staying informed about industry developments, standards and best practice

Promotional opportunities

FREE listing on the national directory, including:

- “Find a Hypnotherapist” search by postcode, suburb or name
- Therapy delivery method
- A free active link to your email address and website(s)
- A personalised description of your qualifications and specialties
- The ability to update your listing at any time, at no cost

FREE dedicated national advisory line, available to all Graduate, Professional, Clinical and Advanced Clinical members. This 1300 number is also available to the public between 9:00 am and 12:00 pm (AEST/AEDT) Monday to Friday, with voicemail outside these hours.

Professional support

- A strong support network – access to professional supervision with trained AHA supervisors who support your career progress
- Publication (on the AHA website) of regional information for registrants seeking peer group or personal supervision arrangements
- Access to AHA administration support for clinical and administrative information
- Access to all AHA social media discussion groups and professional peer discussion groups
- Receipt of all membership mailouts
- A Facebook discussion group where you can ask other members about any issues you encounter
- The opportunity to build professional relationships with hypnotherapists throughout the world
- Access to free clinical resources and templates
- Access to Member Support Groups (see below)

Member Support Groups

The AHA runs several member meet-up groups. Their common purpose is to reduce professional isolation and support ongoing practice through shared resources and open, helpful discussion. Group-specific details are summarised below.

Group	Purpose	Notes
World's Biggest Meet-Up Group	Supports all active AHA members; shared learning, open therapeutic discussion, peer connection and reduced isolation; explores ongoing practice requirements.	Open to all members. AHA CPD points allocated per session.
Graduate Meet-Up Group	Nurtures new therapists transitioning from student to independent practitioner; explores issues around setting up and commencing practice; shares resources.	For Graduate members. AHA CPD or Group supervision points allocated per session.
New Member Meet-Up Group	Open forum for new members' questions, including membership requirements, points, supervision, CPD, workshops, document uploads and the membership website.	For newly joined members. AHA CPD points allocated per session.
Clinical Peer Meet-Up Group	Supports Clinical members; shared peer resources and experiences; open therapeutic discussion; may create new group-supervision opportunities.	For Clinical members. AHA peer group supervision points allocated per session.
AHA Supervisors' Meet-Up Group	Supports active AHA supervisors; shared learning, open discussion, peer connection; explores ongoing practice requirements.	For approved AHA supervisors. AHA Supervisor CPD points allocated per session.

Professional security & credibility

- Access to discounted Professional Indemnity & Public Liability Insurance
- Health fund provider numbers, allowing rebates for your clients from selected funds
- Advice on obtaining police record and Working with Children Check disclosures
- Ongoing updates on government legislation concerning the hypnotherapy field
- The opportunity to create positive change in the industry by becoming a board or sub-committee member
- Representation to, and dissemination of information from, the Department of Health and Ageing and other relevant agencies
- Provision of relevant information on all aspects of the profession to registrants, media and the public

Member discount benefits with:

- Selected insurance providers
- Fit2Work, for police checks

International professional affiliations

When relocating overseas, an international reciprocal alliance agreement may be available for AHA members upon application with the relevant association.

Access to the above benefits in individual cases is always at the discretion of the AHA Executive.

Membership Criteria (General)

Admission to AHA membership is conditional on agreement to adhere to the regulations in the AHA Constitution, the AHA Code of Ethics and Conduct, and the Code of Conduct for Non-Registered Health Practitioners as established and governed by the relevant regulatory authorities in your state of practice, together with satisfactory completion of an appropriate hypnotherapy training course. Exemptions may be granted where, in the opinion of the Board of Directors, a candidate can demonstrate existing competencies (Recognition of Prior Learning).

Membership Levels Overview

The AHA offers a tiered membership structure, summarised below. Full eligibility criteria for the practising levels (Advanced Clinical to Graduate) follow later in this booklet.

