



Prospectus *2027*

Training ♦ CPD ♦ Diplomas ♦ Professional Growth

newhorizontraining.co.uk



Contents

Welcome to NHTA	03
The New Horizon Difference	04
Meet the Training Team	05
The Training Team Continued	06
NCH Accredited School	07
HPD Training Pathway	08
HPD Modules 1 to 3	09
HPD Modules 4 to 6	10
HPD Modules 7 & 8	11
HPD Modules 9 & 10	12
APHP-Accredited CPDs & Specialist Workshops	13
Supervision & Practitioner Support	14
Future Professional Pathways	15
Learning With Us	16
Our Live Training Venue	17
Join Us	18
Thank You	19



DIRECTORS & LEAD TRAINERS



Welcome to New Horizon Training Academy

At New Horizon Training Academy, we believe professional training should be inspiring, practical, ethical and truly transformative.

Our vision is to provide high-quality education for those who wish to build meaningful careers in hypnotherapy, supervision and professional development, with training that combines modern knowledge, real clinical experience and genuine human warmth.

Whether you are taking your first steps into practice, returning to refresh your skills, or advancing to Level 5 professional qualifications, we are committed to helping you grow with confidence.

We are proud to offer accredited pathways, specialist CPDs and future-focused diplomas designed for the modern practitioner.

Thank you for considering New Horizon Training Academy. We would be delighted to welcome you into our learning community.

Lisa Williams Edgar and Angie Hayes

Directors of New Horizon Training Academy



The New Horizon Difference

I.

Accredited Excellence

Recognised pathways, respected standards and quality training that supports professional credibility.

II.

Practical Skills

Real-world techniques you can use immediately with clients in safe, ethical practice.

III.

Modern Learning

Online and in-person learning designed for today's busy practitioner and real-life schedules.

IV.

Supportive Community

Ongoing guidance, mentoring and professional connection long after training ends.



Meet the Training Team



Lisa Williams Edgar

FOUNDER, DIRECTOR & SENIOR TRAINER

Qualified Clinical Hypnotherapist, Senior Lecturer and Supervisor in Integrative Clinical Hypnotherapy, with additional training in psychotherapy, CBT skills and NLP. Lisa brings years of clinical, supervision and training experience, with a warm, practical teaching style that helps students develop confidence, skill and ethical professional identity.



Angie Hayes

DIRECTOR & SENIOR TRAINER

Clinical Hypnotherapist, Psychotherapist and Solution Focused Brief Therapist with a background in corporate coaching and professional development. Angie trained in Solution Focused Hypnotherapy and continued her Solution Focused Brief Therapy training with BRIEF International alongside Elliott Connie. She brings practical, ethical and solution focused approaches to meaningful change.



Andy Workman

SENIOR LECTURER & SPECIALIST CPD TRAINER

Solution Focused Hypnotherapist, Author, Motivational Speaker, Broadcaster and qualified Therapy Supervisor. Known as a mindset specialist, Andy brings almost two decades of experience to teaching, including specialist CPD work in phobias, PTSD, mindset and therapeutic change.



The Training Team *continued*



Brad Smith

SENIOR LECTURER & SPECIALIST TRAINER

Clinical Solution Focused Hypnotherapist, educator and Secondary School Head of Department. Brad brings a thoughtful, structured and highly practical teaching style, with particular expertise in working with young people, ADHD, autism and presentations relating to special educational needs.



Charlotte Spillane

SENIOR LECTURER & SPECIALIST CPD TRAINER

Charlotte is a Clinical Hypnotherapist, Senior Lecturer and Hypnotherapy Supervisor with over 25 years' teaching experience. She runs a busy online practice from North Wales and brings specialist experience in breathwork, mindfulness and clinical hypnotherapy. Charlotte delivers wellbeing workshops for North Wales Police and contributes to the Police Federation Magazine.



Debs Penrice

SENIOR LECTURER & MARKETING SPECIALIST TRAINER

Solution Focused Hypnotherapist, book coach, writer and founder of Story Healing, with a first-class degree in Marketing & German and additional training in counselling studies and parts-based work. Debs brings a thoughtful, creative and practical approach to helping students develop confidence, visibility and authentic communication in their professional practice.



NCH Accredited School

STARTING THE JOURNEY

A recognised professional pathway

Our HPD training offers a structured route into professional hypnotherapy practice, aligned with recognised standards and designed to support safe, ethical and confident practitioner development.

LIVE LEARNING

Training delivered with real support

Students learn through live teaching, practical demonstration, guided discussion and supported development. The diploma follows a blended delivery model, with Modules 3, 6 and 8 delivered live online via Zoom and the remaining seven modules delivered live in the classroom.

PROFESSIONAL GROWTH

Becoming a confident practitioner

The course supports students as they build their skills, develop their professional identity and prepare for real client work with confidence, care and clarity.

