



UK Therapy Guild

Academy of Integrative Counselling & Hypnotherapy Training

Student Handbook 2026

A Unique Opportunity to Study Two Diplomas Over Two Years

Level 5 Diploma in Integrative Counselling

— accredited by ACCPH & National Council of Integrative Psychotherapists —

Level 5 Practitioner Diploma in Clinical Hypnotherapy

— validated by the General Hypnotherapy Standards Council, underwritten by CNHC —

A Foreword from Our Founder



Nichola Doyle

Founder & Director, UK Therapy Guild Ltd

MA Education & Teaching

BA Hons in Education (with QTS)

L5 Diploma in Integrative Counselling

L5 Diploma in Hypnotherapy (Hyp)

Snr Accredited Member of the ACCPH & NCIP

Welcome to UK Therapy Guild.

My name is Nichola Doyle, and I am the founder of the Academy. I'm really glad you're here, whether you are just beginning your journey, or finding your way back to something that has been quietly calling you for a while.

The Guild was never created as just a training school. It was built from lived experience, from real life, and from a deep belief that something in the way we support people needed to feel more human, more connected, and more real. I want to share a little of my story with you, so you can understand the heart behind what we do.

Today, I have a life that feels safe, grounded, and full. I'm happily married to my husband Jim, who I have been with since I was 16, and we have two wonderful grown-up daughters. But that sense of safety is something I had to find, not something I always had.

My childhood was shaped by instability. When my parents' marriage broke down, I was placed into the care system and went to live with my grandparents, separated from my brother. I grew up carrying a deep sense of not being enough, and navigating a difficult relationship with my father. Eventually, I had to make the painful decision to step away from that relationship to protect my own sense of self.

Life brought moments of joy, but also profound loss. In a very short space of time, I lost my nan, my brother, my mum, my mother-in-law, and my best friend. The weight of that grief was overwhelming, and I found myself spiralling. It was at that point I knew I needed support.

My early experiences of counselling were difficult. I experienced frequent changes in therapists, which intensified feelings of abandonment, and later I found myself in a space where I didn't feel heard or met. I remember leaving sessions feeling more alone than when I went in.

And if I'm honest, that's where something shifted. It wasn't just frustration, it was clarity.

I realised how important it is to feel safe, seen, and genuinely understood in a therapeutic space. I knew there had to be a better way of doing this work, both in how we support clients and how we train therapists. So I trained. Through that process, particularly within integrative counselling, psychodynamic thinking, and attachment theory, I began to understand myself in a way I never had before. Not just intellectually, but deeply, personally. It changed my life.

And from that, UK Therapy Guild was born.

At the heart of everything we do is a simple belief: hurt people often go on to hurt others. But with the right support, awareness, and care, that cycle can be broken.

That is why our Level 5 Diplomas are not just about learning theory. They are designed to hold you, to gently challenge you, and to help you grow into the kind of therapist who can sit with another human being in a real and meaningful way.

And the work doesn't stop in the classroom. Our Counselling Service was created to extend that impact into the wider community. It offers accessible, low-cost therapy to people who might otherwise go without, delivered by the very therapists we train and mentor.

So when you join us, you are not just enrolling on a course. You are stepping into a community. You are investing in yourself. And you are becoming part of a ripple effect that reaches far beyond this room.

I feel genuinely privileged to walk alongside you in that journey.

Warmly,

Nichola Doyle

Founder & Director, UK Therapy Guild Ltd

Our Mission



The web of connection

At UK Therapy Guild, everything we do is shaped by both lived experience and a deep belief in the possibility of change.

We exist because we understand that many people move through life feeling unheard, unsupported, or disconnected from themselves. And when that happens, pain can quietly continue, passing from one relationship to another, from one generation to the next.

Our aim is simple, but meaningful:

To gently interrupt that cycle.

We do this by creating spaces where people feel safe enough to reflect, understand themselves more deeply, and begin to grow. Because when understanding begins, something shifts. There are moments of clarity. Moments where things begin to make sense. And from that awareness comes change — not forced, not rushed, but real.

Over time, this leads to a different way of living — with more awareness, more confidence, and more peace.

| *This is the ripple effect at the heart of UK Therapy Guild.*

The Values That Guide Us



Teaching that is lived, not just learned

We believe knowledge should come from experience as well as theory, making learning more meaningful and real.

A learning space where you feel safe, seen and supported

We create an environment where you can be yourself, explore openly, and feel genuinely held in your learning.

An integrative approach that expands how you think and work

We encourage flexibility, curiosity, and depth, supporting you to develop your own way of understanding people.

