



Spotlight On **Talking Cures Training**



Established in 2008, Talking Cures Training is the brainchild of Martin White and his business partner, Alexia Elliot. Both felt there was a gap in the alternative/holistic therapy market which was leaving people with certain limitations when it came to the 'talking Therapies', such as Hypnotherapy, NLP and Counselling. Aspire decided to find out more from Martin...

Why did you and Alexia create Talking Cures Training in 2008?

"Both Alexia and I have always had an interest in the indigenous cultures and their techniques in dealing with well-being. We felt this 'shamanic model' had much to offer, and if it was adapted slightly, it could significantly improve the methods and techniques used in the west to take understanding and teaching of Hypnotherapy and NLP, in particular, forward."

Tell us more about the ten-month course that is available at Loughborough University?

"The Diploma in 'Hypnotherapy, NLP and Contemporary Shamanism' is suitable for anyone who has an interest in Hypnotherapy and NLP and would like to practise on a professional basis. On this course, as well as teaching all the usual methods, we take a look at some of the shamanic techniques from around the world that can be adapted and used to help prospective clients here in the west. The course has been Assessed and Validated at Practitioner Level by The General Hypnotherapy Standards Council (UK); graduates from this course are eligible for professional registration with The General Hypnotherapy Register (The GHSCR is a Registering Agency) at full Practitioner status. Our next course starts in March."

What other courses does Talking Cures Training offer?

"Some of our courses are intended for people just starting out in the field of Hypnotherapy and NLP while others are aimed at current practitioners who want to expand and improve their skills by including a more shamanic approach. We have a popular two-day course in 'Hypnotherapy and NLP from a Shamanic Perspective'. It's ideal for current Hypnotherapists and NLP practitioners who want to broaden their approach. It's excellent value for money at only £160."

What are the benefits of your courses and why should Aspire readers choose to do a Hypnotherapy and/or NLP course with you?

"We take great care in ensuring our class sizes remain small so that individual attention, time and care can be taken with every student. Our main aim is to produce good therapists, so that's something that we always have in mind. We want students to be comfortable and safe whilst they're with us but we also want to make learning fun, so we do a lot of practical things to ensure they don't get bored. I think it helps that both Alexia and I are not just therapists, we're also qualified lecturers. I think our attitude towards our students is unique too; we're always here for them, even after they've graduated. We stay in touch and we're always here if they need some help or advice. We also have an excellent payment schedule for our Diploma course, by allowing our students to pay monthly, as we understand how tight money can be, especially at the moment, and what a big investment students are making for their career. Add to that the fact that we're extremely competitively priced and haven't increased our prices for the last two years and students really are getting great value for money."

If you'd like to know more about the courses offered by Talking Cures Training, please visit www.talkingcurestraining.co.uk or call 01246 251441. Alternatively, you can email getwellbalanced@aol.com.

Just some examples of artefacts used by indigenous cultures

