

NLP Practitioner (Advanced) and Hypnotherapy (Basic) Course (NPHC)

A Worldwide Recognised NLP and Hypnotherapy Course from Institute for Soft Skills Training and Counselling (ISSTAC®), Global Network for Neuro Linguistic Programming (GNNLP) and NLP Kerala®.

Objectives of the Course

- To Create Awareness about NLP as a Science
- To Provide Wider Understanding about NLP and Certify Participants as Qualified NLP Practitioners
- To Make Participants Capable Enough to Implement the Learning in Their Personal, Professional and Others Life
- To Help Participants to Set Appropriate Wheel of Life
- To Provide Accurate Knowledge to Set Goals and Show the Ways to Achieve Them
- To Make Participants Mentally and Physically Strong to Conquer Success and Enjoy Blissful State of Mind

Syllabus of the Course

Day One

- 1) What is N L P?
- 2) Defining Neuro Linguistic Programming (NLP)
- 3) The History of NLP
- 4) Pillars of N L P
- 5) The Presuppositions
- 6) NLP Terminologies
- 7) NLP in Various Fields – Education, Sales, Management, Negotiation etc.
- 8) Spinning Wheel Technique
- 9) NLP Model of Therapy
- 10) Joker Method
- 11) Visualization Meditation
- 12) Wheel of Life
- 13) Self-Practice and Assignments

Day Two

- 1) Representational System
- 2) Visual, Auditory, Kinaesthetic, Olfactory and Gustatory (VAKOG)
- 3) Representational Systems
- 4) Preferred Representational Systems
- 5) Predicates in Representational Systems
- 6) Modalities and Sub-Modalities
- 7) Sub-Modalities for Change
- 8) Eliciting Sub-Modalities

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- 9) The NLP Communication Model
- 10) Human Anatomy
- 11) Association and Dissociation
- 12) Theatre Method
- 13) Flexi Glass Method
- 14) Self-Practice and Assignments

Day Three (A)

- 1) Human Mind
- 2) Basic Psychology
- 3) Neurosis And Psychosis – Common Psychological Diseases
- 4) Setting Outcome Frame
- 5) Thinking in Outcome
- 6) How to Structure Outcome?
- 7) Cause and Effect
- 8) Script Analysis
- 9) Beliefs and Scripts
- 10) Circle of Excellence
- 11) Change Personal History
- 12) Self-Practice and Assignments

Day Three (B)

- 1) The Learning State
- 2) Level of Learning
- 3) Perceptual Positions
- 4) Sensory Acuity
- 5) Improving Sensory Acuity
- 6) Sensory-Based Language and Practices
- 7) Deletion, Distortion and Generalization
- 8) Self-Practice and Assignments

Day Four

- 1) Utilizing Drivers
- 2) Changing Beliefs
- 3) Swish Patterns
- 4) Fast Phobia Cure
- 5) Emotional State
- 6) Releasing Negative Emotions
- 7) Releasing Limiting Decisions
- 8) Parts Integration
- 9) Perceptual Positions
- 10) Self-Practice and Assignments

Day Five

- 1) Calibration
- 2) Eye Accessing Cues
- 3) Digital and Analogue
- 4) Hypnotherapy – Introduction
- 5) Hypnotherapy – Practical
- 6) Hypnotherapy Advance - Introduction
- 7) Pacing and Leading
- 8) Self-Practice and Assignments

Day Six

- 1) Matching and Mismatching
- 2) Matching and Mirroring
- 3) Defining Rapport
- 4) Rapport Building
- 5) Indicators of Rapport
- 6) Instant Rapport
- 7) Group Rapport
- 8) Basic Counselling Techniques
- 9) Changing Personal History
- 10) Self-Practice and Assignments

Day Seven

- 1) Language Patterns
- 2) Linguistic Presuppositions
- 3) Chunking
- 4) The Milton Model
- 5) The Meta Model
- 6) Contrastive Analysis
- 7) Metaphor
- 8) Predicates – Visual, Auditory And Kinaesthetic
- 9) The Hierarchy of Ideas
- 10) Negotiation
- 11) Agreement and Negotiation
- 12) Self-Practice and Assignments

Day Eight

- 1) Introduction to Anchoring
- 2) Keys to Anchoring
- 3) Steps of Anchoring

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- 4) Building Resource Anchors
- 5) Collapsing Anchors
- 6) Chaining Anchors
- 7) Moving from Procrastination to Positive Procrastination
- 8) Self-Practice and Assignments

Day Nine

- 1) Modelling
- 2) T.O.T.E. Model
- 3) Learning Strategies
- 4) Designing and Installing Strategies
- 5) Strategy Elicitation
- 6) Buying Strategies
- 7) Motivation Strategies
- 8) Love Strategies
- 9) Trust Building Strategies
- 10) Relationship Strategies
- 11) Self-Practice and Assignments

Day Ten (A)

- 1) Context Reframing
- 2) Content Reframing
- 3) Six-Step Reframe
- 4) Parts Integration
- 5) Parts And Positive Intentions
- 6) Organization and Storage of Time
- 7) Elicitation of the Time Line
- 8) In Time and Through Time
- 9) Changing the Time Line
- 10) Installing Future Goals
- 11) Self-Practice and Assignments
- 12) Evaluation Process

Day Ten (B)

- 1) Further Doubt Clearing
- 2) Certification Process

With Love and Care,
Justin Thomas,
Master Trainer – ISSTAC® - (+91) 9847031166, 9847131166, 9847531166