Learning through experience, not just observation

We value active engagement, reflection, and participation as essential parts of the learning process.

Growth that transforms you, not just your skillset

We believe this journey is as much about personal development as it is professional training.

Our Offer to Students

Real learning, real connection, shared journeys.

At UK Therapy Guild, we understand that choosing to train as a counsellor is not just an academic decision. It is often a personal one.

Many of our students arrive at a point in their lives where something is shifting. They may be feeling ready for change, looking for something more meaningful, or finally giving themselves permission to do something they have thought about for a long time.

Wherever you are starting from, you are welcome here.



You do not need to have everything figured out.
You do not need to feel completely confident.
You just need a willingness to begin.

A Different Kind of Learning Experience



This is an Academy, not a university. That means you won't be left to navigate this journey on your own. You will be taught, supported, and guided by tutors who know your name, understand your journey, and genuinely care about your development.

Learning here is structured and clear, but also human. You will have opportunities to observe, practise, reflect, and receive feedback in a way that builds your confidence step by step.

There is space for discussion, curiosity, and growth, both within the group and within yourself.

Building Confidence in Practice

Confidence grows through doing, not just learning.



As you move through the course, you will be gently supported to put your learning into practice. Through guided skills sessions, group work, and supported practice, you will begin to trust yourself more. Over time, what once felt unfamiliar will start to feel natural.

When you are ready, you will begin working towards your 100 client hours, with ongoing support and supervision to help you feel safe and contained in your work.

| You are never expected to do this alone.

A Rich and Integrative Approach

Our training introduces you to a wide range of therapeutic approaches, allowing you to develop a flexible and personalised way of working. Rather than being confined to one model, you will learn how to understand clients from different perspectives, and how to respond in a way that meets them as individuals.

Over time, you will begin to find your own voice as a therapist.

More Than a Qualification

Growth, connection, and moments that stay with you.



By the end of your journey with us, you will not only have gained recognised qualifications in Integrative Counselling and Clinical Hypnotherapy — you will have developed the confidence, self-awareness, and presence needed to work with real clients in a meaningful way.

But more than that, our students leave with something they didn't expect:

- A stronger sense of self
- A deeper understanding of others
- A feeling that they are finally doing something that truly matters

You Can Do This!

It's natural to feel unsure at the beginning. Many of our students have had doubts about whether they are 'academic enough', confident enough, or ready enough. But what we see, time and time again, is this: With the right support, the right environment, and the right guidance, people grow — and often, they grow far beyond what they first believed was possible.



Alongside the personal and relational aspects of training, our course is also structured to meet clear professional standards and recognised accreditation requirements, with course content mapped against relevant BACP competency standards and informed by the SCoPEd framework across columns A and B.

Course Structure & Professional Recognition



Our training is designed not only to feel supportive and accessible, but also to meet the highest professional standards within counselling and hypnotherapy.

Students at UK Therapy Guild work towards two recognised qualifications over the duration of the course:

- **Level 5 Diploma in Integrative Counselling** — Accredited by the National Council of Integrative Psychotherapists
- **Level 5 Practitioner Diploma in Clinical Hypnotherapy** — Validated by the General Hypnotherapy Standards Council

The course is structured across two years and includes a total of **370 guided learning hours**, with a strong emphasis on face-to-face teaching, alongside some supported online learning.

Course duration: 2 years part-time, term-time | Tuesday evenings 6–9pm | Required attendance: 80%

What You Will Study

Our curriculum is broad, integrative, and designed to prepare you for real therapeutic work. Students are introduced to a wide range of approaches, including:



- Cognitive Behavioural Therapy (CBT)
- Person-Centred Therapy
- Gestalt Therapy
- Psychodynamic Approaches
- Transactional Analysis
- Grief Therapy
- Family and Couples Counselling
- Neuro-Linguistic Programming (NLP)
- Clinical Hypnotherapy

Developing Your Practice



Students engage in observed practice, skills development, and reflective learning, with regular opportunities for feedback, discussion, and guided support. Practice sessions take place face-to-face and online, helping bridge theory and real-world application.

After the first year, students who are ready to practise begin working towards their 100 client hours, supported throughout with supervision and guidance.

Students will complete a minimum of 12 hours of supervision, with access to an experienced and accredited supervisor, supporting safe and ethical practice.

In Year 2, students begin the Clinical Hypnotherapy Practitioner training, continuing to build confidence and expand their therapeutic skillset.

Progression and Professional Pathways

Following successful completion of the course and required client hours, students may apply for membership with organisations such as the National Council of Integrative Psychotherapists or the British Association for Counselling and Psychotherapy, and may choose to sit the BACP Certificate of Proficiency, supporting progression towards registered membership.

