

# Australian Hypnotherapists' Association

ABN 20 004 388 872

Founded 1949

Registered 1957

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



## AHA & NHRA Prospectus and Information Booklet



Psychotherapy & Counselling  
Federation of Australia

# CONTENTS

	Page
Introduction	3
What does the AHA offer you that other associations don't?	3
Professional Representation	4
National Registers	4
AHA National Hypnotherapist Register of Australia	4
Membership Benefits and Services	5
The AHA Free Advisory Line	5
The AHA Continuing Education Programs	5
Australian Hypnotherapy Journal	5
Monthly Newsletter	5
Private Health Fund Provider Numbers	5
AHA Recognition by Government	6
Discounted Professional Indemnity and Public Liability Insurance	6
Research	6
PACFA Membership	6
AHA History	6
AHA Standards Book	7
AHA Vision Statement	7
AHA Aims, Standards, Purpose and Mission Statement	7
The AHA is a non-profit organisation	7
International Alliances	7
Affiliations with Peak Australian Associations	8
Registration of Independent Hypnotherapists	8
Why be Registered	8
Grandfather Clause	8
AHA Recognised Academic Qualifications	9
Reciprocal Membership	9
Affiliate Organisational Membership	9
Member Organisational Membership	9
AHA State Chapters	9
Benefits of Membership	9
Membership Criteria	11
Membership Criteria Clinical Member	14
Membership Criteria Professional Member	15
Membership Criteria Associate Member	16
Membership Criteria Student Member	17
Membership Criteria Affiliate Member	18
AHA Contact details..	20

# 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 Registration Body**

**The Australian Hypnotherapists' Association (AHA)** considers that Clinical Hypnotherapy is a professional modality with clearly recognisable standards and a philosophy that is supported by a distinct and proven body of knowledge.

**The AHA has been the National Registration Body for hypnotherapists since 1949.** Registration with a professional Registration 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 registration 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's Head Office 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 and NHRA registration 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 Registration body. Recognition of your qualifications by a reputable National 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 maintaining 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 has a full time professional available 5 days a week 8 hours a day to our members. Due to having a fully maintained office we have the resources to produce up to date quality information for our members and the public. We can lobby the government and meet with other professionals during normal work hours. Membership applications are processed generally within three working days of receipt. We have a current national register and course recognition scheme.

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 Registration 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 metal filing cabinets. The association has a professional administrator who ensures that all applications and requests for documentation are processed within five 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 Registration 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 Registration 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 our e-magazine "Hypnopatter" 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.

### **Australian Hypnotherapy Journal**

AHA sends out a quarterly e-journal to keep members informed of happenings within the association and industry. The e-journal 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-journal 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 the e-journal 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 **Rowland House**, 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](http://www.pacfa.org.au)

## HCA Membership

The AHA is an inaugural member association of the peak body – Hypnotherapy Council of Australia (HCA). For more information about HCA visit: [www.hypnotherapycouncilofaustralia.com](http://www.hypnotherapycouncilofaustralia.com)

## The History of the AHA

The Australian Hypnotherapists' Association (AHA), as the National Hypnotherapy Registration 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 hypnotherapy field. Thus they created the AHA as a Hypnotherapy Registration Body specifically for Four 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 advance the knowledge, art, science and practice of hypnotherapy and establish and elevate the status of the profession, and thus engender the respect and confidence of the community.
- 4) To stimulate public interest in hypnotherapy and assist in keeping members up to date in the latest developments into hypnotherapy techniques.

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 Registration 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 2<sup>nd</sup> updated edition may be seen on the AHA web site.

## **AHA Vision Statement:**

- The AHA, as the professional Registration 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 oldest and largest National Hypnotherapy 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 quality control National Complaints Tribunal for the public that enables the consumer to access a formal complaints procedure
- To promote the professional development and growth of practising hypnotherapists;
- To monitor, set and improve professional standards in hypnotherapy education and practice
- To assess, review and recognise hypnotherapy education courses;
- To provide an industry-based association for persons engaged in hypnotherapy education and practice;
- 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, the public and governments as “The National Registration Body” for professional, 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. This enables us to keep members informed about world movements in the hypnotherapy industry AHA has formed an alliance with the following associations;

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 (GHSC). 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.

In 2007 the AHA formed an alliance with the ARCH, Canada’s Peak Hypnotherapy body; and in 2008 the AHA and the NZHA, New Zealand’s Peak Hypnotherapy body, formed an alliance. Again this indicates the AHA’s high standing within the International hypnotherapy community.

