

What's new and reviews

Have you come across a new technique or attended a ground-breaking training course recently? Or have you come across a book which has changed your practice. Let us know and we will publicise it

Hypnotension the new programme for high blood pressure
<http://www.hypnotension.com/>

Reviewed by Ann Jaloba

This is one of the best online courses in any discipline which I have seen and should really set our profession to take off in this area.

The site for the hypnotension programme has a public section, a section for qualified hypnotherapists who want to become skilled in this area and a section for 'certified hypnotension practitioners'.

Readers of this journal will be interested in the training aspect and this is where the offering really shines. It consists of 16 modules beginning with an introduction and overview, moving on to specific interventions and finishing with an 'aftercare' section.

Each module consists of a spoken PowerPoint type presentation lasting between 6 and 14 minutes. These are spoken in a clear pleasant voice (that of my predecessor as journal editor, Rob Woodgate) and delivered slowly enough for the listener to have time to take it all in.

In most of the modules there are 3 types of material to download: education giving some background to the particular issue under discussion; hypnotherapeutic interventions - often with a script or a framework to help you construct the intervention if you find using formal or pre-prepared scripts too constraining; a task based section which often provides something for the client to take away and do between sessions.

The modules cover what the author calls x factors - things such as anger, guilt and control issues which can have an adverse effect on blood pressure. and also what he calls aggravators, factors such as alcohol abuse or overweight which can also send blood pressure up. Ways of helping the client are set out for each.

This is the way the programme works:

Once you have registered for the course you receive a password and can then enter the training section of the site. As the course is online and structured in short modules, you can do as much or as little at any one session as you want and have

time for. This makes it an ideal format for busy practitioners. You can also revisit the modules as often as you want to refresh your knowledge.

Once you have completed all the modules you can do the online certification exam, which is in the form of a multiple choice test. On successful completion of this exam you gain the right to call yourself a certified hypnotension practitioner. You will then be listed on the site's therapy finder.

There is an internal area for qualified practitioners which will undoubtedly expand as people begin to treat clients using this programme. The 'front end' of the site - the part which is available to the public - is professional and clear. It gives good



and accessible information to anyone who is concerned about their blood pressure. The FAQ section is especially good. It is a great advert for anyone who is trying to attract clients in this area.

I can see this site going from strength to strength. It would be nice if future updates could have more visual content, some video showing some of the techniques would be great for example. This online format also has the great advantage of being able to be updated easily and as research into treatments for blood pressure is extensive and ongoing these updates will be important.

It is available for an early bird price of £97 (a £100 reduction on the full price).