Integrative Counselling



Units of Study

| | |
|---|---|
| <p>Unit 1: The Self Structure</p> <p>What Constitutes "SELF": Models of the Person and the Concepts of Self. The influence of social, cultural, ethnic, philosophical and political issues. Becoming Self-Aware. The Johari Window. Change and how it happens. Revisiting the Self and noting personal development as the course proceeds.</p> | <p>Unit 2: Determinism or Free Will</p> <p>Are our lives predetermined or do we have free will? Soft Determinism Vs Hard Determinism. Soft Free Will Vs Hard Free Will. Humanist or Behaviourist.</p> |
| <p>Unit 3: Professional and Organisational Issues</p> <p>Empathy, Defining and Maintaining Boundaries, Code of Ethics and Practice, Moral, Ethical and Legal Issues, The Counselling Relationship, Confidentiality, Transference and the Counselling Relationship, Ending Counselling, Referrals, Client in Crisis, Supervision.</p> | <p>Unit 4: Counselling Skills and Theory Update</p> <p>The Structure of Counselling. Theoretical Approaches in Counselling. Paraphrasing, Summarizing, Reflecting. Guided Discovery through open ended questioning, challenging. The Counsellor's Role. What Counselling is NOT.</p> |
| <p>Unit 5: Psychodynamic Counselling</p> <p>Key Concepts. Defence Mechanisms. Freud's Structural Theory. Transference and Countertransference. Object Relations Theory.</p> | <p>Unit 6: Attachment Theory and the Strange Situation</p> <p>Introducing the Work of John Bowlby and Mary Ainsworth. Stages of Attachment. Four Attachment Styles. Attachment Styles & T.A. Life Positions.</p> |
| <p>Unit 7: Gestalt Therapy</p> <p>Wholeness and Integration. Awareness - Ground and Figure. Five layers of Neurosis. Field Theory. Unfinished business. Empty Chair. Closure and Resolution.</p> | <p>Unit 8: Phenomenological and Humanistic Approaches</p> <p>The Meaning of Phenomenology in Relation to Clients. Rogers and the Person-Centred approach. Maslow and Humanism. The Existential Approach. Summary.</p> |
| <p>Unit 9: Transactional Analysis</p> <p>Introduction. Ego States. Life Positions. Life Scripts. Karpman's Drama Triangle. Contamination of Ego States. Exclusion of Ego States. Games People Play.</p> | <p>Unit 10: Grief Counselling</p> <p>The Five Stages of Grief. Attachment, Loss and the Experience of Grief. Understanding the Mourning Process. Dual Process Method. Worden's Four Tasks.</p> |
| <p>Unit 11: Narrative Therapy</p> <p>Prominent Social Discourse. Problem Saturated Stories. Externalising. Deconstruction.</p> | <p>Unit 12: Family Counselling</p> <p>Family Sculpting - Theory and Case Studies. Bowen's System Theory. Strength Based Family Therapy. Family Therapy Techniques and Applications.</p> |
| <p>Unit 13: Couples' Counselling</p> | <p>Unit 14: Cognitive Behavioural Therapy</p> |

| | |
|--|--|
| <p>Unconscious Dynamics of Relationships. Transactional Analysis and Couples' Counselling. The Gottman Method.</p> | <p>Evolution of Behaviour Therapy. Behaviour Therapy and its view of the person. The Cognitive Emphasis. Rational Emotive Behaviour Therapy.</p> |
| <p>Unit 15: Equality, Diversity and Inclusion Why we should always strive for the highest ethical practices regarding: age, disability, gender, marriage/civil partnership, pregnancy/maternity, race, religion/belief, sex, sexual orientation, etc. Anti-Discriminatory Practices. Mental Health Competency. Wider Health and Social Care. Safeguarding & Suicide Awareness.</p> | <p>Unit 16: Preparing for Placement Case Studies. Practice Sessions: opportunities to assess and reflect on competency. Preparation for placement: Fit to Practise Letter, Four Way Agreements. Supervision.</p> |

Course Outcomes for Counselling

Upon completion of the counselling element of the course, students must be able to demonstrate that they can:

- Articulate their own philosophical approach to counselling, understand case materials, the counselling process and show a deep understanding of integrative models of counselling.
- Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes.
- Initiate, manage and successfully conclude a counselling interaction (which will include contracting, confidentiality and its limitations, time boundaries, safeguarding, etc).
- Use the active listening skills learned to function competently through a series of counselling sessions.
- Develop empathy, focussed awareness and interpersonal skills to a high degree.
- Present a thorough understanding of the counselling processes, including client assessment and intervention planning.
- Demonstrate a commitment to anti-oppressive practice and non-discriminatory use of counselling skills.