Level	Title	Acronym	Summary
-	President Emeritus	PEMAHA	Life/Fellow member who has stepped down after ≥ 12 months as National Board President; unanimous Board recognition of outstanding service. Title held for the duration of the subsequent presidency.
-	Emeritus Board Member	EBMAHA	Life/Fellow member who has stepped down after ≥ 5 years' Board service; unanimous Board recognition of outstanding service.
10	Life Member	LMAHA (RLMAHA if retired)	Fellow/Clinical member recognised by unanimous Board decision for outstanding, substantial and original contribution. Free lifetime membership, subject to ongoing standard requirements.
9	Fellow Member	FMAHA (RFMAHA if retired)	Clinical member with ≥ 5 years' service, recognised by unanimous Board decision for advancing hypnotherapy knowledge. Ongoing standard requirements apply; annual certificate issued.
8	Advanced Clinical Member	ACMAHA	≥ 2,500 training hours + ≥ 1,000 post-graduate client hours. Annual certificate issued.
7	Clinical Member	CMAHA	≥ 1,500 training hours + ≥ 500 post-graduate client hours. Annual certificate issued.
6	Professional Member	PMAHA	≥ 1,000 training hours + ≥ 250 post-graduate client hours. Annual certificate issued.
5	Graduate Member	GMAHA	≥ 1,000 training hours. Annual certificate issued.
4 / 3 / 2	Provisional Clinical / Professional / Graduate Member	-	Same training-hour thresholds as the corresponding full level. Insurance is required if practising CPD and supervision are encouraged rather than required. May display AHA provisional Logo No health funds Must not represent themselves as full AHA members
1	Affiliate Community Member	-	For those with an interest in hypnotherapy – including related-field practitioners, students, and international practitioners/trainers – who may or may not meet full membership standards.
-	Honorary Member	-	Bestowed at Board discretion on visitors who would not ordinarily be AHA members (e.g. distinguished overseas speakers).
-	Academic Member	-	Schools/training organisations whose courses are AHA-recognised. No voting rights but may nominate a representative to an AHA sub-committee when requested.

Additional Information

National Police Checks

- The AHA requires all members to hold a clean police clearance for successful entry to the Association.
- It is each member's responsibility to obtain a copy of their police check, which may be applied for online.
- Police checks can be applied for online via Fit2Work.

Working with Children Checks

- Some private health funds require members to hold a current Working with Children Check (WWCC) before clients can claim benefits. It is therefore AHA policy that all members require a WWCC, regardless of client base.
- It is each member's responsibility to obtain a copy of their WWCC, which may be applied for online.

First Aid Certificate

- The AHA requires all members to hold a current First Aid certificate. The current qualification is HLTAID011 – Provide First Aid, though this may change due to government requirements – please check with your training provider for the latest qualification issued.

Professional Indemnity and Public Liability Insurance

The AHA requires all members to hold an up-to-date Certificate of Currency with the following minimum cover:

- **Professional Indemnity:** \$10,000,000
- **Public and Product Liability:** \$10,000,000

While \$10,000,000 is the minimum policy accepted by the AHA, we recommend \$20,000,000 of cover, and many members choose this higher level to ensure adequacy of cover. The choice above the minimum is at each therapist's discretion. The AHA takes no responsibility for the insurance choices of individual members.

Entrance Pathways to Professional / Clinical and Advanced Clinical Levels

Pathway A

Requires an applicant to have completed the membership level's minimum required hours of training in Clinical Hypnotherapy from a training provider recognised by the AHA Board, AND to have completed the membership level's minimum number of post-graduation client-practice hours, as described in the relevant section of this prospectus.

Pathway B

Requires an applicant to provide evidence of Recognition of Prior Learning (RPL) and/or Recognition of Prior Experience (RPE), demonstrating that workplace practical and theoretical experience and learning meet the minimum expectations of the membership level.

