

Australian Hypnotherapists' Association

ABN 20 004 388 872

Founded 1949

Registered 1957



AHA Prospectus and Information booklet

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Welcome to the Australian Hypnotherapists' Association

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

Introduction

Welcome and thank you for your interest in joining the Australian Hypnotherapists' Association.

The accompanying information explains the mission and the required membership criteria of the association. Please do not hesitate to phone us on the Advisory Line 1300 55 22 54 if there are any points that require clarification or do not fully explain the requirements to your satisfaction.

The AHA is so much more than a Registration Body

The Australian Hypnotherapists' Association (AHA) considers Clinical Hypnotherapy as 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 a primary 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. We believe that 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, 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 ALL professional hypnotherapists, and we have many international members.**

The AHA, is Australia's leading independent, national, registration and industry representative body.

We represent only professional hypnotherapists and fulfill many crucial roles within the framework of the hypnotherapy profession. These include consistent standards in training, ongoing professional development, professional supervision, industry and professional representation to the government and other appropriate bodies, including the traditional medicine and health insurance industries. Established in 1949, and incorporated in 1957, the AHA has since evolved into the largest independent professional body for clinical hypnotherapists in Australia.

The AHA's primary responsibility is for the ongoing registration of individual practitioners. We maintain a national register of AHA Clinical Hypnotherapists and set the criteria for the validation of AHA recognised training courses. The AHA is proudly independent and does not have a direct relationship with any one particular teaching institution. This means that we maintain our objectivity and evaluate each applicant on the basis of their academic output, training and experience.

The AHA is an action orientated professional body. We are not simply a service and membership body. The AHA exists for its members and therefore member benefits and services are our first priority. Our 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 national office advisory line 1300 55 22 54 is able to react quickly to respond to any enquiry.

AHA membership and registration via our public directory has gained national recognition as the standard for the practice of hypnotherapy. Anecdotal evidence suggests that government departments, insurance companies and the general public, now recognise the importance of such standards and view membership of a professional association such as AHA as a basic requirement for hypnotherapy as a treatment modality. As a practicing 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 Ethics and Conduct.

To be a member of the AHA, you must be able to show the board that you have attended a training school that is recognised by the AHA and / or meets the AHA's high standards, as 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 clear police checks and working with children checks, where indicated, to protect the public by ensuring that they are suitable persons to carry out therapy. This is in addition to providing proof of current first aid and insurance. Once members are accepted, 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 and Conduct. (see the AHA website for further details www.ahahypnotherapy.org.au)

What does the AHA offer you that other associations do not?

The AHA is a national registration body for Clinical Hypnotherapists and 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 Clinical hypnotherapists in Australia by maintaining a national complaints committee, and supporting its members by providing a consistent code of ethics and conduct, setting industry standards for all hypnotherapists; maintaining a national directory of practicing clinical hypnotherapists; lobbying on behalf of its membership with the health funds for rebates for members' clients; lobbying the government for formal recognition of hypnotherapy as an allied health profession; encouraging the general public to be more aware of the hypnotherapy profession and the availability of reputable hypnotherapists; lobbying the insurance companies for fair and reasonable insurance coverage, and for the formal recognition of hypnotherapy as an independent profession. The AHA is an independent association that offers member services and benefits second to none.

Professional Representation

An organisation's credibility as a professional registration body is generally reflected by its standards, benefits, services and professionally paid staff. The AHA has a national office and members are normally able to speak directly with an AHA staff member and if not, your call will be returned as soon as practicable. All applications and personal information are entered into the national database which is maintained on a secure server. The association has part time professional administrators who ensure that all applications and requests for documentation are processed quickly and efficiently.

The National Board is made up of member representatives from all over Australia to ensure we maintain a national focus.

Our directory registration separates AHA Professional Clinical Hypnotherapists from the rest and reflects AHA's highest standards of trained therapists and their accountability to the public, government, insurance companies and health funds. Registration on **the directory is open to all AHA Advanced Clinical, Clinical, Professional and Graduate hypnotherapists who meet accreditation standards**. There are no extra administrative costs for AHA members.

The public directory is linked to the member management system, so when members update their information, these changes will flow through to the public directory. It is imperative that all AHA Advanced Clinical, Clinical, Professional and Graduate members are included on the directory to affirm to the public that they are in fact qualified hypnotherapists of the AHA.

