

DAY 10

TIME

09:30 - 17:30

PROGRAMME

SESSION ONE

Open Frame, Personal Counselling Continued.

SESSION TWO

Personal Counselling Continued, Report writing, and session notes.

THIRD SESSION

Preparations for next six months.

FOURTH SESSION

Graduation, wind down, farewells.

PROJECTS

N.A

Time permitting we may also cover:

- Hypnosis
- Hypnotherapy
- Time based techniques

This is the course manual for the ANLP (India) accredited Diploma in NLP Psychotherapy

CONDUCTED BY



RECOGNIZED BY



Contact David on
+91 9822 146 435

email
david@goanlp.in
psychologist@therapist.net

VISIT US ON
www.goanlp.in

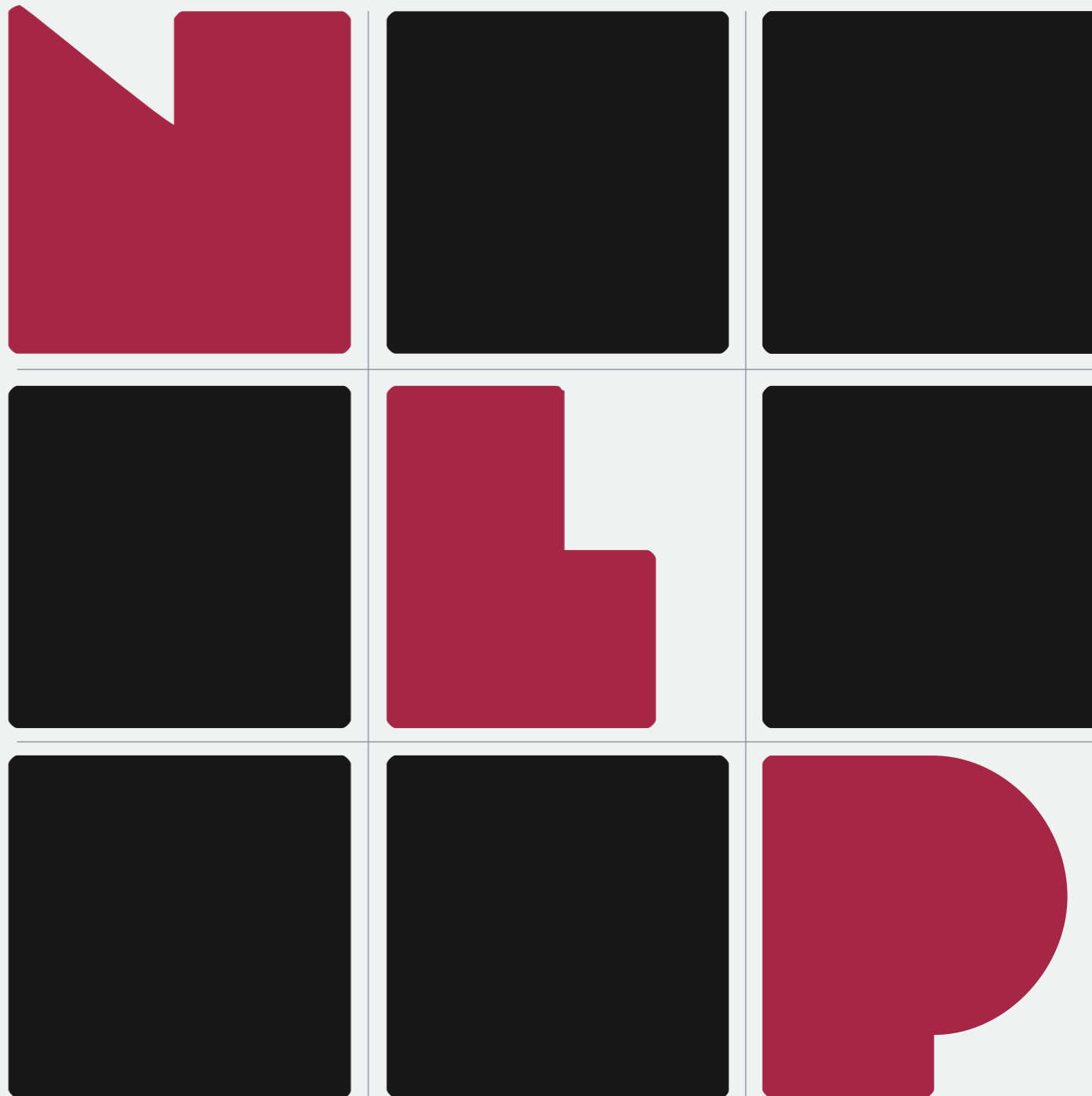
Assessment for final qualification as a Neuro Linguistic Psychotherapist involves:

- **Written closed book examination on the contents of the entire programme.**
- **Case conceptualisation and presentation.**
- **Peer and self assessment.**
- **Development log review.**
- **Evidence of supervision reports.**
- **Completion of 3000 word assignments in Theory and Practice of NLPt**

Both modules will also include extensive self discovery and dealing with all the students issues by individual sessions with each other.



