

## The Levels of Membership

**The letters ANCP** i.e. "Affiliate" member, are awarded to practitioners who have fulfilled the minimum NCP entry requirements regarding training and competence but who have not yet had sufficient clinical experience within the field of Hypnotherapy/Psychotherapy to be awarded Licentiate status.

**The letters LNCP** i.e. "Licentiate" member are awarded as above but to those practitioners who have completed additional recognised training or who have subsequently had a minimum of 12 months clinical experience within the field.

**The letters MNCP** i.e. "Full" member, are awarded again as above but to those practitioners who have subsequently had a minimum of 1 year as a Licentiate Member. In addition to clinical experience, they must also satisfy the committee as to their suitability for Full Member status.

**The letters FNCP** i.e. "Fellow" member, cannot be applied for and may be awarded, at the National Council's discretion, to those members considered to have made a significant contribution to the profession of Hypnotherapy/Psychotherapy.

**Every member of the NCP** is bound by a comprehensive Code of Ethics & Practice (a copy of which may be obtained from the Secretary) and is subject to disciplinary action if found guilty of malpractice. There is an established Complaints Procedure.

**Every member of the NCP** is insured for professional and public liability.

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**Your Therapist's Name, Address and Phone Number:**

## NCP - Aims and Objectives

This body of professional Hypnotherapists/ Psychotherapists was formed in 1971 to create a National Membership organisation for independent Hypnotherapy/ Psychotherapy Practitioners.

The **National Council of Psychotherapists** has worked steadily over the years towards the following goals -

- **To raise the standards of Therapy in the UK in every possible way.**
- To maintain a Common Code of Ethics and Practice.
- To maintain a Complaints & Disciplinary Procedure to deal with complaints from any source.
- To maintain a National Register of suitably qualified Practitioners.
- To remain independent of any training school.
- To set acceptable standards for nationally recognised qualifications in Therapy.
- To be a central contact point for members of the public, the media, government and medical authorities to provide information about Hypnotherapy and Psychotherapy.
- To promote, within the profession, the dissemination of information about Therapy through its Journal, Fidelity, Seminars and Conferences.

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**All queries with regard to the Council or its Membership should be addressed to:**

The Secretary  
**NATIONAL COUNCIL of PSYCHOTHERAPISTS**  
PO BOX 6072  
NOTTINGHAM  
NG6 9BW  
Tel: 0115 9131382

N.B. The National Council of Psychotherapists neither guarantees the effectiveness of treatment in individual cases nor accepts any liability whatsoever for NCP Members who may fail to conform to the NCP Code of Ethics & Practice.



THE  
NATIONAL COUNCIL  
OF  
PSYCHOTHERAPISTS

**The NATIONAL COUNCIL  
of PSYCHOTHERAPISTS**

holds the largest Register of independent therapists in the United Kingdom.

**The NATIONAL COUNCIL  
of PSYCHOTHERAPISTS**

strives to maintain the highest standards among its members.

**The NATIONAL COUNCIL  
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the only therapy organisation mentioned in the recent British Medical Association report on Complementary Medicine *is* striving to meet ALL the guidelines suggested by the BMA for Complementary Therapies. There is an agreed **Code of Conduct**, an established **Complaints & Disciplinary Procedure** and all members are obliged to maintain comprehensive **Public Liability & Professional Indemnity Insurance**.

**The NATIONAL COUNCIL  
of PSYCHOTHERAPISTS**

is concerned that YOU receive the highest possible quality of treatment and any comments you have may be sent, in confidence, to the Secretary.

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**WHAT IS HYPNOTHERAPY?**

HYPNOTHERAPY is the application of hypnotic techniques in such a way as to bring about therapeutic changes. An *outside influence* - the Therapist - assists in activating the *inner resources* of a person - the Client - in order to achieve realistic goals.

The problems that HYPNOTHERAPY is best placed to help fall into the following broad classes:

- **Thoughts and ideas**

People can suffer from thoughts of low self-esteem, or obsessive thoughts about someone or something. They may not be able, for example, to get out of their minds the idea that they are suffering from an illness, despite medical reassurance, or that a partner is unfaithful.

HYPNOTHERAPY can help the client to change such ideas.

- **Phobias**

People often experience irrational fear of a variety of insects, animals, objects or situations and HYPNOTHERAPY is particularly renowned for its effectiveness in assisting sufferers to overcome these distressing and inhibiting conditions.

- **Feelings**

People can suffer from a wide variety of distressing feelings such as panic attacks, anxiety, jealousy, guilt, anger or inadequacy.

Whatever the problem feeling, HYPNOTHERAPY can deal with it more specifically than can a drug - and without harmful side effects.

- **Habits**

People can find themselves in the grip of many habits that they seem unable to control, from something like nail-biting or smoking to more deep-seated compulsions.

HYPNOTHERAPY, using hypnotic techniques, can help to remove habits with precision and again, a total freedom from side effects.

**WHAT CAN YOU EXPECT TO HAPPEN?**

Perhaps the most important thing is that you can expect to feel comfortable and at ease with your Therapist. This is of particular importance in Hypnotherapy, in which the value of the treatment is greatly enhanced when you have confidence in the practitioner. For this reason we recommend that you book a single session at first and only afterwards decide if you want to proceed with more.

If you feel that the necessary rapport has not been established, then you should contact the Secretary in order that another practitioner may be found for you.

The next stage is that you will be asked about the problem and notes may be taken. The Therapist will need to find out certain necessary information both about the problem and about yourself.

The third stage is hypnosis itself. There is a certain personal variation among therapists and they will often use different approaches for different individuals, but most Hypnotherapy involves the following:-

You are led, by means of the Hypnotherapist's gently guiding voice, into a state where your body and mind are relaxed and nearly asleep. To an onlooker it might seem as if you were totally asleep but in fact, though you will normally feel very relaxed, you will remain awake enough to be aware. Also awake will be those parts of your mind which the Therapist is working with to induce beneficial changes. This may mean that you will be picturing, as in a daydream, the things which are being spoken of and that you may experience the associated pleasant feelings.

REMEMBER that if at any time you feel uncomfortable and want to terminate the session, then you will be perfectly capable of doing so.

The fourth stage, after the Hypnosis proper, is when you may discuss any experiences that you have had during the session. This is often an important part of the process.

Finally, payment for the session is made and any further appointments are agreed. (N.B. Fees can vary widely from one therapist or area, to another and it is therefore important to establish, in advance, precise fee levels and methods of payment.)

**WHAT BENEFIT WILL YOU GAIN?**

There is, of course, a considerable variation in the difficulty of the various problems and there is no general rule which makes it possible to say how much improvement can be achieved and in how much time.

The simpler problems can at times be overcome completely in one session - Hypnosis can be extremely effective. Your Therapist, as a member of the Council, is committed to helping you as swiftly and effectively as possible.

Your Therapist may well be able to give you a fair assessment of how much improvement you can expect and how many sessions may be needed by the end of the first session but if the problem is more complex then you will jointly review progress from time to time.