Registration is an issue raised by government consistently 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 conducts discussions with the Department of Health and Ageing and any agreement that is made will always be relevant to accredited directory hypnotherapists.

Membership Benefits and Services The AHA Advisory Line

The AHA has an Advisory Line available to both the public and AHA members.

As a registration body for clinical hypnotherapists, the AHA is the oldest and largest hypnotherapy association in Australia and our high standards have withstood the test of time. Established in 1949, AHA has remained the leader in its field, and as such, we invite all practicing hypnotherapists in Australia, New Zealand and overseas, to join our highly respected, progressive, proactive and continuously expanding hypnotherapy association. For criteria and application details please see the relevant pages in this prospectus, phone the **1300 55 22 54** number, or email administrator@ahahypnotherapy.org.au

The AHA and continuing professional development

To assist members in remaining current with the latest techniques and new developments in clinical hypnotherapy the AHA maintains a continuing education program that consists of seminars, workshops and discussion/support groups, as well as supervision sessions (both group and one-on-one). All AHA State workshops and seminars are attended by well-known speakers and experts in their field, thus facilitating a broadly accessible collegial and educational culture within the Association and wider membership.

AHA members are given substantial discounts for AHA workshops. When it is possible to attend face-to-face training days, the AHA holds general meetings, followed by the opportunity for members to meet informally over lunch, giving members the opportunity to socialise, network and exchange ideas and knowledge about their areas of interest or expertise. When face to face became impossible during the COVID-19 pandemic, the AHA developed a permanent workshop platform that is attended via Zoom meetings. The technology has enabled members to have far greater access to ongoing training and education and has proven to be very popular.

The AHA advertises members' workshops in the Australian Hypnotherapy Journal, via broadcast email sent 6 weeks prior and via the AHA Members database. All events are also listed on the [AHA website calendar](#).

Australian Hypnotherapy Journal

The AHA sends out a quarterly [e-journal](#) to assist members in remaining informed of happenings within the association and industry. The journal contains articles and information on conferences, workshops, therapies, overseas news, business building hints, fact pages, book reviews, workshop & training reviews and also has a very competitive advertising scheme. This journal is also available to the general public, is stored in the national archives and offers advertising opportunities to a wide variety of educational institutions. Members are encouraged to submit articles/papers for publication for which CPD points are awarded.

Keeping in touch:

The National Board is always happy to receive feedback and any innovative ideas from our members, and as such we have developed several great ways to enable members to interact on a daily basis if they choose.

Facebook Group Page: [AHAMembers and friends | Facebook](#)

Facebook Hypnotherapy Page: [Australian Hypnotherapists Association | Facebook](#)

Discussion groups: AHA Member discussion forum on our website www.ahahypnotherapy.org.au

Suggestion Box email: committee@ahahypnotherapy.org.au

Online collegial peer and supervisory networking groups:

www.ahahypnotherapy.org.au/hypnotherapy-training/aha-events-calendar/

The AHA's national office advisory line 1300 55 22 54

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 shall comply with the requirements of the Private Health Insurance (Accreditation) Rules, 2011 which state in:

Section 9. Treatments provided by allied health professionals

(1) If the treatment is a service within a field mentioned in section 12 of the *Health Insurance Regulations 2018* as in force from time to time, the standard is that the treatment within that field must be provided by an allied health professional who is qualified in that field.

(2) In sub-rule (1), an allied health professional will be qualified in the field if he or she meets the qualification requirements for a service within that field as specified in Schedule 1 of the *Health Insurance (Allied Health Services) Determination 2007* or if that instrument is repealed and remade, with or without modifications, the remade instrument.

(3) If the treatment is provided by an allied health professional practising in a field not mentioned in subrule (1), the standard is that the allied health professional must be a member of a professional organisation which covers health care providers who provide that type of treatment, and which is an ordinary member of Allied Health Professions Australia Ltd or any successor organisation.

Section 10. Treatments provided by other healthcare providers

If the treatment is provided by a health care provider who is not referred to in subrule 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 is recognised as an authority on clinical hypnotherapy by both governmental and private agencies. AHA members are regularly invited to speak, both Nationally and Internationally at various conferences, community and service organisations about hypnosis and hypnotherapy. AHA members are recognised as health professionals by many private health funds.