## **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), and the Hypnotherapy Council of Australia both are National Peak bodies 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 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 via its Register the National Hypnotherapists Register of Australia (NHRA) 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 encourages 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 AHA accredited members are now automatically registered with the NHRA at no extra cost to themselves (with an opt-out clause for those who do not wish to be registered). Continued registration is dependent upon the maintenance of their annual re-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 or NHRA 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 such as the NHRA 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 NHRA 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 with the AHA and/or NHRA 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 quarterly e-journal "Hypnopatter".

Each member of the AHA provides documentary evidence annually to meet these standards. Every hypnotherapist who is registered with the AHA and/or NHRA 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 and/or NHRA.

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 500 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. On line courses and 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, NZHF, ARCH & 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](http://www.ahahypnotherapy.org.au) or Phone 1800 067 557 or Contact the Membership Secretary for your state.

# BENEFITS OF CLINICAL & PROFESSIONAL MEMBERSHIP

Once you are a Professional or Clinical member the AHA offers you a unique combination of benefits.

## Benefits of AHA Membership

The Australian Hypnotherapists Association is the premier registration association for Hypnotherapists in Australia. It is the oldest and largest Hypnotherapy registration body in Australia, which is why the Psychotherapy and Counselling Federation of Australia (PACFA) has aligned its vast resources and membership opportunities with the AHA. This alliance offers significant benefits to AHA members and to the hypnotherapy profession by the combined strength of numbers.

If you are a qualified Hypnotherapist looking for a caring supportive association, one where you can feel welcome, then you could do no better than to join the AHA today and enjoy the following benefits.

### Professional Opportunities:

- The prestige of being part of the oldest and largest professional hypnotherapy association in Australia recognised nationally and internationally.
- Opportunity to attend international and national hypnosis conferences at reduced registration.
- The circularisation of details of forthcoming AHA workshops and seminars giving you access to advanced training workshops in the specialist application of hypnotherapy
- Opportunity to be published in the AHA journal, the Australian Hypnotherapy Journal, an internationally renowned publication - with Editor – [Mailin Colman](#) and Assistant Editor – [Maya Lak](#)
- Free Subscription to the Australian Journal of Hypnotherapy. This journal is subscribed to by universities and libraries around Australia
- As a member you receive four issues free each year
- **Free** Monthly newsletter
- **Free** publication and distribution of regular *News Bulletins*
- Automatic upgrading to higher membership levels – no waiting for special meetings. As soon as you are qualified all membership benefits will be available.

### Promotional Opportunities:

- The advantage of being able to promote your business using the AHA brochure adding credibility and saving you time and money
- Free Listings on the National Hypnotherapists Register of Australia (NHRA)
- Find a Hypnotherapist Search by postcode or name or suburb
- Free active link to your own email address and websites
- Personalised description of your qualifications and specialties
- **Free** inclusion on the *NHRA register* including your contact details together with active links to your own email addresses and websites. There are no additional fees charged for updates or multiple entries.
- Use of *AHA & NHRA Logo*
- **Free** inclusion (where applicable) in the *Foreign Language Speaking Register*
- Access to an exclusive *Yellow Pages Advertising Scheme* including Yellow Pages, Local Yellow Pages and Yellow Pages on line. under the AHA Banner for only \$440 per year
- **Free dedicated referral facilities** from the AHA National Free Advisory Line by an experienced, specialist hypnotherapist to all professional and clinical members (our toll free 1800 number is available to members and the public between 9:00 am to 5:00 pm Monday to Friday)

### **Professional Support:**

- Strong Support Network - Access to Professional Supervision with trained AHA Supervisors willing to support your career progress
- The publication (within the AHA website) of regional information to Registrants seeking peer group or personal supervision arrangements
- Access to AHA administration support willing to assist with clinical and administrative information and support
- Subscription to monthly AHA newsletters
- Receive all membership mail outs
- The Forum - Online Case Discussion - where you can ask questions of other members about any issues you encounter.
- As a member of AHA you have the opportunity to establish professional relationships with hypnotherapists throughout the world.
- **Free** provision of user-friendly *Data Sheets* for the maintenance of Continuing Professional Development records
- A Free CD of background music collated especially for AHA members to use in the hypnotic process.
- Full, dedicated office facilities with experienced, specialist staff.

### **Professional Security/Credibility**

- Access to low cost **Professional Indemnity Insurance**. The insurance industry automatically recognises you as a professional once you are a member with the AHA. You do not want to practice without it!
- **15 Health Funds'** Provider Numbers allowing rebates for your clients
- Advice with regard to obtaining *Criminal Records Bureau Disclosures* (WWC & Police checks)
- Stay in the Loop: Know what is happening as it happens and be prepared early for changes in legislation.
- Opportunity to be a committee member
- The provision of relevant information on all aspects of the profession to government departments, insurance companies, the health funds, the media and the public
- Representation to, and dissemination of relevant information from the Department of Health (DoH) and all other interested Agencies
- The provision of relevant information on all aspects of the profession to Registrants, the media and the public

### **Discount Card**

- Receive discounts with a variety of suppliers through the AHA Discount Card.