Evidence may take the form of:

- Certification of relevant coursework, denoting hours of study
- Statutory Declarations from employers or clinical mentors
- A letter from your supervisor
- Other relevant information supporting your application

If you intend to apply for a membership upgrade via Pathway B, please email membership@ahahypnotherapy.org.au to discuss the requirements of this pathway before submitting an application.

Membership Criteria – Level 8: Advanced Clinical Member

Qualifications and experience

- A minimum of 2,500 hours of recognised formal training, covering advanced theory, practice and clinical applications of hypnosis and hypnotherapy, including – but not limited to – the basic criteria shown for Graduate membership.
- A minimum of 1,000 client hours of post-training practical experience under supervision.
- A minimum of 90 supervision hours.
- A minimum of 7.5 years' post-graduate experience.
- All prescribed documentation and/or other supporting evidence required by the Executive (it is the applicant's responsibility to verify all information and documentation supplied).
- Satisfies the Executive of good reputation and character via 3 referees attesting to your professional capabilities, fame, reputation and character: one (1) from your supervisor, and two (2) from people unrelated to you who have known you professionally for at least two years.

Insurance / First Aid / Police Check / Working with Children Check

- Has undertaken to cover themselves with Professional Indemnity and Public Liability Insurance, and agrees to hold the AHA indemnified for judgements and costs arising from any action against it in connection with the applicant's conduct as a hypnotherapist.
- Has obtained, and agrees to maintain, a current First Aid Certificate ("Provide First Aid").
- Has obtained, and agrees to maintain, a Working with Children Check where appropriate.

An invalid First Aid certificate may void Professional Indemnity Insurance, AHA membership, and clients' ability to receive a Health Fund rebate.

Continuing Professional Education and Supervision

- A minimum of twenty (20) hours of Continuing Professional Education and Development each year, documented and verified.
- A minimum of 24 points of AHA-recognised supervision, including at least three (3) one-on-one supervision sessions (6 points) each year. The remaining 18 points may comprise one-on-one supervision, group/peer supervision, or a mixture of both.
- Currently maintains, or has access to, an adequate professional library.
- Has agreed to conduct all professional dealings with the public within the Association's Code of Ethics and Conduct.
- Has the capacity to independently identify, plan and implement effective courses of hypnotherapeutic treatment for a range of complex presenting problems.
- Understands when to refer a client to another therapist, and how to make professional referrals.

Fees: The application is accompanied by a non-refundable application fee of \$66 (incl. GST).

- The yearly Advanced Clinical Membership Registration fee is \$275 (incl. GST), due 31 March each year.
- Pro-rata registration fees apply on approval of your application.

Applications from non-AHA-recognised schools/courses

Where a potential member has not attended an AHA-recognised school/course, the following will take place:

- Interview and Examination of academic records
- Two written case studies explaining: (a) a successful case and the therapeutic processes utilised; and (b) a case you would approach differently, and why

Membership Criteria – Level 7: Clinical Member

Qualifications and experience

- The equivalent of 1,500 hours minimum of recognised formal training, covering theory, practice and clinical applications of hypnosis and hypnotherapy, including – but not limited to – the basic criteria shown for Graduate membership.
- A minimum of 500 client hours of post-training practical experience under supervision.
- All prescribed documentation and/or other supporting evidence required by the Executive (it is the applicant's responsibility to verify all information and documentation supplied).
- Satisfies the Executive of good reputation and character via 3 referees: one (1) from your supervisor, and two (2) from people unrelated to you who have known you professionally for at least two years.

Insurance / First Aid / Police Check / Working with Children Check

- Has undertaken to cover themselves with Professional Indemnity and Public Liability Insurance, and agrees to hold the AHA indemnified for judgements and costs arising from any action against it in connection with the applicant's conduct as a hypnotherapist.
- Has obtained, and agrees to maintain, a current First Aid Certificate ("Provide First Aid").
- Has obtained, and agrees to maintain, a Working with Children Check where appropriate.

An invalid First Aid certificate may void Professional Indemnity Insurance, AHA membership, and clients' ability to receive a Health Fund rebate.