Discounted Professional Indemnity and Public Liability Insurance

All practicing members of the AHA shall carry insurance for professional indemnity and public liability. The AHA has negotiated extremely competitive rates with independent insurance providers, although members are not restricted to this choice. All contact details are available on the AHA website and are in each issue of the Australian Hypnotherapy Journal.

Research

The AHA is aware of the importance of research and development for the advancement of hypnotherapy. To this end, the AHA has several strategies to encourage research within our profession. One strategy has been to publish Australian and International researchers' findings in the Australian Hypnotherapy Journal.

The AHA is also proud to state that we have a proactive research sub-committee, that reviews current research and presents findings to members via our **Journal Club**. The aim of the committee is also to work toward discussing and furthering the body of empirical evidence regarding the practice of 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 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. The AHA was created as a national peak body because they had concerns about the possibility that aspects of the profession could be regulated 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 on the latest developments in hypnotherapy techniques.

In 1957 the AHA was incorporated as a company limited by guarantee to be 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 at that time, set a high standard of proficiency and only skilled therapists of high integrity, using approved techniques, are accepted as members.

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

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 Vision Statement:

To be the pinnacle 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:

1. To provide continuing empirical leadership and support in the field of hypnotherapy to practicing registered clinical hypnotherapists throughout Australia.
2. To advance the hypnotherapy profession in Australia through the review of evidence-based academic research.
3. To be a self-regulatory body to provide for registration of AHA clinical hypnotherapists in Australia.
4. To liaise with Government for the benefit of members and the public.
5. To maintain a world class directory of qualified practicing registered clinical hypnotherapists.
6. To identify to consumers, registered clinical hypnotherapists who meet nationally approved AHA standards of practice.
7. To provide a single unified voice for the hypnotherapy industry.
8. To provide a Code of Ethics and Conduct and set of Practitioner Standards.
9. To provide a National Complaints procedural process and Ethics Committee.

10. To promote the professional development and growth of practicing registered clinical hypnotherapists.
11. To mentor and support newly qualified clinical hypnotherapists,
12. To support established members through challenging and difficult circumstances.
13. To review and recognise hypnotherapy education courses meet AHA minimum standards.
14. To provide an industry-based association for persons engaged in hypnotherapy education.
15. To raise awareness of Australian registered clinical hypnotherapists internationally.
16. To educate the community regarding the benefits of the hypnotherapy profession and the availability of reputable registered clinical hypnotherapists.
17. 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,
- an ability to raise public confidence and trust in the hypnotherapy profession through the provision of professional services

The AHA is a non-profit organisation

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

International Alliances:

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

In 2006 the AHA was formally recognised by the largest hypnotherapy association in the UK, by forming a strategic alliance with the UK hypnotherapy peak body, The General Hypnotherapy Standards Council (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. In 2008 the AHA and the NZHA, now NZPHA, New Zealand's peak hypnotherapy body formed an alliance. Alliances continue to be formed around the world and these are listed on the AHA website.

Affiliations with Peak Australian Associations:

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

The Psychotherapists and Counsellors Federation of Australia is a national peak body that represents the interests of the large number of therapists working within the various modalities within the disciplines of psychotherapy, counselling and hypnotherapy.

Registration of Independent Hypnotherapists

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

As a free benefit, in preparation for any future statutory regulation, all AHA graduate, professional, clinical, advanced clinical, fellow and life members are now automatically registered with the directory 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 membership renewal, including Continuing Professional Development and supervision requirements as set out in this prospectus, under membership criteria.

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 directory 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 directory at a level that enables them to be registered.

AHA is an Independent Self-Regulatory body:

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

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 encounter any of these professions there is an inherent understanding that the services received are from professionals who have gained accepted educational standards and who adhere to expected professional requirements. The Hypnotherapy profession is not Government regulated, therefore in the interests of professional excellence, The Australian Hypnotherapists' Association self-regulates its members ensuring they meet specific professional and educational standards and requirements. The public can therefore be assured that any hypnotherapist appearing on the AHA Hypnotherapy Register, not only meet strict AHA membership criteria but also satisfies 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 police check
- Current working with children check
- Current first aid certification

Each hypnotherapist appearing on the AHA Register has a personal file, kept on the national database, showing documentary evidence that they have met all mandatory requirements. Each file is audited annually to ensure the registered hypnotherapist continues to maintain all annual membership criteria.

