

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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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

November 2017

UK Hypnosis Conference

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

March 2017 to current

Happy Healthy Entrepreneur

www.sarahswanton.com

Happy Healthy Entrepreneur is about supporting business owners and entrepreneurs with their mental health and wellbeing, so they can enjoy the self-employment journey, and have 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.