

Sophie Burch: Training & Accreditations

Hypnotherapy for Pain Management CPD Certificate

Rewire Your Mind College, Oxford 2025

HypnoCBT for Insomnia CPD Certificate

The UK College of Hypnosis & Hypnotherapy, Online 2025

Expert Strategies for Integrating Compassion-Based Approaches into Trauma Treatment.

NICABM CPD Training- 2024/5

Menopause Coaching Certification Course

Menopause Movement - 2024

Certificated Course in Hypnotic Coaching

Anglo European College of Therapeutic Hypnosis (Adam Eason) - 2024

Certificate CPD Training in Gut Directed Hypnosis for IBS

Balanced Approach (GHSC & CNHC accredited) - 2023

NeuroAffective Touch®: A Somatic Toolkit for Healing Emotional & Relational Trauma

Aline Lapiere & Embodied Philosophy - 2022

Polyvagal Theory CPD Training “Neural Exercises for Safety & Connection”

Dr Stephen Porges & Embodied Philosophy 2022

ThinkTree Accredited Trainer Programme

ThinkTree - 2022

Treating Trauma Master Series

NICABM CPD Training - 2021

Trauma & Resilience CPD Training

Donald Meichembaum (PhD) & The UK College Hypnosis & Hypnotherapy - 2020

NCFE Accredited Level 4 Diploma in Cognitive Behavioural Hypnotherapy

The UK College of Hypnosis & Hypnotherapy - 2012 & 2019

Mindful Hypnobirthing Practitioner Training

Mindful Mamma - Sophie Fletcher - 2013

HypnoBirthing Practitioner Training

HypnoBirthing Institute - Marie Mongan - 2008

IAIM Infant Massage Teacher Training
IAIM London - 2005

Holistic Pregnancy Massage Certificate
Essentials For Health - 2005

Aromatherapy & Holistic Massage with Anatomy & Physiology Diplomas (Level 3)
Essentials for Health - 2001

Reiki Levels 1 & 2
Chris Parkes - The Lavender Clinic, London - 1999

Accredited by:

General Hypnotherapy Register & GHSC
Complimentary & Natural Healthcare Council

Insured by:

Westminster Global