AHA also maintains a complaints resolution team / Ethics committee which addresses community complaints and member ethical accountability issues. Member risk management is regularly addressed through training offered by the AHA and through articles in the quarterly Australian Hypnotherapy Journal.

Recognition of Prior Learning

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 practicing 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 phone the national office on 1300 55 22 54 for more details on how to apply under this clause. However, only

experienced hypnotherapists who have a significant documented history of practice as a hypnotherapist may apply under this clause. All new graduates are required to enter at the graduate level membership.

AHA Recognised Academic Qualifications

AHA upholds the highest membership standards of training. Many training providers are now asking the AHA to review their courses to ensure their students can register for membership of the AHA and/or directory.

To meet entrance level membership requirement an AHA accepted course shall have a minimum of 650 hours of course content including experiential training, ethics and counselling skills. Hypnotherapy skills shall 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. Short online courses and/or courses that are assessed by essay 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 advisory line 1300 55 22 54 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. The content of these training courses is audited every two years, after initial recognition, by AHA to ensure the course continues to meet AHA's high standards.

AHA: A National Organisation.

You may contact our friendly National Board members and administrator via the link below.

<http://ahahypnotherapy.org.au/contact-us/> or phone 1300 55 22 54.

Benefits of AHA membership

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

Professional Opportunities:

- The prestige of being part of the oldest and largest professional hypnotherapy association in Australia which is recognised nationally and internationally
- The opportunity to attend international and national hypnosis conferences at reduced registration
- The circulation of details of forthcoming AHA workshops and seminars giving you access to advanced specialist hypnotherapy training
- The opportunity to be published in the Australian Hypnotherapy Journal
- **Free** subscription to 4 issues of the Australian Hypnotherapy Journal – this journal is subscribed to by universities and libraries around Australia
- **Free** publication and distribution of regular *News Bulletins / Updates*
- **Upgrading** to higher membership levels as soon as you qualify

Promotional Opportunities:

- **Free** listings on the national directory which includes:
 - “Find a Hypnotherapist” search by postcode, suburb or name
 - Therapy delivery method
 - Free active link to your own email address and website(s)
 - Personalised description of your qualifications and specialties
 - Able to update any time for no cost
- **Free dedicated National** advisory line is available to all graduate, professional and clinical, and advanced clinical members. This 1300 number is also available to the public between 9:00 am to 12:00 pm (AEST/AEDT) Monday to Friday. Voicemail is available to leave a message outside of these hours.

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/support
- Access to all AHA social media discussion groups
- Access to all professional peer discussion groups
- Receive all membership mailouts
- The Facebook discussion group – online discussion where you can ask questions of other members about any issues you may encounter
- As a member of the AHA, you have the opportunity to establish professional relationships with hypnotherapists throughout the world
- Access to free clinical resources and templates

Professional Security / Credibility:

- Access to **discounted** *Professional Indemnity & Public Liability Insurance*
- **Health fund provider numbers** allowing rebates for your clients from selected funds
- Advice with regard to obtaining *Criminal records bureau disclosures* (WWC and Police checks)
- Ongoing updates with regard to government legislation concerning the hypnotherapy field
- Opportunity to create positive change in the industry by becoming a board or sub-committee member
- Representation to and dissemination of relevant information from the Department of Health and Ageing and other relevant agencies
- The provision of relevant information on all aspects of the profession to registrants, the media and public

Discount facilities with:

- Selected insurance providers
- Fit2Work for police checks
- PACFA member rates for professional development, conferences and professional journals

International Professional affiliations

When relocating to other countries, an *international reciprocal alliance agreement* is available for AHA members:

- the General Hypnotherapy Standards Council (GHSC UK)
- the Association of Registered Clinical Hypnotherapists (ARCH Canada)
- the New Zealand Association of Professional Hypnotherapists Incorporated (NZAPH)

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 Constitution and Code of Ethics and Conduct 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. (Recognition of Prior Learning)

Membership Levels

President Emeritus:

A Life or a Fellow member who has stepped down from long service as President on the National Board, after a minimum of 12 months of service, and who in the unanimous decision of the Board 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 retains this title for the duration of the subsequent presidency. While not entitled to use the 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 Board Member:

A Life or a Fellow member who has stepped down from long service on the National Board, following a minimum of five years' service, and who, in the unanimous decision of the Board 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 Board 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 EBMAHA and such abbreviated form or emblem as may be approved from time to time by the AHA National Board, in addition to other benefits and entitlements pertaining to Emeritus Board Membership. When a member is no longer active in the industry, they are required to indicate such. E.g., Retired Emeritus Board Member

Life Member:

A Fellow or Clinical member who in the unanimous decision of the Board, 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 National Board. In addition to other benefits, Life Members are entitled to free Life Membership of the Association, whilst maintaining ongoing standard membership requirements. Where a member is no longer active within the industry, they are required to indicate such. E.g., Retired Life Member RLMAHA

Fellow Member:

A Clinical member who in the unanimous decision of the Board, has provided outstanding service to the AHA and without limiting the generality thereof has advanced the knowledge of hypnotherapy, or has made substantial and original contributions to the advancement of hypnotherapy, following a minimum of five years' service. 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 National Board, in addition to other benefits, Fellow members are required to maintain ongoing standard membership requirements pertaining to Fellow Membership. Fellow Members receive an annual certificate from the association. Where a member is no longer active within the industry, they are required to indicate such. E.g., Retired Fellow Member RFMAHA

Level 4: Advanced Clinical Member:

Shall have completed a minimum of 2500 hours of training in Clinical Hypnotherapy from a school recognised by the AHA National Board AND completed a minimum of 1000 post graduate hours of client practice. An Advanced Clinical Member is entitled to use the acronym ACMAHA, and such abbreviated form or emblem as may be approved from time to time by the AHA National Board, in addition to other benefits and entitlements pertaining to Advanced Clinical Membership and receive an annual Certificate of Membership. Advanced Clinical Members are required to uphold all standards of Advanced Clinical Membership Criteria.

Refer: Membership Criteria expected of Advanced Clinical Membership listed in this Prospectus.

Level 3: Clinical Member:

Shall have completed the required 1500 hours of training AND completed a minimum of 500 hours of client practice. A Clinical Member is entitled to use the acronym CMAHA, and such abbreviated form or emblem as may be approved from time to time by the AHA National Board, in addition to other benefits and entitlements

pertaining to Clinical Membership. Clinical Members receive an annual certificate from the Association and are required to uphold all standard Clinical Membership Criteria.

Refer: Membership Criteria expected of Clinical Membership listed in this Prospectus.

Level 2: Professional Member:

Shall have completed the minimum required 1000 hours of training in Clinical Hypnotherapy from a school recognised by the AHA National Board AND completed an additional minimum of 250 post graduate hours of client practice. A Professional Member is entitled to use the acronyms PMAHA, and such abbreviated form or emblem as may be approved from time to time by the AHA National Board, in addition to other benefits and entitlements pertaining to Professional Membership. Professional Members receive an annual certificate from the Association and are required to uphold all standard Professional Membership Criteria.

Refer: Membership Criteria expected of Professional Membership listed in this Prospectus.

Level 1: Graduate Member:

Shall have completed the minimum required 800 hours of training in Clinical Hypnotherapy from a school recognised by the AHA National Board. A graduate member is required to maintain monthly one-on-one supervision with a clinical supervisor for their first 250 client hours. A Graduate Member is entitled to use the acronyms GMAHA, and such abbreviated form or emblem as may be approved from time to time by the AHA National Board, in addition to other benefits and entitlements pertaining to Graduate membership.

Graduate Members receive an annual certificate from the Association and are required to uphold all standard Graduate Membership Criteria.

Refer: Membership Criteria expected of Graduate Membership listed in this Prospectus.

* education hours increase to 1000 hours on 1st January 2025

International Member:

International membership may be granted to applicants who meet the criteria, as set out in the Prospectus, for the relevant level of membership for which they are applying. These levels are Graduate, Professional, Clinical and Advanced Clinical.

Non-Practicing member: this level is for members who wish to continue their connection with the AHA during a sabbatical, or at retirement, by allowing continued collegial connections and interest in the profession. This level of membership has no voting rights.

This is a single membership level, however, the annual certificate will denote past experience/expertise e.g. Annual Certificate of Non-Practicing Clinical Membership.

Where a member re-joins as a practicing member, they will be accepted straight back into their previous level once all membership requirements have been updated i.e. First Aid, Insurance, Police and WWC checks.

Student Member:

Shall be enrolled in a hypnotherapy training course. Student Members may not 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 receive an annual certificate from the Association. This level of membership has no voting rights.