Continuing Professional Education and Supervision

- A minimum of twenty (20) hours of Continuing Professional Education and Development each year, documented and verified.
- A minimum of 24 points of AHA-recognised supervision, including at least three (3) one-on-one supervision sessions (6 points) each year. The remaining 18 points may comprise one-on-one supervision, group/peer supervision, or a mixture of both.
- Currently maintains, or has access to, an adequate professional library.
- Has agreed to conduct all professional dealings with the public within the Code of Ethics and Conduct.
- 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 how to make professional referrals.

Fees: The application is accompanied by a non-refundable application fee of \$66 (incl. GST).

- The yearly Clinical Membership Registration fee is \$275 (incl. GST), due 31 March each year.
- Pro-rata registration fees apply on approval of your application.

Applications from non-AHA-recognised schools/courses

Where a potential member has not attended an AHA-recognised school/course, the following will take place:

- Interview and examination of academic records
- Two written case studies explaining: (a) a successful case and the therapeutic processes utilised; and (b) a case you would approach differently, and why.

Membership Criteria – Level 6: Professional Member

Qualifications and experience

- The equivalent of 1,000 hours minimum of recognised formal training, covering theory, practice and clinical applications of hypnosis and hypnotherapy, including – but not limited to – the basic criteria shown for Graduate membership.
- A minimum of 250 client hours of post-training practical experience under supervision.
- All prescribed documentation and/or other supporting evidence required by the Executive (it is the applicant's responsibility to verify all information and documentation supplied).
- Satisfies the Executive of good reputation and character via 3 referees: one (1) from your supervisor, and two (2) from people unrelated to you who have known you professionally for at least two years.

Insurance / First Aid / Police Check / Working with Children Check

- Has undertaken to cover themselves with Professional Indemnity and Public Liability Insurance, and agrees to hold the AHA indemnified for judgements and costs arising from any action against it in connection with the applicant's conduct as a hypnotherapist.
- Has obtained, and agrees to maintain, a current First Aid Certificate.
- Has obtained, and agrees to maintain, a current Working with Children Check.

An invalid First Aid certificate may void Professional Indemnity Insurance, AHA membership, and clients' ability to receive a Health Fund rebate.

Continuing Professional Education and Supervision

- A minimum of twenty (20) hours of Continuing Professional Education and Development each year, documented and verified.
- A minimum of: twelve (12) hours of one-on-one supervision each year, OR a minimum of 12 hours of group supervision plus 6 hours of one-on-one supervision.
- Currently maintains, or has access to, an adequate professional library.
- Has agreed to conduct all professional dealings with the public within the Code of Ethics and Conduct.
- 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 how to make professional referrals.
- Has demonstrated attainment of at least the relevant minimum standards of competency and proficiency.

Fees: The application is accompanied by a non-refundable application fee of \$66 (incl. GST).

- The yearly Professional Membership Registration fee is \$275 (incl. GST), due 31 March each year.
- Pro-rata registration fees apply on approval of your application.

Applications from non-AHA-recognised schools/courses

Where a potential member has not attended an AHA-recognised school/course, the following will take place:

- Interview and examination of academic records
- Two written case studies explaining: (a) a successful case and the therapeutic processes utilised; and (b) a case you would approach differently, and why

Membership Criteria – Level 5: Graduate Member

Qualifications and experience

The equivalent of 1,000 hours minimum of recognised formal training, covering theory, practice and clinical applications of hypnosis and hypnotherapy, including but not restricted to:

- Overview of hypnotic strategies
- Susceptibility techniques
- Hypnotic terminology
- Hypnotic anaesthesia
- Dangers of hypnosis
- Open and closed eye induction techniques
- Deepening techniques
- The conscious use of language
- Regression and progression
- Therapeutic applications
- Models of hypnotherapy
- Neurolinguistic Programming (NLP)

Compulsory modules:

- Counselling skills – minimum 80 hours
- Basic Psychological Process – minimum 30 hours (may be a distance-only course)
- Ethics – minimum 20–25 hours

Minimum 110 hours of practical supervision, comprising:

- 80 hours of supervised hypnotherapy practice in study groups or individual supervision
- 30 hours of supervised counselling practical participation in a study group
- A minimum of 250 client hours of post-training practical experience under supervision before progressing to Professional level.
- All prescribed documentation and/or other supporting evidence required by the Executive (it is the applicant's responsibility to verify all information and documentation supplied).
- Satisfies the Executive of good reputation and character via 3 referees: one (1) from your training organisation, and two (2) from people unrelated to you who have known you professionally for at least two years.

Insurance / First Aid / Police Check / Working with Children Check

- Has undertaken to cover themselves with Professional Indemnity and Public Liability Insurance, and agrees to hold the AHA indemnified for judgements and costs arising from any action against it in connection with the applicant's conduct as a hypnotherapist.
- Has obtained, and agrees to maintain, a current First Aid Certificate.
- Has obtained a clear police record check.
- Has obtained, and agrees to maintain, a current Working with Children Check.

An invalid First Aid certificate may void Professional Indemnity Insurance, AHA membership, and clients' ability to receive a Health Fund rebate.

Continuing Professional Education and Supervision

- A minimum of twenty (20) hours of Continuing Professional Education and Development each year, documented and verified.
- Members must attend nine (9) one-to-one supervision sessions (18 points) each year with an AHA-recognised supervisor. The remaining six (6) points may be met by further one-to-one supervision, or by group supervision, with an AHA-recognised supervisor.
- Has agreed to seek supervision when challenged by the therapeutic process.
- Has the capacity to independently identify, plan and implement effective courses of hypnotherapeutic treatment for a range of presenting problems.
- Recognises when client issues are outside their scope of practice and understands when and how to refer a client to another therapist.
- Currently maintains, or has access to, an adequate professional library.
- Has agreed to conduct all professional dealings with the public within the Code of Ethics and Conduct.

Fees: The application is accompanied by a non-refundable application fee of \$66 (incl. GST).

- The yearly Graduate Membership Registration fee is \$275 (incl. GST), due 31 March each year.
- If study is completed with an AHA-recognised course provider and membership begins within 12 months of course completion, the usual \$275 fee is waived. Instead, the first three years of membership are discounted by 50% – a yearly saving of \$137.50 and a total saving of \$412.50 over three years – as ongoing financial support for new members establishing their practice.
- Pro-rata registration fees apply on approval of your application.

Applications from non-AHA-recognised schools/courses

Where a potential member has not attended an AHA-recognised school/course, the following will take place:

- Interview and examination of academic records
- Two written case studies explaining: (a) a successful case and the therapeutic processes utilised; and (b) a case you would approach differently, and why

See “Entrance Pathways” earlier in this booklet for pathways to membership.

Membership Criteria – Provisional Membership

Eligibility criteria

Provisional Membership may be granted to applicants who meet the criteria set out in this prospectus for the relevant level of membership applied for. These levels are Graduate, Professional, Clinical and Advanced Clinical.

- Provisional members are encouraged – but not required – to meet ongoing CPD and supervision requirements.
- Acknowledge that they do not hold full AHA membership and do not have voting rights within the Association.
- Agree to uphold the professional standards of the AHA and not bring the Association into disrepute.
- May not represent themselves, or advertise themselves, as full AHA members or as accredited by the AHA.

Benefits

- Access to the AHA community
- Monthly Community Meet-Up: participation in the World's Biggest Meet-Up Group for hypnotherapy, earning two (2) CPD points per two-hour session
- Attendance at the Graduate Meet-Up Group or Clinical Peer Group, relevant to membership level
- Discounts on workshops and webinars
- Access to the Learning Platform for online professional-development resources
- Industry updates on the latest trends and developments in hypnotherapy
- Special offers from training providers and partners
- Networking opportunities with other professionals and potential mentors
- Pathway information for progressing to full AHA membership
- Use of the AHA Provisional Member logo, to signify connection and commitment to the Association

Restrictions

- May not use the AHA's primary logo.
- May not claim to be a full member of the AHA, or use any titles associated with full membership.
- No listing in the Practitioner Directory.
- No Health Fund recognition.
- No voting rights or participation in AGM events.
- Annual fee of \$88.

