

Therapeutic Coaching

Course Outline 2019 (subject to change)

Level 1

Weekend 1: Core Therapeutic and NLP Skills

This first weekend is an introduction to the key principles and skills of NLP.

Day 1 covers our approach to the course, and what it means to be a therapist – and touches on the theory and practice of the Person-Centred therapeutic approach, which fits closely with the NLP model of the therapist-client relationship.

Day 2 introduces students to the fundamentals of Ericksonian hypnosis, and the principle of submodalities – two of the cornerstones of all NLP work.

Day 3 builds on the core NLP skills to develop the work with submodalities and states and gives students an understanding and experience of a fundamental NLP process for creating change – Anchoring.

Saturday 9th – Monday 11th March

- Course Introduction – How to approach the course;
- Person-Centred theory basics,
- Therapeutic Boundaries
- NLP Core Principles and Skills
- Introduction to Hypnosis
- Submodalities introduction
- Bringing together submodalities and states
- Anchoring

Weekend 2: Core NLP Processes

Day 1 touches on Gestalt Psychology's contribution to NLP and introduces the NLP Parts Process.

Days 2 and 3 bring an exciting introduction to Emotional Freedom Technique (EFT Level 1) in which students will learn how to use EFT on their own issues and on others' as a precursor to the EFT Practitioner Training at Level 2.

Friday 5th – Sunday 7th April

- Gestalt Psychology and Introduction to Parts
- The Parts Integration Process
- EFT Level 1 (2 days)

Level 2

Weekend 1: Working with Unhelpful Thoughts

This first weekend of Level 2 explores our conscious thoughts, beliefs and how to challenge them. It touches on the Cognitive Behavioural Therapy principles which underpin this model, and demonstrates how this has been developed into an NLP-based technique which the clinic has pioneered for the treatment of anxiety and stress-related issues.

Day 2 is an introduction to Mindfulness and how to incorporate a Mindfulness approach into the treatment of anxiety-thinking.

Saturday 4th May

- An introduction to CBT
- The Standing Stop Process

Sunday 5th May

- An Introduction to Mindfulness
- Sitting Stop and Presence Process

Weekend 2: Coaching Skills

This weekend delves into the Meta Model – another cornerstone of the NLP foundations – in more depth, and looks at how to apply this conversational ‘reframing’ technique to change beliefs..

Day 1 additionally covers values - how to establish a client’s values and any areas of values conflict, as well as how to approach such conflicts.

On Day 2 we look coaching techniques to create life balance and coherent, achievable goals.

Saturday 25th May

- Rapport and Listening
- Meta Model Questioning
- Values elicitation

Sunday 26th May

- Neurological levels
- Neurological levels alignment process
- Wheel of life
- Goal setting

Weekend 3: Advanced Hypnotic Language Techniques

This weekend focuses on deepening students' knowledge and experience of hypnosis and developing confidence with the more advanced Ericksonian language patterns and techniques. It also explores how to develop and use metaphor and story therapeutically, in the context of hypnotic trance.

Saturday 29th June

- Advanced language patterns
- Arm levitation

Sunday 30th June

- Working with metaphor
- Anaesthesia

Weekend 4: Understanding the Roots of an Issue

This weekend will look at some of the key psychotherapeutic and psychological theories which outline how (and why) we develop certain tendencies, beliefs and behaviours – whether helpful or unhelpful. An understanding of these models can give the therapist clues as to where to 'look' for the roots of a presenting issue and inform their approach to working with it. The weekend will cover a brief introduction to developmental psychological theory and the psychoanalytic model – touching on Freud and the neo-Freudians amongst others.

The aim of the weekend is to help students to think more broadly about the issues that their clients present with, and to understand another 'layer' of those issues. The weekend will also demonstrate how and why NLP theory and approaches have developed out of these originating psychotherapeutic schools of thought – and how to integrate the principles of these original models with the NLP tools we now have for treatment.

Saturday 21st September

- Analytical models - Freud and Jung
- Transference and Countertransference
- Dreams and Images

Sunday 22nd September

- Symbolic modelling

Weekend 5: Timeline work and Belief Re-Imprinting

Following on from Weekend 4's exploration of the roots of a presenting issue, Weekend 5 teaches students a key NLP approach to working with the roots of an issue – Timeline Therapy and Belief Re-imprinting. Drawing upon the principles and skills acquired to this point, students learn to work with the idea of Timeline – a theory of how we store memory – in order to change beliefs and long-held emotions or symptoms.

Saturday 19th October

- Developmental theory
- Timeline introduction

Sunday 20th October

- Timeline
- Belief Re-imprinting

Weekend 6: EFT Level 2

This weekend focuses on building on students' skills with Emotional Freedom Technique and introducing new processes and approaches with EFT. Completion of this weekend is a requisite for, and the starting point of, EFT Practitioner Certification and accreditation with AAMET, the Governing Body for EFT.

Saturday 16th - Sunday 17th November

- EFT Level 2

Weekend 7: Transpersonal Psychotherapy and Working with Core States – Plus Practice Day

Day 1 touches on the realm of Transpersonal Psychotherapy and a more wholistic and spiritual approach to therapy, before teaching the NLP process of Core Transformation for emotional healing.

Day 2 is a full practice day, with the opportunity for each student to run a full 'real-life' client session with a fellow student, with some observation and feedback at the end of the session from the tutor. A good chance to ensure you are happy with all your NLP skills and processes, and good practice for Level 3 supervision sessions!

Saturday 7th December

- Transpersonal Psychotherapy and Core Transformation

Sunday 8th December

- Practice day