ONGOING SUPPORT

Guidance beyond the classroom

Students are supported through The Hub, supervision, reflective learning and clear guidance as they move towards qualification and professional practice.



A PROFESSIONAL TRAINING ROUTE FOR FUTURE HYPNOTHERAPISTS



HPD Training Pathway

01 A 10-Module Learning Journey

A structured programme guiding students from the foundations of hypnosis through to professional practice, confidence and integration.

02 Live, Practical & Supported

Training includes live teaching, practical demonstration, guided discussion, reflective learning and ongoing support through The Hub.

03 Designed for Real Practice

Students develop the knowledge, skills and professional confidence needed to work safely, ethically and effectively with clients.

04 Qualifications

Students who successfully complete NHTA's course requirements will receive the New Horizon Training Academy Level 4 Diploma in Integrative Clinical Hypnotherapy.

Students may also work towards the Hypnotherapy in Practice Diploma – HPD (NCH), which is externally verified by NCFE, by successfully completing the separate HPD assessment and portfolio requirements. NHTA provides teaching, assessment guidance and portfolio support throughout the programme.



HPD Modules 1–3

MODULE ONE

Foundations of Hypnotherapy

Students begin with a clear and engaging introduction to hypnosis, exploring its history, core principles and the different approaches that have shaped modern hypnotherapy, including our integrative approach. This module explores trance, suggestibility, therapeutic language, the stress response, the brain, sleep cycles and REM sleep. Students also experience trance early in the training, helping them gain a real feel for the process in a relaxed and supportive setting.

MODULE TWO

Structuring Effective Sessions

This module helps students learn how to guide sessions in a way that feels natural, structured and supportive. It introduces initial consultations, information gathering, ethics, safeguarding, boundaries, rapport building, active listening, solution focused questioning, scaling and the Miracle Question. Students begin to shape sessions that feel both professional and personal.

MODULE THREE

Building Skills & Understanding Clients

As confidence grows, students begin developing a deeper understanding of the people they may work with and how to support them. This module explores HPD requirements and portfolio development, professional audio recording, self-hypnosis, the neuroscience behind anxiety and depression, IBS and personality types. Students begin developing case material while seeing how hypnotherapy can support real-life challenges.



HPD Modules 4–6

MODULE FOUR

Deepening Your Approach

Students begin joining the dots and developing a more flexible and informed approach to client work. This module explores OCD, depression, neuroscience, professional boundaries, neurodiversity and the mind-body connection. Students continue developing confidence in understanding a wider range of client presentations while working ethically, within appropriate boundaries and alongside other professionals where needed.

MODULE FIVE

Expanding Your Toolkit

Students add more tools to their therapeutic kit and begin enjoying the creativity that comes with this work. This module explores phobias, PTSD, performance, confidence, working with children and young people, and NLP techniques such as anchoring and reframing. Students begin to see how different therapeutic approaches can be integrated thoughtfully around the individual client.

MODULE SIX

Supporting Change & Motivation

Students discover how to help clients move forward and make lasting changes in a supportive and realistic way. This module explores smoking cessation and vaping support, addiction patterns, motivation, pain management approaches, positive emotions and the psychology of happiness and luck. Students develop greater confidence in helping clients take meaningful steps forward.



HPD Modules 7 & 8

MODULE SEVEN

Habits, Behaviour & Real-Life Application

This is where learning really starts to come together. Students explore weight management, relationships with food, emotional habits, behavioural patterns, ethical considerations and when to refer on. There is space to revisit core techniques, ask questions, explore real client situations and build confidence through practice and shared learning. From this stage, students may begin working with members of the public at a reduced student rate, with appropriate supervision and subject to readiness and course guidance.

MODULE EIGHT

Professional Practice & Support

Students are reminded that they are not expected to do this work alone. This module explores supervision, reflective practice, CPD, professional standards, support networks and building a sustainable, ethical practice. Students gain clarity around the ongoing support and development that helps practitioners grow with confidence.



HPD Modules 9 & 10

MODULE NINE

Building Your Practice

Students begin turning their skills into something real. This module introduces business planning, setting fees, attracting first clients, marketing, visibility and delivering engaging talks or presentations. Alongside this we will take a deeper dive into Imposter Syndrome enabling you to spot it both in yourself and in others. Students begin shaping a practice that feels right for them, whether part-time, full-time or alongside other work.

MODULE TEN

Integration, Confidence & Celebration

Students bring together everything they have learned and recognise just how far they have come. This final module supports confidence in delivering sessions and presentations, explores next steps and ongoing development, and gives students time to reflect on their growth, commitment and readiness for practice.