Affiliate Member:

People with an interest in hypnotherapy or those people who are currently members with another association. Affiliate members may not 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. This level of membership has no voting rights.

Honorary Member:

A membership category that may be bestowed at the discretion of the Board on visitors, who, in the ordinary course of events, would not be members of the AHA. For example, overseas speakers who have made a distinguished contribution to the profession of hypnotherapy. This level of membership has no voting rights.

Academic Member:

Schools and/or training organisations who have had their course(s) recognised by the AHA as meeting the minimum criteria as set out in the prospectus, from time to time, for their graduates to apply for membership of the AHA. While an academic member has no voting rights under the constitution, they may nominate a representative to an AHA sub-committee when requested.

Additional Information:

National Police Checks:

- The AHA requires all members to have a clean police clearance every 3 years.
- It is up to each member to acquire 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

- It is a requirement of some private health funds that members may only receive benefits if they have a current Working with Children Check (WWCC). Therefore, it is the policy of the AHA that all members require a WWCC to receive private health insurance rebates.
- It is up to each member to acquire a copy of their WWC check which may be applied for online.

First aid certificate:

- The AHA requires all members to have a **current** First Aid certificate. While the current qualification is **HLTAID011 - Provide First Aid** this may be updated due to government requirements. Please check with your training provider as to the latest qualification being issued.

Professional Indemnity and Public Liability Insurance:

- The AHA requires all members to have an up-to-date Certificate of Currency with the **minimum:**
 - **Professional Indemnity of \$10,000,000**
 - **Public and Product Liability of \$10,000,000**

Although \$10,000,000 is the minimum policy accepted by the AHA, we recommend \$20,000,000 coverage. Many members choose to have a minimum of \$20,000,000 to ensure adequacy of cover. This is at the individual 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 an additional membership level minimum of number of post-graduation hours of client practice, as described in the relevant section of this Prospectus.

Pathway B requires an applicant:

to provide evidence to demonstrate recognition of prior learning (RPL) and /or experience (RPE), to support the application, by demonstrating that the workplace practical and theoretical experience and learning undertaken meet the minimum expectation of the requirements of the membership level.

Evidence may take the form of:

- Certification of relevant course work, denoting hours of study
- Statutory Declarations from
 - Employers
 - Clinical mentors
- Letter from your supervisor
- Other relevant information to support your application.

If you intend to apply for membership upgrade via **Path B** please forward your enquiry to membership@ahahypnotherapy.org.au to discuss the requirements of this membership pathway **prior** to submitting an application.

Membership Criteria – Advanced Clinical Member

Criteria for eligibility for Advanced Clinical Membership.

Qualifications and experience:

- Has a minimum of 2500 hours of **recognised formal training** consisting of advanced theory, practice and clinical applications of hypnosis and hypnotherapy including, and not limited to, the basic criteria shown for Graduate membership.
- Has completed a minimum of at least 1000 client hours of post training practical experience under supervision.
- Has completed a minimum of 90 supervision hours
- Has completed a minimum of 7.5 years post graduate experience
- 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.)*
- 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
 - (1) from your Supervisor, and
 - (2) from people who are not related to you and who have known you professionally for at least two (2) years

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

- Has undertaken to cover themselves by Professional Indemnity and Public Liability 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. The course required by the AHA is "Provide First Aid" **NB: An invalid Certificate may void Professional Indemnity Insurance, AHA Membership and the ability for your clients to receive a Health Fund Rebate.**
- Has obtained, and agrees to maintain, a clean police record.
- Has obtained and agrees to maintain a Working with Children Check where appropriate.

Continuing Professional Education and Supervision

- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year which is required to be documented and verified.
- Has agreed to undertake a minimum of 24 points of AHA recognised supervision.

This includes a minimum of three (3) one-on-one Supervision sessions (6 points) each year.

The remaining 18 points of supervision may be made up of:

- One on one supervision
- Group/peer supervision
- A mixture of both models
- 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 and Conduct of the Association
- 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 knows how to make professional referrals

Fees: The application shall be accompanied by the non-refundable application fee of **\$66 incl GST**

- The yearly Clinical Membership Registration fee is **\$240 incl GST** and is due 31st of March each year
- Pro-rata registration fees are applicable upon approval of your application.

