

Sarah Swanton (nee Turner) – Training, Qualifications, And Practical Experience  
January 2008 to present

**Training and qualifications:**

**January 2008 to November 2008**

Diploma in Brief Solution Focused Hypnotherapy and Psychotherapy DHypPsych(UK)

Uncommon Knowledge

- 140 hours of classroom study led by Mark Tyrrell, Roger Elliott, and Jill Wootton
- 45 hours of practice sessions + case study write up
- Summer exam = 94% (average 87%)
- Final exam = 88% (average 76%)

**April 2009**

'Precision Hypnosis'

An interactive home study course led by Mark Tyrrell and Joseph Kao

Uncommon Knowledge

**June 2009**

'How to lift depression quickly'

An interactive home study course led by Mark Tyrrell

Uncommon Knowledge

**September 2009**

'Brief Psychotherapy Strategies for all health professionals'

A six hour seminar and workshop led by Joseph Griffin and Ivan Tyrrell

Human Givens College

**November 2009**

NLP Business Diploma

Auspicious

32 hours of classroom training led by David Key

**February 2010**

'Breaking the cycle of depression without drugs'

A six hour seminar and workshop led by Joseph Griffin and Ivan Tyrrell

Human Givens College

**June 2010**

'How to lift depression – effective brief therapy'

A six hour seminar and workshop led by Joseph Griffin and Ivan Tyrrell

**January 2011**

Weight Management Workshop

The Clem Turner Hypnotherapy, Cognitive and Behavioural Practice

Human Givens College

**October 2015 to January 2017**

1. Diploma in Clinical Hypnotherapy (DipHip)
2. Practitioner of Neuro-Linguistic Programming (NLP Prac)
3. Hypnotherapy Practitioner Diploma (HPD) awarded by The National Council For Hypnotherapy

*HPD is the highest level of hypnotherapy qualification available, and it is estimated that only 1 in 4 hypnotherapists have this qualification.*

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## January 2008 to present

Adam Eason College of Hypnosis

- 140 hours of classroom study led by Adam Eason
- 80 coursework questions, fully referenced, and submitted as a portfolio (93,400 words)
- 16 hours minimum of official case studies + clinical practice hours

### **March 2017**

Integrated Parts Therapy

One day course with Dr Brian Roet at Regents College London

### **April 2017**

Demystifying Feelings: Effective Techniques For Understanding, Managing, & Changing Our Feelings

One day course with Miriam Chachamu, London

Human Givens College

### **August 2017 to September 2017**

'The Rewind Technique course'

An interactive home study course led by Mark Tyrrell

Uncommon Knowledge

(This course serves as a refresher for me, as received full training in The Rewind Technique on the 2008 Diploma course)

### **September 2017**

How To Control Severe Anxiety: The Practical Tools You Need

One Day Practical Workshop with Denise Winn

Human Givens College

### **Practical Experience:**

#### **January 2009 to July 2011**

##### **Sarah Swanton Hypnotherapy**

Set up and managed a private hypnotherapy practice from Brighton, Sussex and central London, and then later on, in Cambridge. The four main areas I worked with were: stopping smoking, weight management, anxiety management and overcoming depression.

*Approximately 1200 client hours conducted during this time*

#### **September 2016 to current**

##### **Happy Healthy Entrepreneur** (previously Freedom From Depression)

[www.sarahswanton.com](http://www.sarahswanton.com)

Happy Healthy Entrepreneur is designed to support business owners and entrepreneurs to successfully navigate the 'inner journey' of being self employed, so they can do their very best work with clients and create a business that supports them, not exhausts them. I work with a number of issues including:

- Overcoming exhaustion, burnout, or depression.
- Overworking, and achieving work/life balance.
- Dealing with anxiety, rumination, overthinking, and worrying.
- Mindset issues such as perfectionism, procrastination, shiny object syndrome, comparisonitis, or any other (very, very common!) habits of an entrepreneur.

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**September 2017 to current**

**Sarah Swanton Hypnotherapy**

[www.sarahswantonhypnotherapy.co.uk](http://www.sarahswantonhypnotherapy.co.uk)

A private hypnotherapy practice set up by Sarah Swanton, serving the local community within Suffolk and Cambridgeshire, working with clients on a one to one basis to treat a range of issues including anxiety, depression (including postnatal depression), fears & phobias, exhaustion and burnout, and unhelpful habits such as smoking or overeating.