

# Herts College of Hypnosis & NLP

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Course / Programme		Master your Mind – An Introduction to NLP & Hypnosis		Venue		Harpenden (details tbc)		Year	2013
Broad Aim of Course		Discover, appreciate and apply basics		No. weeks	4+4=8	Lesson length	2 hrs	Teacher	Richard Walker
Date/ Week	Syllabus Topic	Learning Outcomes	Activity				Assessment of Learning		
Wk1	<u>NLP 4 wks</u> # Fundamentals of NLP # Filters in action # Words and labelling of sensory experience # Internal Reps	# appreciate basic concept of NLP # understand how the mind produces behaviour # personal power and the basics of mind mastery	# Presentation of theory # examples and discussion # demonstration # self-discovery # homework assignment	# feedback forms # whiteboard/flip, powerpoint if available # handouts # access to wider resources # support via email	# observation # questions discussion # formal feedback sheets each week				
Wk 2	# Origins of NLP # Co-operative process # Mind-body # Rapport # preferred rep systems	# understand concept # how to create receptivity to suggestion # how use different language styles to communicate powerfully # basic practical tips on mind/health power # how to apply in real life	# Presentation of theory # examples and discussion # interactive exercise # demonstration # self-discovery	# homework assignment # feedback forms # whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week				
Wk3	# 5 keys to change # NLP presuppositions # Eye patterns # Submodalities	# understand concepts # how ensure change (teaching, training, therapy, coaching) happens # attitudes of mind to adopt # how to avoid 'assuming' and questioning # Utilise to understand what is going on inside someone's mind, without 'assuming' # how to change behaviour using submodalities	# Presentation of theory # examples and discussion # interactive exercise # demonstration # self-discovery # homework assignment	# feedback forms # whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week				
Wk4	# 'Learning Theory' # Basis of personality # Time Line Therapy	# understand how we learn and can 'unlearn', including aspects of personality # The world 'out there' is learned and can be unlearned # how to use 'Time Lines' for reprogramming	# Presentation of theory # examples and discussion # self-discovery # demonstration # feedback forms	# whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week				
Wk5	<u>HYPNOSIS 4wks</u> # What is hypnosis & hypnotherapy? # Origins # hypnosis & learning # Power of the mind # Self hypnosis	# Understand how hypnosis brings about change # Appreciate reality v myth # Ability to carry out self hypnosis and give simple self-suggestions	# Presentation of theory # examples and discussion # self-discovery # homework assignment # demonstration # scripts hansouts	# feedback forms # whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week				

Date/ Week	Syllabus Topic	Learning Outcomes	Activity		Assessment of Learning
Wk6	# five stages of hypnosis # safety # suggestions # hypnotization # use of voice # awakening	# Understand and utilize # how to carry out hypnosis for positive benefit following simple steps # How to formulate and use simple suggestions, # How to manage trance state # Simple hypnotic script # How to awaken	# Presentation of theory # examples and discussion # self-discovery # demonstration # homework assignment # interactive exercise	# scripts handouts # feedback forms # whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week
Wk7	# theories of hypnosis # depth phenomena. # factors affecting trance # Rapid induction # Deepening # Full formal hypnotic session # ideo motor response	# Understand and utilize # how to carry out and manage basic hypnotic session # How to observe depth of trance # How to handle distractions # how to induce unconscious movements for signalling and deepening	# Presentation of theory # examples and discussion # self-discovery # demonstration # interactive exercise # homework assignment	# feedback forms # whiteboard/flip, powerpoint if available # scripts handouts # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week
Wk8	# Hypnotherapy techniques # Ericksonian Hypnosis # Dissociation # Regression # Memory	# Discover, understand & utilize # Questions and feedback # Discover reality and application of the phenomena of hypnotic regression # Develop own ability to experience deep trance and benefits of it	# Presentation of theory # examples and discussion # self-discovery # demonstration # feedback forms	# whiteboard/flip, powerpoint if available # access to wider resources # support via email	# observation # questions # discussion # formal feedback sheets each week