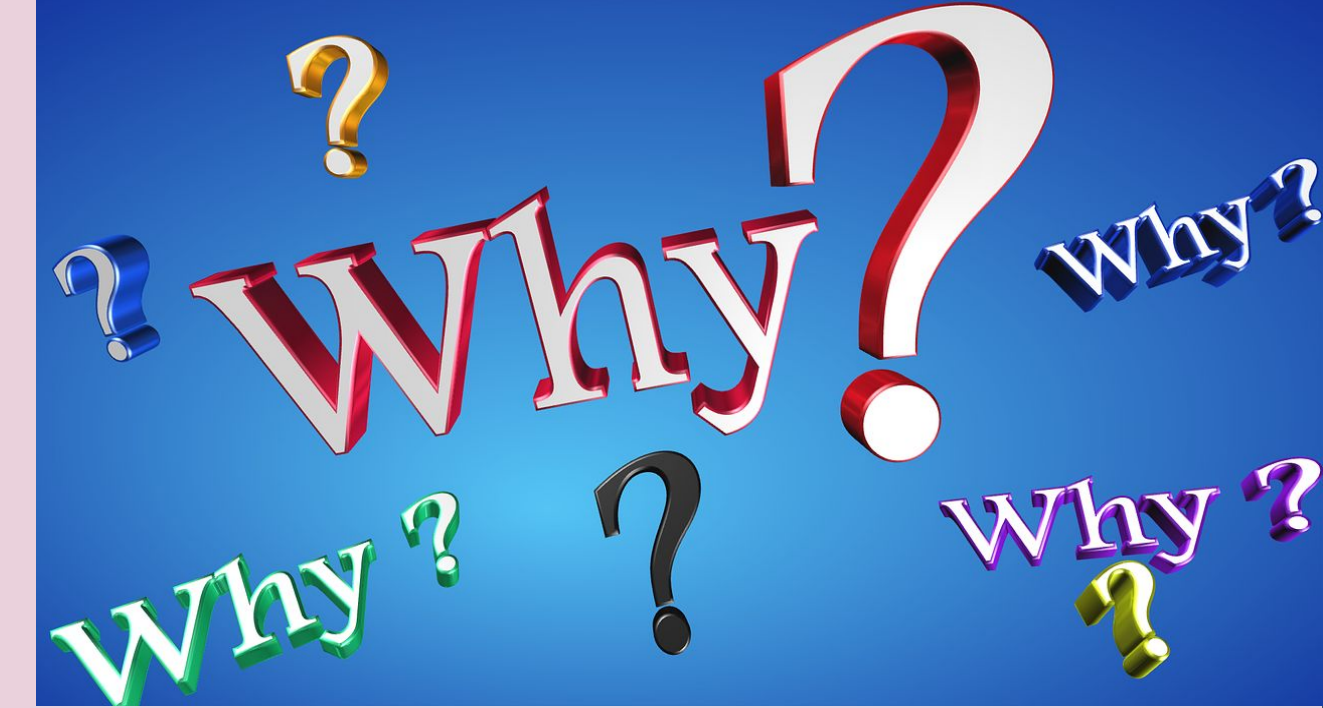


Hypnotherapy: Use, Knowledge and Attitudes of Careers Professionals

- **Very little literature** has explored the potential value of **hypnotherapy techniques in career guidance**.
- History of hypnotherapy being **used in specific career-related situations** but not more widely.
- **Hypnotherapists use hypnosis for career development and performance**.



The **purpose** of this research is to explore careers practitioner attitudes in the UK to determine their use, knowledge of, and attitudes towards hypnotherapy techniques in their practice, exploring whether this therapy modality could be recognised as a valid tool in the profession.

- The research will take place online via a web **survey**, **100 careers professionals** working **in the UK** in any setting.
- **Data** will be analysed using **descriptive statistics** and **thematic analysis**.
- **Key findings** from the research will be presented as a **dissertation**.

*I would like to invite you **to take part in my research study**.*

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