Clinical Hypnotherapy



What is Hypnosis?

Hypnosis, or a trance state, is a natural and familiar human experience. It is an altered state of awareness that has been recognised across cultures for thousands of years and is often described as one of the earliest forms of psychological healing.

The term 'hypnosis' was introduced in the 19th century by Dr James Braid, although it can be slightly misleading, as hypnosis is not the same as sleep. In fact, most people remain aware, focused, and able to respond throughout the experience.

Rather than trying to define hypnosis precisely, it is often more helpful to understand what it allows us to do. In a relaxed and focused state, the mind becomes more open, making it possible to access deeper thoughts, patterns, and internal resources that may not be as easily reached in everyday awareness. This state can be entered independently (self-hypnosis) or with the support of a trained practitioner.

What is Hypnotherapy?



Hypnotherapy is the therapeutic use of hypnosis to support positive change. Like counselling, it is a form of psychological therapy that helps individuals explore thoughts, feelings, and behaviours. What makes hypnotherapy distinct is its ability to work more directly with the subconscious mind.

In practice, a hypnotherapist will guide the client into a relaxed and focused state, using techniques such as imagery, suggestion, metaphor, and dialogue. The aim is to help the client access inner resources, develop new perspectives, and create meaningful change.

Some approaches may explore past experiences ('there and then'), while others focus more on present-day challenges ('here and now'). In many cases, hypnotherapy is integrated with other therapeutic approaches to provide a well-rounded and personalised experience.

How Hypnotherapy is Used

In line with guidance from the Complementary and Natural Healthcare Council (CNHC), hypnotherapy involves skilled communication designed to influence thoughts, feelings, and behaviours in a positive way. Sessions typically involve:

- Exploring the client's goals and desired outcomes
- Understanding relevant history, health, and lifestyle
- Using tailored techniques to support change

Hypnotherapy works alongside a client's own motivation and willingness to change. It is not something that is 'done to' a person, but something they actively participate in.

It is commonly used to support:

- Stress and anxiety
- Sleep difficulties
- Confidence and self-esteem
- Behavioural change (e.g. smoking, habits)
- Fears and phobias
- Performance (e.g. public speaking, sport)
- Pain management

There is also recognised evidence supporting its use in conditions such as irritable bowel syndrome (IBS), with recommendations from NICE that hypnotherapy may be considered in certain cases.

Who Can Be Hypnotised?

Most people can experience hypnosis. What matters most is a person's willingness, openness, and level of trust in the process. Some people enter a trance state more easily than others, but depth of trance is not necessarily linked to the effectiveness of the outcome.

Even light states of hypnosis can be beneficial. It is also important to understand that hypnotherapy is not an instant fix. While it can be highly effective, meaningful and lasting change takes time, readiness, and the right therapeutic relationship.



Who May Benefit from Hypnotherapy?

Hypnotherapy can support a wide range of people and experiences. It may also be used alongside other therapeutic approaches to support emotional wellbeing and personal development. However, there are certain situations where hypnotherapy may not be appropriate, including some forms of severe mental health conditions. In these cases, alternative or additional support may be recommended.

Common Concerns

It is common for people to worry about 'losing control' during hypnosis. In reality, this is not the case. Even in a deep state of relaxation, individuals remain aware and in control. They can choose to speak, move, or stop the process at any time. A person cannot be made to do anything that goes against their values, beliefs, or wishes.

Many misconceptions come from stage hypnosis, which is a very different context and relies on voluntary participation and performance. In a therapeutic setting, the focus is always on safety, trust, and the wellbeing of the client.

