



Welcome to Chrysalis Therapy Training

We are committed to excellence and all of our tutors are fully qualified in the subjects they teach. Cindy, Joanne and Carole are highly skilled assessors and internal verifiers with the VTCT. We have years of training as well as therapy experience, enabling us to pass on our knowledge to our students. All of our professional training courses and workshops are kept to a maximum of 4 students and never have more than 2 students to a tutor, allowing the focus to be on a one to one basis maximising the learning experience.

Our Motto

Develop your mind, transform your life.....

Our Logo

We chose the butterfly image and specific wording as part of our logo because we aim to provide our students with the tools to help them develop their mind so they can transform their life, just as the Chrysalis transforms into a beautiful butterfly.

Our Mission Statement

Just as the chrysalis transforms into a beautiful butterfly, our aim is to provide our students with the necessary tools so they too can develop their skills and transform their lives. We are dedicated in our work, ensuring our students receive the highest standards of training in a professional yet friendly and relaxed environment.

Many private training centres have groups of 8 or more students per tutor and further education colleges have groups of up to 18. Chrysalis Therapy Training's professional courses are kept to a maximum of 4 students, with never more than 2 students to a tutor, allowing them to focus on one to one attention.

Our learning packages are intensive with continual support from our highly skilled tutors to best enable the students to obtain their qualification. This support continues after the qualification is awarded.

We believe all training and personal development should work towards the bigger picture of promoting excellent health (physical, mental and spiritual) not only for our students, but ultimately for the clients whom they will serve. Our intent is to provide a unique and inspirational learning experience.

We are committed to empowering our students to find spiritual peace, attain physical strength and achieve mental well-being to maintain long-term success in their chosen field of study.

Our Unique Approach To Learning

Our approach to this learning experience is unique and a refreshing change to conventional training methods. We concentrate on giving

our students not only the benefit of our experience and knowledge but the tools to enable them to transform their lives.

Whatever course or workshop you attend at Chrysalis Therapy Training whether it is a professional qualification or for personal development your day will begin with:

Meditation - It has become clear in recent studies that meditation sharpens the mind. These new findings add to a growing body of research that shows that ancient mental disciplines such as meditation can help control and improve the mind. University of Wisconsin neuroscientist Richard Davidson said in part that “People know physical exercise can improve the body, but our research and that of others holds out the prospects that mental exercise can improve minds.”

Colour Breathing - Studying increases the level of personal responsibility and workload for the student and although they may have the support structure of the course tutors, this can still be very stressful. When studying, students will need to be grounded but also have clarity of thought. Colour Breathing can help to bring about this balance and can increase concentration levels and awareness while enhancing learning abilities. Using colour to prepare for learning can have a profound effect.

Sound Therapy - Throughout all our courses and workshops we use the sound therapy CD ‘The Brain Tape’ produced by Sound Therapist Arden Wilken which supports the learning process. Alpha wave production includes:

- Concentration
- Mental focus
- Balancing the right and left hemispheres of the brain
- Expanding consciousness
- Mental clarity
- Memory improvement

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These all require a flexible mind that can easily change and move into the different brainwave states associated with the activity. This music supports that flexibility of mental thought.

What Arden says about ‘The Brain Tape’:

"I designed The Brain Tape to help create more efficient use of our mental processes, for example, the ability to learn and to exercise creative thought. This original music promotes expansion of consciousness and mental clarity. The mind is our greatest tool for creating a successful life and its smooth functioning is essential."

Course Content

All of our courses and workshops are devised and structured by qualified and experienced tutors. For students attending one of our personal development workshops comprehensive workshop manuals will be provided. For students attending one of our professional courses the course content and structure will provide the necessary performance criteria, knowledge and understanding required by the Awarding Body. There will be ample time dedicated to practical sessions throughout the course. Each student will receive a Student Learning Pack which will contain the following:

- Student Induction
- Improve Your Study Habits Hypnosis CD
- Awarding Body Record of Assessments Book
- Intensive Course Learning Pack including written course materials and homework assignments

Student Induction

If you have any questions or comments about Chrysalis Therapy Training or any of our courses, please feel free to ask one of our tutors.

Contact telephone number: **07939 225 273**

Email address: **info@chrysalistherapytraining.co.uk**

Appearance/uniform - All students will be expected to wear a therapist's tunic and trousers while attending the course, or a polo shirt and trousers/shorts if attending a sports therapy course. A high standard of hygiene should be maintained, observing the following points:

- Nails should be kept short and filed.
- Hair should be tied back and away from the face.
- No jewellery should be worn, apart from a plain wedding band and small earrings.
- Shoes should be flat, comfortable and cover the feet.
- Strong perfumes or aftershaves should not be worn. Students should also avoid smelling of smoke or food.

Personal Belongings - Please ensure that you take care of your personal belongings. Jackets, bags and phones should not be left unattended, as we cannot be held responsible for the loss or damage of personal items.

Disabled Access - We have a ramp at the entrance of the building for easy access for wheelchairs. There is small set of steps inside the building to gain access to the toilets but there is a stair lift for disabled access.