LIVE ONLINE CPDS AND SPECIALIST WORKSHOPS



APHP-Accredited CPDs & Specialist Workshops

Practical CPD for Real Client Work

Our CPDs are accredited by the Association for Professional Hypnosis and Psychotherapy (APHP) and are designed for hypnotherapists, students and practitioners who want useful, grounded and immediately applicable training.

We focus on real client presentations, ethical practice and professional confidence, with practical tools you can take straight into your work.

Specialist Training Throughout the Year

Our workshops cover areas such as phobias, OCD, addiction, NLP, supervision, children and young people, mindset, confidence, emotional wellbeing and integrative approaches.

Many CPDs include demonstrations, scripts, handouts and practitioner guidance to support continued learning.



ONGOING SUPPORT FOR CONFIDENCE, CLARITY AND PROFESSIONAL GROWTH



Supervision & Practitioner Support

Supportive Supervision

Supervision offers a safe, reflective space to explore client work, professional questions and practitioner development.

At NHTA, supervision is grounded, supportive and ethical, helping practitioners feel more confident, resourced and clear in their work.

Coaching & Professional Growth

We also support practitioners with confidence, direction, visibility and professional development as they continue to build their practice.

Whether you are newly qualified or experienced, ongoing support can help you stay connected, reflective and professionally steady.



Future Professional Pathways

Level 5 Diploma in Clinical Supervision for Hypnotherapists

For experienced hypnotherapists who are ready to support other practitioners through reflective, ethical and professionally grounded supervision.

Level 5 Advanced Integrative Clinical Hypnotherapy

For qualified hypnotherapists who want to deepen their therapeutic understanding, expand their clinical confidence and develop a more advanced integrative approach.

HPD Refresher 2-Day Course

A focused refresher for practitioners who want to revisit core HPD knowledge, rebuild confidence and reconnect with safe, effective professional practice.



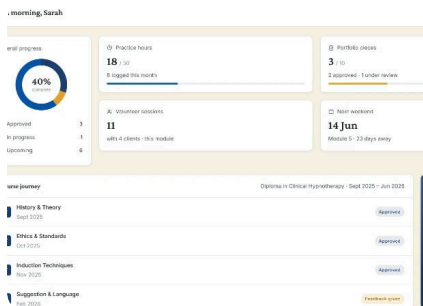
Learning With Us

At New Horizon Training Academy, learning is designed to feel professional, welcoming and genuinely supportive. Our diploma combines classroom learning with three interactive live Zoom modules, creating one connected learning community in which confidence can grow steadily.



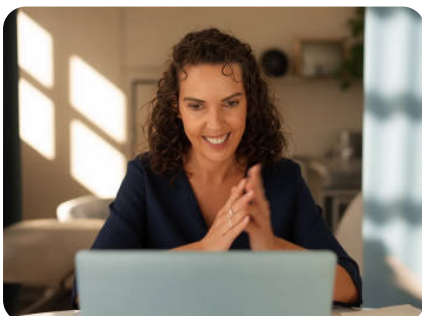
In-Person Learning

Practical training in a welcoming environment.



The Hub & Ongoing Support

Resources, guidance and support throughout your training journey.



Live Zoom Training

Connected, interactive learning from home.



IN-PERSON TEACHING IN A CALM, PROFESSIONAL ENVIRONMENT



Our Live Training Venue

Alongside our live Zoom training, New Horizon Training Academy offers in-person teaching at Mendip Spring Golf & Country Club, Congresbury, North Somerset. Set within peaceful surroundings, it provides a welcoming and professional setting for focused learning, practical skills development and connection with fellow students.

WHAT STUDENTS CAN EXPECT

- Live teaching, demonstration and supported practice
- Time for questions, discussion and shared learning
- Refreshments and lunch provided during our in-person HPD training days
- Complimentary parking and good access for travelling students

OUR VENUE

Mendip Spring Golf & Country Club
Honeyhall Lane, Congresbury
Bristol, North Somerset
BS49 5JT

Conveniently located for students travelling from Bristol, Weston-super-Mare and surrounding areas, with good links to the M5 and M4.



Join Us

Whether you are taking your first steps into hypnotherapy training, returning to refresh your skills, or continuing your professional development, we would be delighted to welcome you. Our courses, CPDs and professional pathways are designed to support confidence, ethical practice and meaningful growth.

Explore Our Courses

Choose from our HPD training, accredited CPDs, supervision support and future Level 5 pathways.

Ask Questions

We are happy to talk through your options and help you decide which route feels right for you.

Join the Community

Become part of a warm, professional and supportive learning environment.

Visit our website or contact us to find out more about upcoming training dates.

www.newhorizontraining.co.uk

enquiries@newhorizontraining.co.uk



Thank You

We look forward to welcoming you into the New Horizon Training Academy community.

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TRAINING · CPD · DIPLOMAS · PROFESSIONAL GROWTH