### **Professional Affiliations:**

- Affiliation with the hypnotherapy - the HCA (Hypnotherapists Council of Australia)
- Optional listing with PACFA (Psychotherapy and Counselling Federation of Australia) which is one of the largest very proactive professional psychotherapy and counselling association in Australia.
- Automatic acceptance under an International Reciprocal Alliance into either the General Hypnotherapy Standards Council (GHSC UK) or the Association of Registered Clinical Hypnotherapists (ARCH Canada) or New Zealand Association of Profession Hypnotherapy (NZAPH) for those practitioners wishing to relocate to these respective countries.

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

# MEMBERSHIP CRITERIA

Admission to membership to the AHA is conditional upon agreement to adhere to the regulations laid down in the AHA Articles of Association and Code of Ethics and the satisfactory completion of an appropriate hypnotherapy training course(s). Exemptions may be granted if, in the opinion of the Board of Directors, a candidate can demonstrate existing competences. (Grandfather clause)

## Grades of Membership

- **President Emeritus:** A Life or a Fellow member that has stepped down from long service as President on the National Committee and who in the unanimous decision of the Board of Directors has provided outstanding service to the AHA and without limiting the generality thereof has made substantial and original contributions to the advancement of hypnotherapy. A President Emeritus Member, while not entitled to use that term to suggest to the public in general that they represent the AHA in any way, is entitled to use the acronyms PEMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to President Emeritus Membership.
- **Emeritus Member:** A Life or a Fellow member that has stepped down from long service on the National Committee and who in the unanimous decision of the Board of Directors has provided outstanding service to the AHA and without limiting the generality thereof has made substantial and original contributions to the advancement of hypnotherapy. An Emeritus Member, while not entitled to use that term to suggest to the public in general that they represent the AHA in any way, is entitled to use the acronyms EMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to Emeritus Membership.
- **Life Member:** A Fellow or Clinical member who in the unanimous decision of the Board of Directors has provided outstanding service to the AHA and without limiting the generality thereof has made substantial and original contributions to the advancement of hypnotherapy. A Life Member is entitled to use the acronyms LMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to Life Membership.
- **Fellow Member:** A Clinical Member who in the unanimous decision of the Board of Directors has provided outstanding service to the AHA and without limiting the generality thereof has advanced the knowledge of hypnotherapy, or made substantial and original contributions to the advancement of hypnotherapy. A Fellow Member is entitled to use the acronyms FMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to Fellow Membership. Fellow Members will receive an annual certificate from the Association.
- **Clinical Member:** Must have completed the required 500 hours of training & completed a minimum of 500 hours of client practice as well as holds a current First Aid Certificate; Malpractice Insurance and a clean Police check or Working With Children Check. In addition to participating in On-gong Professional Development (OPD) and Clinical Supervision. A Clinical Member is entitled to use the acronyms CMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to Clinical Membership. Clinical Members will receive an annual certificate from the Association.
- **Professional Member:** Must have completed the minimum required 500 hours of training as well as holding a current First Aid Certificate; Malpractice Insurance and a clean Police check or Working With Children Check. In addition to participating in On-gong Professional Development (OPD) and Supervision with a Clinical Supervisor for their first

500 client hours. A Professional Member is entitled to use the acronym PMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA, in addition to other benefits and entitlements pertaining to Professional Membership. Professional Members will receive an annual certificate from the Association.

- **Associate Membership:** Must have completed the required 150 hours of training as well as holding a current First Aid Certificate; Malpractice Insurance and a clean Police check or Working With Children Check. In addition to participating in On-gong Professional Development (OPD) and Supervision with a Clinical Supervisor. Associate Members are entitled to claim ' Assoc M.AHA' but cannot use the AHA's Logo. An Associate Member may be entitled to the benefits and entitlements as pertaining to Associate Membership. Associate Members will receive an annual certificate from the Association.
- **Student Members:** Must be enrolled in a Hypnotherapy training course. Student Members cannot use the AHA's Logo or acronyms nor publicly claim membership of the AHA.. A Student Member may be entitled to the benefits and entitlements as pertaining to Student Membership. Student Members will receive an annual certificate from the Association.
- **Affiliate Membership:** Is for those people with an interest in hypnotherapy or those people who are currently members with another association. Affiliate Members cannot use the AHA's Logo or acronyms nor publicly claim membership of the AHA. An Affiliate Member may be entitled to the benefits and entitlements as pertaining to Affiliate Membership.