Applicants are asked to contact the AHA Administration team (administrator@ahahypnotherapy.org.au) before submitting an application.

Membership Criteria – Affiliate Community Member

Eligibility criteria

- Must have an interest in hypnotherapy.
- May be a student or aspiring practitioner in the field of hypnotherapy.
- Acknowledges that they do not hold full AHA membership and do not have voting rights within the Association.
- Agrees to uphold the professional standards of the AHA and not bring the Association into disrepute.
- May not represent themselves, or advertise themselves, as full AHA members or as accredited by the AHA.

Benefits

- Access to the AHA community
- Monthly Community Meet-Up: participation in the 'World's Biggest meet-up group' dedicated to hypnotherapy, earning two (2) CPD points per two-hour session
- Discounts on workshops and webinars
- Access to the Learning Platform for online professional-development resources
- Industry updates on the latest trends and developments in hypnotherapy
- Special offers from training providers and partners
- Networking opportunities with other professionals and potential mentors
- Pathway information for progressing to full AHA membership
- Use of the AHA Affiliate Community Member logo, to signify connection and commitment to the Association

Restrictions

- May not use the AHA's primary logo.
- May not claim to be a full member of the AHA, or use any titles associated with full membership.
- No listing in the Practitioner Directory.
- No Health Fund recognition.
- No voting rights or participation in AGM events.
- Annual fee of \$66.

AHA Supervision Requirements

A summary of supervision points, session types, and evidence/reporting requirements by membership level.

1. Points required by membership level

All membership levels listed below require 24 points of supervision per membership year. The split between mandatory 1:1 clinical supervision and other formats depend on the membership level.

Membership Level	Total Points	Minimum via 1:1 Clinical Supervisor	Remaining Points May Be Met By
Graduate member	24 points	18 points/year (nine monthly 1:1 sessions with a qualified Clinical Supervisor)	6 points via 1:1 or group supervision
Professional member	24 points	12 points/year (six monthly 1:1 sessions with a qualified Clinical Supervisor)	12 points via 1:1 or group supervision
Clinical member	24 points	6 points/year (minimum three 1:1 sessions with a qualified Clinical Supervisor)	18 points via peer supervision (1:1 or group)
Advanced Clinical member	24 points	6 points/year (minimum three 1:1 sessions with a qualified Clinical Supervisor)	18 points via peer supervision (1:1 or group)

2. Types of supervision

Four distinct formats of supervision are recognised. Each has different eligibility rules and counts differently toward annual point requirements.

Type	Who Is Involved	Key requirements for monthly supervision
1:1 Clinical Supervision	Supervisee and a qualified Clinical Supervisor	the required minimum portion varies by membership level (see table above).
Group Supervision	Qualified Clinical Supervisor, and Supervisee/s in a group setting	Counts toward the group portion of points; groups must not exceed 6 supervisees.
Clinical Peer Supervision	Two or more Clinical members, with no hierarchy between attendees	Only Clinical members may take part. If Professional or Graduate members join, a supervisor must run the session, and that supervisor cannot count it toward their own annual requirement. Clinical members must still complete at least 3 sessions / 6 points of 1:1 supervision. The nature of any peer meeting (peer vs. clinical supervision) must be agreed and stated clearly in advance.
Supervise the Supervisor	AHA Supervisor and a qualified supervising Clinical Supervisor	Required annually for AHA Supervisors to renew their status: • 2 hours of 1:1 sessions • 4 hours of supervisor-specific CPD, including attendance at one AHA supervisors' meeting per year