Applications from non-AHA recognised schools/courses

Where a potential member has not attended a school / course that is recognised by the AHA then the following shall take place:

- Interview,
- Examination of academic records
- Two written case studies explaining a
 - Successful case and the therapeutic processes utilised
 - Case that you would do differently and why

Refer to Page 15 for Pathways to become an Advanced Clinical member

Membership Criteria – Clinical Member

Criteria for eligibility for Clinical Membership.

Qualifications and experience:

- Has the equivalent of 1500 hours minimum of **recognised formal training** consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including, and not limited to, the basic criteria shown for Graduate membership
- Has a minimum of at least 500 client hours of post training practical experience under supervision.
- 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.*)
- 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

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

- Has undertaken to cover themselves by Professional Indemnity and Public Liability 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. The course required by the AHA is "Provide First Aid" **NB: An invalid Certificate may void Professional Indemnity Insurance, AHA Membership and the ability for your clients to receive a Health Fund Rebate.**
- Has obtained, and agrees to maintain, a clean police record.
- Has obtained and agrees to maintain a Working with Children Check where appropriate.

Continuing Professional Education and Supervision

- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year which is required to be documented and verified
- Has agreed to undertake a minimum of 24 points of AHA recognised supervision.

This includes a minimum of three (3) one-on-one Supervision sessions (6 points) each year.

The remaining 18 points of supervision may be made up of:

- One on one supervision
- Group/peer supervision
- A mixture of both models
- 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 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 knows how to make professional referrals

Fees: The application shall be accompanied by the non-refundable application fee of **\$66 incl GST**

- The yearly Clinical Membership Registration fee is **\$240 incl GST** and is due 31st of March each year
- Pro-rata registration fees are applicable upon approval of your application.

Applications from non-AHA recognised schools/courses

- Where a potential member has not attended a school / course that is recognised by the AHA then the following will take place:
 - Interview,
 - Examination of academic records
 - Two written case studies explaining a
 - Successful case and the therapeutic processes utilised
 - Case that you would do differently and why

Refer to Page 15 for Pathways to become a Clinical member

Refer to Page 15 for Pathways to become an Advanced Clinical member

Membership Criteria – Professional Member

Criteria for eligibility for Professional Membership.

Qualifications and experience:

- Has the equivalent of 1000 hours minimum of **recognised formal training** consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including, and not limited to, the basic criteria shown for Graduate membership.
- Requires a minimum of at least 500 client hours of post training practical experience under supervision to move to Clinical
- 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.*)
- 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

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

- Has undertaken to cover themselves by Professional Indemnity and Public Liability 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 obtained, and agrees to maintain, a clean police record.
- Has obtained and agrees to maintain a Working with Children Check where appropriate.

Continuing Professional Education and Supervision

- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year which is required to be documented and verified
- Has agreed to undertake a minimum of:
 - twelve (12) hours of one-on-one Supervision each year **or**
 - a minimum of 12 hours of Group Supervision and 6 hours of one-on-one supervision

Please note that professional members are required to attend a minimum of 6 one-on-one monthly supervision sessions per year.

- 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 and Conduct 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 that they have attained at least the relevant minimum standards of competency and proficiency.

Fees: The application shall be accompanied by the non-refundable application fee of **\$66 incl GST**.

- The yearly Professional Membership Registration fee is **\$240 incl GST** and is due 31st of March each year.
- Pro-rata registration fees are applicable upon approval of your application.

Applications from non-AHA recognised schools/courses

- Where a potential member has not attended a school / course that is recognised by the AHA then the following will take place:
 - Interview,
 - Two written case studies explaining a
 - Successful case and therapeutic processes utilised
 - Case that you would do differently and why

Refer to Page 15 for Pathways to become a Professional member

Refer to Page 15 for Pathways to become a Clinical member

Membership Criteria – Graduate Members

Criteria for eligibility for Graduate Membership.