Goa NLP in Conjunction with ANLP (India) Presents:



PSYCHOTHERAPY

Course Manual

NLP PSYCHOTHERAPY DIPLOMA PROGRAMME DAY OUTLINE

This is a guide only to the programme as it will be varied by the demands of the group etc. There will also be many practical exercises and demonstrations as required.

“The move from working as a practitioner of Neuro Linguistic Programming to working as a Neuro Linguistic Psychotherapist or Counsellor can seem a large one.

This training has been developed to provide you with all the information and support you need to make that move with confidence, and to give you the toolset to achieve ANLP (India) accreditation as a Neuro Linguistic Psychotherapist.”

Dr David J Lincoln
Psychologist, NLP Master Trainer

| | DAY 1 | DAY 2 | DAY 3 |
|-----------|---|--|--|
| TIME | 09:30 - 17:30 | 09:30 - 17:30 | 09:30 - 17:30 |
| PROGRAMME | <p>SESSION ONE Introductions, scope of NLP psychotherapy, psychosis and neurosis, discussion on differences. Basic NLP interventions and understanding their methodology</p> <p>SESSION TWO Personal integrity, Confidentiality issues, timekeeping.</p> <p>THIRD SESSION Transference, counter transference. Why the therapist must be detached and ways to be detached. Therapist's own counselling and therapy.</p> <p>FOURTH SESSION Creating a clear code of practice in contracting, beginning and ending relationships with clients.</p> | <p>SESSION ONE Open Frame, introduction to Development psychology</p> <p>SESSION TWO The first session, rapport, basic history taking, what is the problem?</p> <p>THIRD SESSION Introduction to Psychopharmacology.</p> <p>FOURTH SESSION To gain knowledge of commonly prescribed psychotropic agents.</p> | <p>SESSION ONE Open Frame, history of Psychology</p> <p>SESSION TWO Different psychological approaches.</p> <p>THIRD SESSION Understanding main areas of diagnosis, including the use of DSM.</p> <p>FOURTH SESSION Discussion on the understanding of different diagnosis and the need to refer to other agencies or specialists.</p> |
| PROJECTS | Rapport exercises, Group discussions, History taking exercise. | Finding information about various medications, History taking, Personal connections to client. | Diagnostic language |

| | DAY 4 | DAY 5 | DAY 6 |
|-----------|--|--|---|
| TIME | 09:30 - 17:30 | 09:30 - 17:30 | 09:30 - 17:30 |
| PROGRAMME | <p>SESSION ONE Open Frame, Medical referral and understanding of the difference between what you can handle, medical tests and cooperation with the client's Medical professional.</p> <p>SESSION TWO Depression, the two main types, what is it? Classic treatment protocols.</p> <p>THIRD SESSION Some of the major classifications you may deal with.</p> <p>FOURTH SESSION Research and its importance to you work as a therapist.</p> | <p>SESSION ONE Open Frame, Anger, what is it, How to deal with it.</p> <p>SESSION TWO NLP interventions for anger, Rewrite history, time line.</p> <p>THIRD SESSION Gender issues, sexuality, family relationships, gurus.</p> <p>FOURTH SESSION Trauma, what is it, how to treat it, early life trauma, later life trauma, disassociation disorder.</p> | <p>SESSION ONE Open Frame, specific NLP techniques used to specific problems.</p> <p>SESSION TWO Creating a therapeutic environment , relationship of others within this environment, Anxiety and other future problems.</p> <p>THIRD SESSION Discussion on boundaries within a therapeutic environment.</p> <p>FOURTH SESSION Working with children and adolescents.</p> |
| PROJECTS | Research methods, how to read and understand research reports. | Time line, Anchoring techniques | Any NLP technique not fully understood. |
| | DAY 7 | DAY 8 | DAY 9 |
| TIME | 09:30 - 17:30 | 09:30 - 17:30 | 09:30 - 17:30 |
| PROGRAMME | <p>SESSION ONE Open Frame, Introduction to Hypnosis, Different styles, induction techniques.</p> <p>SESSION TWO Being present, Practice of inductions.</p> <p>THIRD SESSION Deepening techniques, scripts and how to use them.</p> <p>FOURTH SESSION Personal hypnotherapy sessions.</p> | <p>SESSION ONE Open Frame, Recap to prepare for personal sessions.</p> <p>SESSION TWO Types of approaches in personal sessions, issues around relationships between therapist and client.</p> <p>THIRD SESSION Demonstration of a therapy session.</p> <p>FOURTH SESSION Demonstration of a therapy session continued and feedback from group.</p> | <p>SESSION ONE Open Frame, Personal Counselling and breakthrough Sessions.</p> <p>SESSION TWO Personal Counselling and breakthrough Sessions.</p> <p>THIRD SESSION Personal Counselling and breakthrough Sessions.</p> <p>FOURTH SESSION Personal Counselling and breakthrough Sessions.</p> |
| PROJECTS | Hypnotherapy training | Demonstration | Individual counselling sessions |