3. Supervision session content

For standard supervisee sessions, the agenda is agreed between supervisor and supervisee, and typically covers:

- Case studies and discussion of individual clients
- Caseload
- Business building and marketing
- Ongoing requirements of association membership
- Any other concerns or updates since the last session

For Supervise-the-Supervisor sessions, the agenda is agreed between the AHA Supervisor and their supervising supervisor, and typically covers the equivalent supervision-practice topics:

- The AHA supervisor's supervision case studies
- Discussion of their supervisees
- Their supervision caseload
- Supervision-related business building and marketing
- Any other supervision concerns or updates since the last session

4. Evidence and reporting requirements

All evidence must be uploaded to the AHA portal by the supervisee by the end of the membership year. "Non-evidenced" entries may be logged provisionally but must be supported by evidence before membership renewal.

Supervision Type	Evidence Status	What Must Be Uploaded to the AHA Portal
1:1 supervision	Evidenced	By end of membership year: date, session length, and type (1:1); plus a statement, letter, email or screenshot showing the supervisor as sender, with the sender's email visible.
1:1 supervision	Non-evidenced	Can be logged without documentation. Held in the membership activity log pending upload of evidence before renewal.
Group supervision	Evidenced	As for 1:1, plus a statement from the supervisor confirming no more than 6 supervisees attended the session.
Group supervision	Non-evidenced	Can be logged without documentation. Held in the membership activity log pending upload of evidence before renewal.
Clinical peer supervision	Evidenced	Date, session length and type (1:1 or group peer); plus a statement, letter, email or screenshot from another attendee, with the sender's email visible. Any attendee may verify the session, and all attendees may claim the points.
Supervise the Supervisor	Evidenced	Date, session length and type (Supervise the Supervisor); plus a statement, letter, email or screenshot from the supervising supervisor, with the sender's email visible – submitted alongside evidence for Clinical membership renewal.

5. Notes on Clinical Peer Supervision

- Only Clinical members may take part in peer supervision groups; there is no hierarchy among attendees.
- If Professional or Graduate members attend, the session must be run by a supervisor, and that supervisor cannot count the session toward their own annual supervision requirement, even if attendees paid for the session.
- Clinical members must still complete at least 3 sessions / 6 points of 1:1 supervision each year.
- Whenever two Clinical members meet, they must clearly agree in advance whether the session counts as peer supervision or as clinical supervision.

AHA Contact Details

The AHA Contact Us page is kept up to date with details for all Board members. Please refer to: <http://www.ahahypnotherapy.org.au/contact-us/>, or phone the Advisory Line on 1300 55 22 54.

Glossary

Empirical Leadership: The act of leading through discipline, determination and diligence based on experience and/or observation.

Group Supervision: Supervision with a designated supervisor who simultaneously provides supervision and facilitates the group process. Comprises two (2) to six (6) supervisee members plus the supervisor (group of not more than 6 supervisees).

Group Supervisor: In addition to standard supervisor requirements, has specific skills to conduct the group process and manage group dynamics. Present for the entirety of the group session.

Individual Supervision (One-to-One): Clinical supervision undertaken by an individual supervisee with a designated qualified supervisor, most often a more senior clinician or one with greater experience in a specialist area.

Online Supervision: Supervision conducted via an online platform, under the same guidelines as the definitions above.

Peer Supervision: Reciprocal supervision (one-to-one or in a group) among colleagues who are Clinical members or above, rotating the roles of supervisor and supervisee. A formal process where practitioners contract to provide collegial critiquing and enhancement of each other's clinical work.

National Approved AHA Standards: See the various membership criteria in this booklet.

AHA Registered Clinical Hypnotherapist: A hypnotherapist who has met the criteria set out in this prospectus for AHA membership, maintains their annual membership requirements, and is currently listed on the AHA register.

Self-Regulatory Body: A stand-alone, non-governmental body with the power to create and enforce industry and professional regulations for its members.