Qualifications and experience:

- Has the equivalent of 800 hours (1000 hours by 1st January 2025) minimum of **recognised formal training** consisting of theory, practice and clinical applications of hypnosis and hypnotherapy including but not restricted to
 - Overview of hypnotic strategies
 - Susceptibility techniques
 - Hypnotic terminology
 - Hypnotic Anaesthesia
 - Dangers of Hypnosis
 - Open & 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 - min. 80 hours
 - Basic Psychological Process - minimum. 30 hours (can be a distance only course)
 - Ethics - minimum 20-25 hours
 - **Minimum 110 hours of Practical supervision**
 - 80 hours of supervised hypnotherapy practice in study groups or individual supervision
 - 30 hours supervised counselling practical participation in a study group.
- Requires a minimum of at least 250 client hours of post training practical experience under supervision before can move to the Professional level.
- 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.*)
- 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 training organisation, and
 - two (2) from people who are not related to you and who have known you professionally for at least two (2) years

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

- Has undertaken to cover themselves by Professional Indemnity and Public Liability 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 obtained, and agrees to maintain, a clean police record.
- Has obtained and agrees to maintain a Working with Children Check where appropriate.

Continuing Professional Education and Supervision

- Has agreed to undertake a minimum of twenty (20) hours of Continuing Professional Education and Development each year which is required to be documented and verified.
- **Please note that graduate members are required to attend 12 monthly one-on-one supervision sessions per year.**
- 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
 - Understands when to refer a client to another therapist and knows how to make professional referrals
- Recognises when client issues are outside their scope of practice
 - Understands when to refer a client to another therapist and knows how to make professional referrals
- 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 and Conduct of the Association

Fees: The application shall be accompanied by the non-refundable application fee of **\$66 incl GST**.

- The yearly Graduate Membership Registration fee is **\$240 incl GST** and is due 31st of March each year. If study is completed with an AHA recognised course provider, the \$240 is waived for the first year of graduate membership.
- Pro-rata registration fees are applicable upon approval of your application.

Applications from non-AHA recognised schools/courses

- Where a potential member has not attended a school / course that is recognised by the AHA then the following will take place:
 - Interview,
 - Two written case studies explaining a
 - Successful case and therapeutic processes utilised
 - Case that you would do differently and why
- **Refer to Page 15 for Pathways to become a Professional member**

Membership Criteria – International

International membership may be granted to applicants who meet the criteria, as set out in the Prospectus, for the relevant level of membership for which they are applying. These levels are Graduate, Professional, Clinical and Advanced Clinical.

There may be Australian requirements that may not be applicable in the country of the applicant and these can be discussed with the Administration team.

Applicants are requested to contact the AHA Administration team (administration@ahahypnotherapy.org.au) **prior** to submitting an application

International - affiliate

There are no minimum requirements for this level of membership.

Membership Criteria - 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 Graduate, Professional, Clinical Membership or Advanced Clinical 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 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 payment of all the prescribed charges and fees as stated below
\$44 Administration fee to process membership
\$0 Annual Membership

Please note: A Student member studying at an AHA recognised school and who is upgrading to graduate membership will have their **first year of graduate membership waived (\$240)**. A \$66.00 application fee for upgrading membership plus the normal documentation is all that is required for your first year of graduate membership with the AHA. The AHA recognises 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.

Membership Criteria for - Affiliate Member

- The applicant 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 payment of all the prescribed charges and fees as stated below

\$44 inc GST Annual (or pro-rata) Membership due on 31st March of every year

AHA Contact Details

The AHA Contact Us page is kept up to date for all Board members. Please refer to this link:
<http://www.ahahypnotherapy.org.au/contact-us/>

Glossary

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

Group Supervision: Group supervision has a designated supervisor who simultaneously provides supervision and facilitates the group supervision process. Group supervision can be comprised of two (2) to six (6) supervisee members and the supervisor. **(Group of not more than 7 members)**

Group Supervisor: A group supervisor who facilitates a group of supervisees, in addition to the requirements for supervisor, also has specific skills to conduct the group process and to manage any group dynamics that arise.

Individual Supervision: (One-to-One) with a Qualified Supervisor. Individual supervision refers to clinical supervision undertaken by an individual supervisee with a designated supervisor. The supervisor will most often be a more senior clinician or have acquired more experience in a specialist area of practice.

Online supervision: This is where supervision is conducted via an online platform. This supervision is conducted under the same guidelines of the definitions above.

Peer Supervision: (either one-to-one or as a group of not more than 7 members). Peer supervision refers to reciprocal supervision arrangements where colleagues or peers, who are clinical members or above, work together for mutual benefit, rotating the roles of supervisor and supervisee. This is a formal process where practitioners contract to provide collegial critiquing and enhancement of each other's clinical work.

National Approved AHA Standards: please refer to the various membership criteria.

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

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