Hypnotherapy Units of Study

| | |
|---|--|
| <p>Unit 1: Introduction</p> <p>Introduction to Hypnosis, History of hypnosis. Common misconceptions. Every day forms of hypnosis. Hypnotic states, Trance states. The six depth stages in hypnosis. Four criteria for judging depth of trance.</p> | <p>Unit 2: Session Structure</p> <p>Suggestibility Tests. Induction process. Induction methods. Direct/Authoritative vs. Indirect/Permissive. Mental Overload. Closing a session. Complete session script.</p> |
| <p>Unit 3: Effective Voice Usage</p> <p>Embedded Commands. Maximizing the effects of intonation and voice emphasis. Incorporating distractions. Recap.</p> | <p>Unit 4: Components of the Mind</p> <p>Freud's Structural Theory. A Model of the Mind. The Conscious, Subconscious, and Unconscious Minds. Prime Directives of the Unconscious Mind. Anchoring.</p> |
| <p>Unit 5: Safety/Modalities and Sub-Modalities</p> <p>Precautions and Safety Mechanisms. Suppression, Repression and Abreaction. Dealing with abreaction. Legal and Ethical Issues. Modalities and Sub-Modalities. Safety aspects of Sub-modality manipulation.</p> | <p>Unit 6: Self Hypnosis</p> <p>Methods of Self Hypnosis. Indirect language script. How To Perform Self Hypnosis. Demonstrations and Review.</p> |
| <p>Unit 7: The Therapeutic Relationship / Parts Integration & Motivation</p> <p>Congruence. Maintaining Professionalism. Rapport building. Parts integration and Motivation. Parts Integration Procedure.</p> | <p>Unit 8: The Power of Suggestion & Expectancy</p> <p>Posthypnotic suggestions. Self-Esteem & Hypnosis. Two Approaches to Ego Strengthening. Ego strengthening Script. The laws of suggestion. Post hypnotic suggestions. Three factors that influence positive suggestion management.</p> |
| <p>Unit 9: Phobia Treatment</p> <p>Fear and Panic Management. Anxiety and Panic Attacks. Phobias. Fast Phobia Cure: (V/K Dissociation or Rewind Technique). Systematic De-sensitization. Future Pacing. Swish Patterns.</p> | <p>Unit 10: Regression</p> <p>Age Regression. Past life regression. Progression. Chunking Up and Down. Sub-modality manipulation scripts: Movie Screen Regression, Hall of Doors.</p> |
| <p>Unit 11: Aversion Therapy</p> <p>Weight loss. Smoking cessation. Hypno-Birthing. Gastric band. Case Studies.</p> | <p>Unit 12: Definition of NLP</p> <p>Strategies and Theories. Five principles for success. Presuppositions of NLP. NLP Communication model. The Meta Model. The Milton Model.</p> |
| <p>Unit 13: Favoured Representational Systems</p> <p>Eye patterns. Eye pattern chart. Discuss Assignments 4, 5 and 6.</p> | <p>Unit 14: Return to Anchoring</p> <p>Stacking, Chaining, Collapsing anchors. Keys to an achievable outcome. Ecology.</p> |
| <p>Unit 15: Metaphor Outline</p> <p>Pre-mapping. Mapping Strategies.</p> | <p>Unit 16: Confidentiality</p> <p>Boundaries. Data Protection. GDPR. Contracts.</p> |
| <p>Unit 17: Introduction to Strategies</p> <p>Types of Strategies. Strategies Theory. The Five Fundamental Strategies. T.O.T.E Model of Strategies.</p> | <p>Unit 18: Setting Up a Practice</p> <p>Marketing Techniques. Membership of Professional Bodies. Insurance.</p> |

Overall ratio of theory to practice: Hypnotherapy has a very diverse range of theories and modalities, some of which are more theoretical in orientation (e.g. Hypno-psychoanalytical), as compared with others that are more practical (e.g. Hypno-behavioural). The overall ratio of theory and practice, therefore, varies between 65–80% theory: 20–35% practice.

Course Outcomes for Hypnotherapy

To ensure that at the point of successful course completion, individuals are safe and competent to practise hypnotherapy. Upon completion of the course, students must be able to demonstrate that they can:

- Articulate their own philosophical approach to hypnotherapy, understand case materials, the hypnotherapy process and show a deep understanding of the models of hypnotherapy.
- Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes.
- Initiate, manage and successfully conclude a hypnotherapy interaction (which will include contracting, confidentiality and its limitations, time boundaries, safeguarding, etc).
- Use the active listening skills learned to function competently through a series of hypnotherapy sessions, where applicable.
- Develop empathy, focussed awareness and interpersonal skills to a high degree.
- Present a thorough understanding of the hypnotherapy processes, including client assessment and intervention planning.
- Demonstrate a commitment to anti-oppressive practice and non-discriminatory use of hypnotherapy skills.

Further Learning Outcomes and Competencies to be Achieved as set out by the National Occupational Standards (NOS) for Hypnotherapy. Students must meet the standards as set out in Complementary & Natural Healthcare Council standards CNH1, CNH2 and CNH3.

CNH1: Explore and Establish the Client's Needs

All forms of complementary and natural healthcare rely on exploring and establishing the client's needs and expectations. This may take place at the outset, but also during the on-going delivery of complementary and natural healthcare. This allows the practitioner to consider whether it is appropriate to offer the service to the client, the type of service that should be offered and any required modifications to that service.

