

Introduction to Neuro Linguistic Programming (NLP) & Clinical Hypnosis



Learning Outcomes

- What is NLP? (And what is Hypnosis really?)
- What's it for?
- Does it work? Can anyone do it?
- Discover why you do what you do, and how to change it at will!
- The power of the unconscious
- How to get what you want, rather than what you don't!
- Personal power and how to have it
- How to cancel bad feelings, fears and doubts
- Setting your future!
- Brief introductions and demonstration of hypnosis.

Requirements



No previous training is required. This is a fun but seriously inspiring course. Richard Walker is a lively, entertaining and very knowledgeable presenter. Many participants have gone on to study in more depth and become practitioners themselves. Five Tuesday evenings, 7.15 till 9.30 pm, Harpenden. Price £79 (concessions on enquiry). Deposit £20 to secure your place.

***Places are limited, so book now at the Herts College of Hypnosis & NLP
www.hchn.co.uk
or contact Richard at Richard@hchn.co.uk T: 01582 461762***

more details over >

Introduction to NLP & Clinical Hypnosis

Presented by Richard Walker

This is a fun but seriously inspiring course. Richard Walker is a lively, entertaining and very knowledgeable presenter. Many participants have gone on to study in more depth and become practitioners themselves. What is Neuro Linguistic Programming (NLP) and Hypnosis? Do they work? Can I do it? You will find answers to all these questions and more. Discover how do these powerful tools are used to bring about beneficial and therapeutic changes in people's lives. This five evening course will focus on NLP (four eves), with an evening introducing hypnosis. It is a very modern and up to date perspective. Discover why we do what we do, and how to change it at will!

Find out for yourself how NLP (and hypnosis) are applied to bring about not only behavioural change, but also to alleviate a wide range of emotional and physical problems, and to create success and happiness in life!

There will be demonstrations and opportunities to take part.

Introduction to NLP

- What is NLP?
- Origins of NLP
- Fundamental Assumptions
- Personal Power
- Mind-Body Evidence
- How We Learn
- Unconscious & Conscious Mind
- Communication Model
- Rapport
- Powerful Language
- Limiting Beliefs
- Structure of Behaviour
- Techniques to Cause Personal Change
- Preferred Representational Systems
- Cues & Anchors
- Using Submodalities (SWISH, 'Like > Dislike')
- Time Line Therapy™

Introduction to Hypnosis

- Origins Of Hypnosis
- Stage Hypnosis v. Hypnotherapy
- Hypnotic Inductions (or "Going Under")
- Self-Hypnosis
- Post-Hypnotic Suggestion or "Commands"
- Five Stages of Hypnosis
- Types of Suggestions
- Use of Voice
- Awakening
- Depth of Trance & Hypnotic Phenomena
- What Affects Trance?
- Rapid Induction
- Deepening The Trance
- Full Hypnosis Session
- Ericksonian Hypnosis
- Dissociation
- Regression

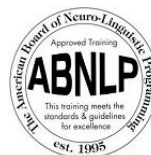
© R Walker 2013

Richard's trainings, delivered through his college abetterlife uk ltd, are validated by professional bodies, including the The General Hypnotherapy Standards Council, the American Board of NLP and the Time Line Therapy Association.

abetterlife-UK Ltd

7 Overtrees
Holly Bush Lane
Harpenden AL5 4AW

t: 0845 1665445
e: info @abetterlife-uk.com
w: www.abetterlife-uk.com



gHsc
Introductory Level
VALIDATED TRAINING
General Hypnotherapy
Standards Council