



Accelerated NLP Practitioner (Including Certification in Memory Resolution)

Do you want to:

- Learn a set of empowering beliefs that will change the way you experience and interact with the world?
- Discover a simple model of communication that will enable you to always get your message across?
- Understand how to manage the links between your mind and your body?
- Be able to confidently work with other people to help them achieve their potential?
- Know how to overcome shyness, phobias, poor habits and fears—for ever?
- Experience what it is like to turn your dreams into goals, and your goals into reality and help others to do the same?
- Let go of past hurts?
- Finally be the person you always wanted to be?

NLP can help you with all of this—and more!

Maybe you want to use NLP for self-development. Perhaps your aim is to assist others in their personal development. Perhaps you work in business or education, and you want to build better relationships, and be more effective. Or perhaps your interest is about incorporating NLP into other therapies or into coaching. This programme lends itself perfectly to all those contexts. It is an accelerated programme, so it's ideal for people who want to learn NLP quickly and easily. It is not in itself designed to enable you to work with people with mental health issues. However, if you have other qualifications in the mental health field, including social workers, mental health nurses, probation officers etc, then it will provide a useful addition to your toolbox.

Is the course accepted by the registering bodies?

Yes, it is. If taken as a stand-alone course, this training is accepted by the Association of NLP (ANLP), for membership at Practitioner Level. Additionally, if you undertake our NLP Practitioner programme alongside the Diploma in Clinical Hypnosis, you will be awarded the prestigious INLPTA Practitioner Certification. Even better though, you will also be able to join General Hypnotherapy Register at Practitioner Level, and will be eligible for the industry based award: The General Qualification in Hypnotherapy Practice (GQHP). The two courses do not have to be taken at the same time.

Training topics

NLP training is exciting, and developing all the time. Below is a flavour of what you will learn.

The building blocks of NLP

The early part of the training focuses on helping you to:

- Explore and develop some empowering beliefs that will change how you experience and interact with the world around you.
- Understand and use a simple model of communication.
- Learn how to take control of the links between your mind and body.

The keys to goal achievement

This segment of the training explores how you can assist yourself and others to turn dreams into goals. You will learn:

- How to set goals so that you achieve them - and help others do the same!
- A simple model to help people work out what they really want.

Rapport

Have you ever wondered how some people are so good at building relationships? This segment of the training focuses on the key NLP skill of rapport - the basis of persuasion and influence. You will learn how to:

- Quickly get on someone's wavelength.
- Discover how body language really works.
- Utilise a model that will help people to quickly and easily identify with you, whether in person or on the phone.
- Hold and propose opposing viewpoints to others, whilst maintaining rapport.

Representational Systems

Its amazing how three people can all describe the same situation completely differently. That may be because they all have different representational system preferences. In this segment, you will:

- Discover how we experience the world through our senses of sight, hearing and touch.
- Learn how to use this to create outstanding relationships.
- Work out how other people are thinking, simply by watching their eye movements.
- Take charge of running your own brain by using sub-modalities.
- Learn how to use your brain's programming language - and how to re-programme your self for greater personal effectiveness.
- Discover how someone internally structures their beliefs and learn how to assist them to change them
- Learn NLP techniques to change unwanted habits, feelings and behaviours.

Strategies: the unconscious processes we use to create all our behaviour

Ever wondered why some people are really good at certain things? That may be because they have a very successful and efficient strategy for doing it. Discover and utilise effective strategies to help you with:

- Relationships.
- Sales.
- Negotiations.
- Decision-making.

Anchoring

The smell of freshly ground coffee, the sound of the sea, a certain look, can all make us feel a certain way. Learn how to:

- Establish and use resource anchors so that you never have to be in an un-resourceful state again.
- Collapse anchors to remove the bad feelings from past experiences
- Create chains of resources to help people out of "stuck" states.

Language Patterns

In this section, you will learn important language models, to enable you to use language with awareness, elegance and precision. The Milton Model and the Meta Model will help you to:

- Use language that will enable you to get your message across more effectively.
- Ask questions that get you the information you need quickly and easily.
- Challenge and overcome objections, while maintaining the relationship.
- Assist others to get to the very root of their problems, and make the changes they want

Re-framing and Parts

Have you ever noticed how some people can always see the silver lining? That may be down to how they frame things in their minds. Or perhaps you've experienced the internal conflict of a part of you wanting to do one thing, while another part wants to do something else? In this section, you will:

- Learn how to reframe objections and un-resourceful situations.
- Learn to work with Parts to resolve internal conflict and return people to wholeness.

Memory Resolution

Memory Resolution is an exciting time-code intervention. In this section of the training, you will learn how to assist people to resolve painful memories, let go of unhelpful emotions, and install empowering beliefs. You will learn:

- Sources of memories.
- Prime Directives of the unconscious mind.
- Function of memories.
- How to seek permission for resolution.
- How to resolve unhelpful emotions.
- How to help people let go of limiting beliefs - and how to help them install new ones.
- How to help people create a compelling future.

Training style

People learn in different ways, so we aim for a mix of training approaches, to cater for everyone's preferences. Certainly, there is a lot of emphasis on "doing", and you will have lots of opportunity to use the NLP tools and techniques with other people, as well as experiencing them yourself. The group will be small to ensure you get all the individual attention you need. It will be hard work, and lots of fun! Be prepared to get the most out of the training by really stretching yourself, within a safe and supportive environment.

What else do I need to know?

This is an accelerated programme (only nine days, over three weekends), so you need to make an effort to attend every day. We understand that life sometimes gets in the way, so if you have a genuine reason for absence, such as illness or bereavement, then talk to us - we will do everything we can to help you complete your studies, although it may delay your certification.

Our aim is to help you achieve your goals, and we will do everything we can to assist you in that. However, you will be going out there with our name on your certificate, and working with real people, so we need to be sure that you are using this stuff competently and ecologically. If we have significant concerns about your ability or willingness to do that, we do reserve the right to ask you to leave the training. However, that's not something we expect to happen!

Lots of us don't have good feelings about "testing" so we base your assessment on evidence of your developing competence, and your integration of feedback.

We will assess you on the following basis:

- Your ability to work from an outcome frame, in a resourceful state, using sensory based calibrations, and demonstrating behavioural flexibility.
- Your ability to maintain rapport between yourself and other participants, staff, assistants, and anyone else associated with the training. If rapport is lost, you accept the responsibility to re-establish it.
- Your ability to use the tools with other people, and also on yourself.
- Your attention to ecology and ethics at all times.

We will also ask you:

- To complete a written integration exercise, of around 50 questions. This is done as an open book activity, out with teaching hours, and you will need to complete it for certification. You can feel very relaxed about this, as you may submit it more than once, and receive feedback on any additional work you need to do.
- To do some pre-course work, using the manual and text book we will send you after we receive your deposit.

Why train with us?

We are passionate about what we do. We focus on quality, service and results. We will do everything we can to help you achieve your outcomes. Our support doesn't end with the training—you can contact us at any time afterwards if you need further help or advice.

We care about your success— you can go all the way to the top with us! For more information about our trainers, other courses we run, our price list, and for our terms and conditions, please visit us at www.charisnlp.co.uk

