

SYLLABUS

Module one

Phenomenological Psychology and its relation to self identity.
The theory and background of phenomenology and how it is linked to Hypnotherapy and NLP.
Practical uses of Phenomenological phenomena in the course of change work using Anchoring and regression.
Demonstration and student participation.
Ethics and application
Student Interaction throughout
Home study

Module two

Humanistic counselling. Its history, theory and application. Group discussion and demonstration.
Qualities of a good therapist
‘Rogers’ Client centred ‘humanistic approaches to building rapport and the use of reflective language.
Demonstration of application and group work. The Aims of therapy and the therapeutic process plus understanding
‘Maslow’s Hierarchy of needs
Home study

Module Three

Freudian Psychoanalyst
Freud’s life and History
Freud’s theory on neurosis and how to apply treatment
Psychosexual theory and the developing personality through Anal, Oral, Latency and Genital periods and there manifest traits
Ego states and there relationship to behaviour
The ‘Ego’ ‘Id’ ‘Super Ego’ how they are used in the pleasure principle
Drives and the pressures system
Freud work in relation to the unconscious mind and the link between NLP & Hypnosis
Practical application of using free association
Transference and its implications
Test of Progress

Module Four

Gestalt Approaches to therapy
Gestalt its history and application
Field therapy and its relevance to society, interconnectedness
The goals of the Gestalt approach
Paradoxical states the fertile void
Self awareness and its relationship to regression therapy, NLP & Hypnosis
Humans values and there link to human personality
Demonstration of the empty chair and how the mind has a blue print of the past/people
Practice of Authentic Communication
Student Interaction throughout
Home study

Module Five

NLP Theory & application

Conscious/Unconscious
NLP Theory & Practice
NLP Presuppositions
Build Rapport with Sensory Acuity
Eye Patterns & implication
Submodalities & more
Meta Model & First Order Change
Eye Accessing Cues
Swish Patterns/Auditory
Swish pattern Olfactory
Home study

Module seven NLP continued

Tote Model
Robert Dilts Unified Model
SMD to Change Experiences
State Dependency Strategies
Pavlov and Affects
Change Personal History
Resource States for Eliciting Change
Demo students Interaction
Trance Work PTSD
Installing New Strategies
Student Knowledge/feedback
Visual Squash
Linguistic Reframing
NLP Re-Imprinting
Calibration
Timelining To Change Emotions
Student interactions throughout

Test of Progress

Module Six

NLP continued
Swish patterns Sensory
Anchoring
Chaining anchors
Collapsing Anchors
Logical levels
Demonstration of NLP modalities
covered plus student utilisation of
NLP practical
Second order change
Pattern interrupt
Changing personal history
Fast phobia cure
Elicitation
Home study

Module eight Hypnotherapy

History, theory and application of
hypnotic phenomena 'The Science of
suggestion'
The ten stages of trance work
Pacing and leading
Rapport building
Basic inductions
The unconscious mind slit and its
relationship to trance work
Utilisation of the environment
Contra conditions to trance
The Schizoid personality
Levels of trance states
Catatonic states
The Elman induction
Utilising the unconscious for change
Transforming therapy
Self Hypnosis
Stop smoking/Slimming
Demonstration
Student participation
Student Interaction Throughout
Home work.

Module Nine

Review of the all the models covered
Demonstration of techniques learnt
Practice of all techniques covered
Discussion groups on how to apply techniques
Question and answers
Dealing with specific issues
Arranging extra support
Covering exam papers requirements
Confidence building
Presentation skills
Ongoing support
Supervision
Other training opportunities
CPD for the future
Dealing with conflicting beliefs
Student Interaction throughout weekend
Support with university application

Module Ten

Starting out
To practice at home or in an office
Meeting and working with clients
It starts from the first phone call
How to get all the clients you want
How to get free advertising.
How to promote yourself to other professional
How to set up groups.
How to demolish the opposition
The lift promotion, sell yourself in 30 seconds
How to get work from 'Doctors and Industry
How to set up contingency work.
How to write professional reports for social services and others.
How to promote yourself to solicitors and insurance companies.
Student Interaction Throughout Day
Final Test of Progress