CNH2: Develop and Agree Plans for Complementary and Natural Healthcare with Clients

It is important that the planning of complementary and natural healthcare takes place through discussion and agreement with the client and relevant others (e.g. carers). This standard is about developing and agreeing plans that meet the client's needs. Such plans may be subject to change as the service proceeds.

CNH23: Provide Hypnotherapy to Clients

This standard covers the provision of hypnotherapy for individuals. It includes supporting the client throughout the intervention and evaluating the effectiveness of hypnotherapy with the client.

Students will need to know and understand:

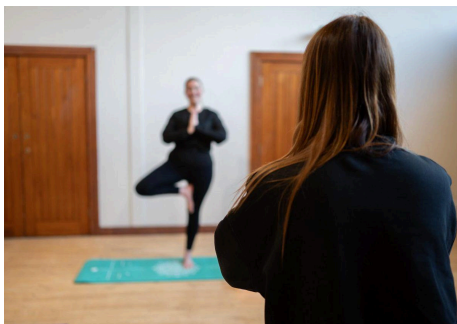
- The principles of different approaches and their application including on-line therapy
- The links between case evaluation and selected approaches
- The hypnotherapist/client relationship
- The relationship with all other healthcare professionals
- The importance of building and maintaining a rapport with the client
- The importance of building review, reflection and evaluation into the therapy planning
- Current methodologies, underpinning theories and codes of ethics
- Methodologies employed in interventions (including the use of formal and informal trance; different levels of consciousness; direct and indirect approaches; matching different approaches to different clients)
- Possible contra-indications for particular presenting issues

Creative Techniques & Wellbeing

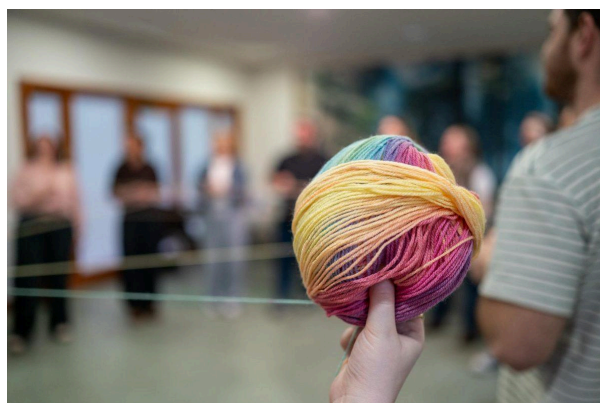
Alongside traditional counselling and hypnotherapy, students at UK Therapy Guild have the opportunity to explore a range of creative and experiential techniques as part of their personal and professional development.



These activities are woven into the teaching to bring theory to life — whether that's exploring emotions through written exercises, practising mindful movement, or experiencing powerful group dynamics through experiential learning.



The string web exercise is a visible, physical representation of the connections we build, and the responsibility we hold to one another.



Student Voices

Here is what some of our students have shared about their experience at UK Therapy Guild:

Maz

"I have been really enthused by each and every session, the different topics, discussion, role plays and activities have all been informative and engaging. I've been absorbed in the activities and on a personal note, I've also been moved at times.

On a personal level, moving to do a course with a group of people I'd never met after having relatively recently been diagnosed with a condition that has changed the way I look and sound was a challenge but due to the environment that Nichola has managed to create, I have felt completely comfortable from day one.

My own Therapist recommended the course to me and said it had high praise and I'm so glad she did. I want to particularly thank Nichola and Erin for their time, hard work, support and for genuinely caring about people. I would 100% recommend the course to anyone considering it."

Claire

"I have loved Gestalt and Transactional Analysis, also working in triads with different people has been great as it gradually builds confidence and you can take good bits from everyone to incorporate into your own approach.

I wanted an integrated course and the hypnotherapy was an added bonus that no one else offered. The price is amazing and being able to pay in instalments is perfect otherwise I wouldn't have done it. I also love the fact that you treat us like adults. Here we can be ourselves."

Ant

"The best part has been learning from Nichola and the team. It's apparent how much knowledge and experience you all have both from a therapist and learning perspective and the way it has been presented means I have picked up so much in the first 6 months.

I have found out some things about myself which is a bonus, I think it's something I am going to have a real passion in. It gets me thinking and it's like little lights turning on in my head. I wish I had done this 10 years ago both for personal and career reasons."

Meet Our Team

Our course tutors are suitably qualified, full members of the NCIP, and are all currently active in the field of Psychotherapy:



Nichola Doyle

Course Director & Founder

MA Education & Teaching, BA Hons Education (QTS), FdA Children's Development, L5 Dip. Integrative Counselling, Dip. Clinical Hypnotherapy, EMDR, Rewind Technique, Trauma Informed. Snr Accredited Member ACCPH & NCIP.