## **Additional Information:**

### **Working with Children Checks and National Police Checks:**

- In an effort to prevent rapists and pedophiles (such as doctors, dentists and psychologists etc), who have been deregistered in their previous professions, from continuing their undesirable behaviour as Hypnotherapists the AHA now requires all members to have a clean police check or Working with children check (if the member is working with persons under the age of 18 years).
- It is up to each member to acquire a copy of their clean WWC check or clean police check. As most members are self-employed, they simply need to go to the website and download the application form for their state and take it to their nearest Police station to receive their WWC check or National Police check.

### **PACFA Registration (Optional)**

- Life, Fellow or Clinical members of the AHA may be eligible for individual registration with the Psychotherapy and Counselling Federation of Australia (PACFA) for just \$150.00 per annum. PACFA is one of the largest professional therapy associations in Australia and one of the most proactive organisations in the country.
- As part of individual PACFA registration you will receive the following benefits: access to PACFA supervisors and resources; Free PACFA e-journal; participation in industry surveys; representation to, and dissemination of relevant information from the Department of Health and all other interested Agencies.

## **Educational Requirements**

To achieve Clinical or Professional Membership with the AHA the applicant will need to have completed as a minimum a Certificate IV in Hypnotherapy OR its equivalent ie a minimum of 500 hours of training.. The training program must include at least 100 hours of face to face teaching of hypnotherapy skills including 30 hours of face to face teaching of counselling skills to ensure the

development of the required expertise; ie the education curriculum requirements need to cover three key learning areas:

- Hypnotherapy-specific topics including history, philosophy and theories of hypnotherapy, as well as counselling skills, and basic psychology
- Practical training (consisting of 100 hours of face to face hypnotherapy skills in study groups)
- Legal and ethical requirements for setting up and running a successful private practice.

## Clinical Member

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

- Has the equivalent of 500 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including but not restricted to:
  - History of hypnosis
  - Myths and misconceptions of hypnosis
  - Conscious and unconscious processes of the mind
  - Contradictions for the use of hypnotherapy
  - Overview of hypnotic strategies
  - Spontaneous trance-states
  - Hypnotherapy susceptibility techniques
  - Hypnotic terminology
  - Dangers and limitations of hypnosis
  - Open & closed eye induction techniques
  - Induction techniques for adults
  - Induction techniques for children
  - Deepening Techniques
  - Abreaction through hypnosis
  - Self Hypnosis
  - Regression and progression
  - Hypnotic Anesthesia
  - Therapeutic applications
  - Script writing

\* and including:

- Basic Counselling skills - min. 80 hours including but not restricted to:
  - Establishing Rapport
  - Attending and Listening skills
  - Gathering Information and clarifying the issue(s)
  - Basic Empathy and Probing
  - Advanced Empathy
  - paraphrasing - reflection of clients' feelings
  - Working with grief and loss
  - Effective Challenging
  - Appropriate Self-Disclosure
  - Immediacy
  - Summarizing

\* as well as

- Basic Psychological Process - minimum. 30 hours
  - Ethics 6 hours
  - Setting up a practice information
- 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 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 1st April of every year

## Professional Member

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

- Has the equivalent of 500 hours of formal classroom training consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including but not restricted to:
  - History of hypnosis
  - Myths and misconceptions of hypnosis
  - Conscious and unconscious processes of the mind
  - Contradictions for the use of hypnotherapy
  - Overview of hypnotic strategies
  - Spontaneous trance-states
  - Hypnotherapy susceptibility techniques
  - Hypnotic terminology

- Dangers and limitations of hypnosis
- Open & closed eye induction techniques
- Induction techniques for adults
- Induction techniques for children
- Deepening Techniques
- Abreaction through hypnosis
- Self Hypnosis
- Regression and progression
- Hypnotic Anesthesia
- Therapeutic applications
- Script writing

\* and including:

- Basic Counselling skills - min. 80 hours including but not restricted to:
  - Establishing Rapport
  - Attending and Listening skills
  - Gathering Information and clarifying the issue(s)
  - Basic Empathy and Probing
  - Advanced Empathy
  - paraphrasing - reflection of clients' feelings
  - Working with grief and loss
  - Effective Challenging
  - Appropriate Self-Disclosure
  - Immediacy
  - Summarizing

\* as well as

- Basic Psychological Process - minimum. 30 hours
- Ethics 6 hours
- Setting up a practice information

• with at least 100 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 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 April of every year
  - \$198 Annual (pro-rata) Membership due on 1 April 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.

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## 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 or 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
  - 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.

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## 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.

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## 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](http://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**

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### **National Secretary**

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### **National Director / ACT & NSW Representative**

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### **National Director / NT & QLD Representative**

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### **National Director / SA Representative**

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### **National Director / TAS & VIC Representative**

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### **National Vice President**

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### **National Treasurer/ Registrar**

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### **National Membership Secretary**

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### **National Director / WA Representative**

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