

# The Confidence Course

January - February 2012

**Six Monday Evenings 6.30-8.30 pm**

**January 23<sup>rd</sup> and 30<sup>th</sup>; February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>**

**£150 (waged); £120(concessions)**

**The Healing Rooms, Above the Bristol Buddhist Centre,  
162 Gloucester Rd, "Bishopston", Bristol BS7 8NT**

Learn how to make lasting, positive change in your life: On the Confidence Course you will learn new ways of building your confidence skills in all areas of your life. We will be learning a series of techniques and life skills that will help you find a way to stay more securely in touch with your own strengths and resources.

This course uses knowledge and skills developed by experts in the fields of Solution Focused Brief Therapy and Eriksonian Hypnotherapy and Mindfulness for stress reduction.

## **The Confidence Course offers:**

An important first step to explore is how you define your confidence and the differences you will experience as a result of feeling more confident. The material on the course can then be tailored to take account of your needs as well as those of the group. It is likely that we will include:

- Teaching of skills & techniques from Hypnotherapy: learning how your brain works so you can make better use of it.
- Exploring Themes from Solution Focused Therapy to help you focus on how you want your life to be and gather your own resources to achieve this.
- The influence of personalities to discover your key personal strengths and abilities.
- Practice of Mindfulness to give us more space to be ourselves and more confidence in our ability to handle difficult situations.

## **The Confidence Course involves:**

- Teachings
- Guided Exercises & Group discussions
- Home assignments
- Guided meditations and Relaxation CD

Each week we will start by highlighting progress and insights gained over the week. During the main part of the evening, we will explore particular concepts and skills and engage in exercises to improve understanding. Our learning is then consolidated with a session of group hypnosis at the end.

During the week you will then get a chance to put the concepts and techniques into practice. Each week we will finish our sessions with some simple Mindfulness practice.

## **The Trainer:**

Stephanie Betschart has been practicing as a hypnotherapist since 2008, seeing people for a range of symptoms, but specialising in anxiety and depression. Stephanie trained at The Clifton Practice in Clinical hypnotherapy followed by training in Solution Focused Brief Therapy.

Stephanie has also worked as an accountant in the charity sector and as a volunteer counsellor for women who self-injure amongst various things.

Stephanie was ordained in the Triratna Buddhist Order in 2009. With around 15 years of experience of meditation, mindfulness practice and retreats, this aspect of her life is reflecting and combining very positively with her work as a therapist.

## **To find out more please feel free to contact us:**

**email:** [stephanie@betschart.org](mailto:stephanie@betschart.org)      **Tel:** 07731 784 254 ( I will return messages)

For more information see the **website:** [theconfidencecourse.blogspot.com](http://theconfidencecourse.blogspot.com)

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**email:** [stephanie@betschart.org](mailto:stephanie@betschart.org)      **Tel:** 07731 784 254

**web:** [www.stephanie-hypnotherapy.co.uk](http://www.stephanie-hypnotherapy.co.uk) **and web:** [theconfidencecourse.blogspot.com](http://theconfidencecourse.blogspot.com)

**address:** 3 Almorah Road, Victoria Park, BS3 4QQ

# The Confidence Course: Booking Form

Print this form, complete it and return it to: Stephanie Betschart, 3 Almorah Road, Bristol, BS3 4QQ

## Confidence Course, Healing Rooms, January 2012

The cost of the course is for **£150.00**. Concessionary places are **£120** (please enquire if you are unsure whether you qualify).

Please include a cheque for the full cost or a deposit of £50 payable to **'Stephanie Betschart'**

A receipt confirming your place on the course will be emailed when you return this form along with payment.

Your name:

Your year of birth:

Your signature:

Email address:

Phone number(s):

Address:

Date:

Where have you heard about the course:

To help us guide you effectively on the course, please answer the questionnaire below.

The information you give us is strictly confidential and will be seen only by the trainer. If brought to the trainer's own supervision, it will be done so anonymously. It is not held on any database and this sheet will be destroyed after the course. If the trainer has any concerns about whether this is the right time for you to take the course, they may contact you to arrange a telephone interview.

## Course Entry Questionnaire (continue overleaf if necessary):

- Please say why you are attending the course and what you hope to get from it:

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- If you have any physical illness or other limitation that may make sitting, standing, or going up stairs difficult for you, please tell us about it here:

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- If you have had any mental ill-health within the last few years, such as anxiety or depression, and if you are taking any medication at present for the latter, please tell us about it here:

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