Erin Doyle

Administrator, Teacher & Counsellor

BA Hons in Sociology, L5 Diploma Integrative Counselling, L4 Diploma Clinical Hypnotherapy. Counsellor at UK Therapy Guild Counselling Services.



Steven Williams

IT Support

Providing technical support and IT infrastructure for UK Therapy Guild and its students.



Nick Buchanan

Course Supervisor, Guest Lecturer & Author

*Nick Buchanan is a fully qualified Counsellor, Hypnotherapist, and Master Practitioner of NLP, as well as a former Art & Design teacher of 25 years and a trained graphic designer and illustrator whose work has appeared in publications including the Radio Times. He is the author of *Unlocking OCD: Genuine Hope and Practical Help*, widely praised by therapists and students as an insightful, practical toolkit that demystifies OCD and anxiety. Nick is also the author of two highly acclaimed 500-page guides to Shakespeare — *What Happens in Shakespeare's King Lear* and *What Happens in Shakespeare's Macbeth* — with more in the pipeline.*



Dr Helen Moya

Guest Lecturer & Author

*Dr Helen Moya is a Chartered Psychologist and BABCP accredited Cognitive Behavioural Therapist with over 30 years of experience in clinical and academic roles, and a former Course Director of a CBT training programme at the University of Nottingham. She is the author of *The CBT Career Guide: Becoming and Developing as a Cognitive Behavioural Therapist*, and co-author of *CBT for Long-Term Conditions and Medically Unexplained Symptoms: A Practitioner's Guide*. You can find out more about her private practice and work at moyacbt.co.uk.*

Completion & Graduation



Celebrating our graduates — a moment of pure joy!

Meeting the requirements of the course, as outlined in this handbook, will normally lead to the award of Level 5 Diplomas in Integrative Counselling and Clinical Hypnotherapy.

- In some cases, where attendance requirements have not been met or assignments remain incomplete, students may be asked to revisit or complete outstanding elements of learning.
- A student's suitability for practice is assessed on an ongoing basis. Where any concerns arise, these will be discussed openly with the student, and appropriate guidance and support will be offered.
- A grace period of up to one year (until the following July) is available for students to complete outstanding course requirements.
- A graduation evening will be held on the final evening of the course (plus one event).

This is a time to come together, reflect on your journey, and celebrate everything you have achieved alongside your peers and tutors, as you step forward as a qualified Counsellor and/or Hypnotherapist.



This is a journey... and you'll be supported through it.

Course Fees & Payment Options

Total Course Fee: **£3,750**

We aim to make payment as flexible and manageable as possible.

Pay in Full

You may choose to pay the full course fee of £3,750 upfront.

Deposit and Balance

A £500 deposit is required to secure your place upon receipt of your offer letter. The remaining balance of £3,250 is due by 31st August 2026 and can be paid via bank transfer (BACS), or through a payment plan using PayPal or Klarna.

Flexible Payment Plan (via UK Therapy Guild)

A £500 deposit is required (this may be split into three instalments, provided it is paid in full by 31st August 2026). The remaining balance of £3,250 can then be paid over 23 months, starting from 10th September 2026, at £141.30 per month.

Please note: If you choose to withdraw from the course early, any outstanding balance will become payable in full. Full details are outlined in the student contract.

Once a student commences the course in September, the full course fee of £3,750 becomes payable and is non-refundable.

CPD Courses

For all Continuing Professional Development (CPD) courses, payment is accepted via bank transfer (BACS).

How to Apply



To apply, you will first need to complete an application form via our website:

www.uktherapyguild.co.uk

If you would prefer to complete a traditional application form, please email admin@uktherapyguild.org, or use the contact details provided, and we will be happy to send one to you.

All applications are carefully reviewed to assess suitability for the course. If your application is successful, you will be invited to attend a personal interview with Nichola Doyle, Course Director.

During the Application Process, We Consider:

- Educational background
- Qualifications
- Relevant life experience
- Employment history
- Future goals

Please note: *Prior counselling training (such as Level 2 or Level 3) is not a requirement for this course, as comprehensive training is provided. All decisions regarding acceptance are made with care and consideration and are final.*

Practical Information

Venue

Our courses are held at:

Our Lady & St Swithin's Catholic Primary School

Parkstile Lane, Croxteth, Liverpool, L11 0BQ

"A welcoming, community-based setting that reflects the values of connection and learning at the heart of the Guild."