Absence/Illness - If you know in advance that you will not be able to attend on any days of the course, please let your tutor or a member of staff know as soon as possible so that alternative arrangements can be made for you. The tutor may be able to go over the subjects that you missed on another day of the course. If you are ill, or find that you are unable to attend in the morning of any of the days, please inform your tutor, or a member of staff as soon as possible, so that the other students are not kept waiting for the course to commence. If there is no-one available to take your call, please leave a message.

Complaints Procedure - If you have a complaint about any aspect of our courses or Chrysalis Therapy Training, this should be passed on to your tutor. This will then be passed on to the principal, who will decide what action needs to be taken to resolve the matter. You will

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be notified of the outcome of this, and may appeal against the decision if it is not satisfactory to you. Appeals should be made in writing. Only after our complaints procedure has been exhausted can a complaint be referred to the Awarding Body. The details of all complaints will be recorded, including the student's name, nature of complaint and outcome, to allow us to monitor the progress and report the outcome to the student.

Assessment - You will need to pass three practical assessments to complete the course. The first two of these will be carried out during the course. The third assessment will be carried out on a separate day, which will be arranged by the tutor before the end of the course. This will need to take place after you have completed all required assignments and case studies. This final assessment will be done in groups of 2-4 and is included in the price of the course. We can arrange for students to be assessed on a one-to-one basis with the tutor, but there will be an additional charge for this to cover the tutor's fees. There will also be assignments and case studies to be completed at home. The latter will involve practising the therapy on family and friends, and writing up the treatments. Your tutor will give you more details on any assignments and the number of case studies you need to carry out to complete the course.

Portfolio of Evidence - As part of our professional courses, you will be expected to compile a portfolio of evidence to show your competence of the subject. This will include your Awarding Body Assessment Book, any assignments, your case study consultation forms and write-ups, and your 3 assessments. This portfolio is to be handed in after your final assessment, and will then be marked before your qualification can be applied for from the Awarding Body. Once we have applied for your qualification, the process of receiving your certificate can take 6 – 8 weeks.

Improving Your Study Habits Hypnosis CD

All students attending one of our professional courses will receive a 'Improving Your Study Habits' hypnosis CD. You are under no obligation to use this CD, it is simply a tool which we think would be

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of benefit to our students to maximise their learning experience. This CD was created by Certified Hypnotherapists: Jesse Berg, CHT. and Steven B. Schneider, CHT. It is designed to access your natural ability to learn easily, just as you have learned to walk, talk and brush your teeth. You will become aware of associating the ease of going into hypnosis with the ease of study. You will create a feeling of excitement and fun to your study habits.

'Improving Your Study Habits' hypnosis CD details:

Hypnosis Induction: Ericksonian/Elman Style Rapid Induction

Techniques Used: Direct Suggestion, Indirect Suggestion, Anchoring, Reframing, Post Hypnotic Triggers, Future Pacing, Convincers

Guided Hypnosis By: Steven B. Schneider, CHT.

Track One - PreTalk: 19 minutes 04 seconds

Track Two - Hypnosis: 50 minutes 14 seconds

Awarding Body Record of Assessments Book

This will be given to students at induction and should be used as a guide for the performance criteria and knowledge and understanding required by the Awarding Body. Our tutors will fully explain these requirements and our assessors will complete the necessary records contained within them.

Intensive Course Learning Pack

NLP offers a range of different techniques and tools that can help us be successful and achieve excellent results more quickly. For this reason all of our course and workshop materials are structured in a specific way by our NLP Practitioner, Jason Tinsley.

NLP - Neuro -Linguistic Programming (NLP) was developed in the mid-seventies by Richard Bandler, then a mathematician, computer expert and psychotherapist, and John Grinder, an Associate Professor of Linguistics, through their work as 'behavioural modellers'. They were concerned with how things worked rather than theoretical explanations of them.

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The name reflects the synthesis of the many fields they integrated:

- Neuro from neurology - how the brain processes the five senses
- Linguistic - how our thinking structures, and is structured by, language
- Programming - from cybernetics and mathematics, how behaviour can be structured and sequenced for ease of learning.

NLP can be described as the art and science of using your mind to achieve specific and desired results. It provides skills and models, rather than theories, to improve the quality and effectiveness of communication.

NLP can be applied in all areas of communication and offers a wide range of specific behavioural skills for interacting with clients to improve the effectiveness of our communication. Through NLP we can become more flexible in our responses and therefore more able to deal with situations which in the past may have proven difficult or overly challenging.

Jason has also provided Chrysalis Therapy Training with a specific module, 'Body Language for Therapists'. This is included in all of our professional courses and provides students with the essential tools for communicating effectively with clients. This is a very important part of a student's training which is often covered inadequately or even overlooked altogether.

Bookings

If you would like to book a place on any of our professional courses or personal development workshops please send your name, address and telephone number to bookings@chrysalistherapytraining.co.uk. You can also visit www.chrysalistherapytrainingstore.co.uk, where you can create a customer account to enable you to book and pay for your choice of course or workshop.

Visit us at www.chrysalistherapytraining.co.uk or call 07939225273

Contact Us

Here are our contact details:

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Thank you for visiting us, we hope to meet you very soon!