Insurance

UK Therapy Guild is fully insured under Public Liability through PolicyBee Insurance Company. It is imperative that our students organise their own insurance to insure themselves as student counsellors prior to beginning their placements (usually at the end of their first year's study). Our personal recommendation is Holistic Insurance: www.holisticinsurance.co.uk

Upon your second year of study, students should also register for Student Membership of the BACP prior to beginning their placement.

Data Protection

UK Therapy Guild subscribes to the Information Commissioner's Office (ICO). These laws include the Data Protection Act 2018 and the General Data Protection Regulation (GDPR). These regulations ensure that students' personal data is handled properly, kept secure, and used fairly and lawfully.

Our compliance involves: Lawful Processing; Purpose Limitation; Data Minimisation; Accuracy; Storage Limitation; Integrity and Confidentiality; and Accountability.

Once on placement, students are encouraged to apply for their own ICO membership due to them storing, albeit anonymised, client information.

Course Materials

A comprehensive course manual will be issued on the first night. All course materials are situated on our extensive website. You will be given access to our online materials after enrolling.

Reading Lists

The following reading lists for counselling and hypnotherapy are recommended throughout the duration of the course. **You will not be expected to purchase or read all of these books**, but during the course of your studies you might seek them out and dip into their relevant chapters following the teaching of each module.

Counselling — Priority Reading

- I'm OK, You're OK – Thomas A. Harris
- Counselling for Toads – Robert de Board
- Born to Win – Dorothy Jongeward & Muriel James
- Gestalt Therapy Verbatim – Frederick S. Perls and Michael Vincent Miller
- Death and Dying – Elisabeth Kubler-Ross
- On Grief and Grieving – Elisabeth Kubler-Ross & David Kessler
- Uncommon Therapy – Jay Haley
- Introducing NLP – Joseph O'Connor
- Psychodynamic Counselling in Action – Michael Jacobs
- Client Centred Therapy – Carl Rogers
- The Unconscious – Sigmund Freud

Counselling — Optional Reading

- Rising Strong – Brene Brown
- Families and how to Survive them – John Cleese & Robyn Skinner
- Creative Process in Gestalt Therapy – Joseph Zinker
- Games People Play – Eric Berne
- Unlocking OCD – Nick Buchanan
- Magic of NLP Demystified – Byron Lewis & Frank Pucelik
- Depression: The Way out of your prison – Dorothy Rowe
- The Myth of Normal – Gabor Maté

Hypnotherapy — Theory

- Trance-formations: Neurolinguistic Programming and the Structure of Hypnosis – Bandler and Grinder
- Guide to Trance-formation – Richard Bandler
- The Collected Papers of Milton H. Erickson (4 Volumes) – M. H. Erickson MD
- My Voice Will Go With You: The Teaching Tales of Milton Erickson – Sidney Rosen
- Hypnotherapy – Dave Elman
- Reality is Plastic: The Art of Impromptu Hypnosis – Anthony Jacquin
- Transforming Hypnotherapy: A New Approach to Hypnotherapy – Gil Boyne
- Training Trances – Overdurf and Silverthorn
- Magic of NLP Demystified – Byron Lewis & Frank Pucelik

Hypnotherapy — Practice

- Echoes of the Mind: Top Ten Hypnotherapy Scripts for Change – Viktoria Nazarov
- The Art of Hypnotherapy: Managing Client-Centred Techniques – Roy Hunter
- The Art of Solution Focused Hypnotherapy – Gillan and Armitage
- Theory & History of Hypnosis – Artem Kudelia PhD
- Hypnotherapy Training: A Guide for Practicing Hypnotherapists – Artem Kudelia
- Hypnotherapy for Dummies – Mike Bryant

A Final Thought



If you have found yourself reading this and something has resonated, even quietly, it may be worth paying attention to that.

For many of our students, the decision to begin didn't come from certainty. It came from a feeling that something needed to change. A sense that there might be something more.

You don't need to have it all figured out.
You don't need to feel completely ready.
You simply need to be open to beginning.

At UK Therapy Guild, you will be supported, guided, and gently challenged as you grow — not just as a therapist, but as a person. And often, that is where the real transformation begins.

"Sometimes the smallest step towards something new becomes the beginning of everything."

Your Next Step

If you feel this could be the right path for you, the next step is simple.

Apply online: www.uktherapyguild.co.uk

Or, if you would prefer a conversation first, you are very welcome to get in touch. We are always happy to answer questions and support you in deciding whether this is the right step for you.

UK Therapy Guild Ltd

E: admin@uktherapyguild.org | W: uktherapyguild.co.uk | WhatsApp: 0151 272 1092 | M: 07368 363946

E: nicholadoyle@uktherapyguild.org

Meets ASA standards in that all advertising is legal, decent, honest and truthful.