Create Core Change

NLP Coaching, Hypnosis & SREC practitioner training

Course prospectus

Welcome to the course prospectus for Creating Core Change.This innovative course is designed to enable you to learn the theory and practice of creating personal transformation in your own life and the lives of others.The skills acquired on the course will enhance any career, being particularly effective in areas such as counselling, psychotherapy, coaching, mentoring, physical therapy, H.R, teaching and business. On a personal level, the awareness and skills gained will enable practitioners to boost performance in areas of life such as relationships, parenting, health, fitness, career, emotional wellbeing and finances. Whatever your reason for doing the course, you will be equipped with the knowledge and skills to implement change on the deepest of levels. Because in order for your life to change, you must change…

The course is split up into 3 parts
Neuro Linguistic Programming - Hypnosis - Self Reintegration Emotional Coaching

Part 1. Neuro Linguistic Programming (NLP)

NLP is a model for communication and change. It is an effective coaching modality that is commonly used in a wide variety of settings, helping clients to get clear on and achieve their goals. Often referred to as life coaching, NLP coaching can be advertised as such, but is often rebranded as a specialism, such as Anxiety Coaching, Relationship Coaching or Addiction Coaching. Perhaps the most well known NLP practitioner on the planet is, Tony Robbins, who has mastered the art of tapping into motivation in a way that exemplifies the principles of NLP. NLP is a powerful set of models that can be applied to therapeutic practice in a very dynamic way, enhancing any existing modality enabling the therapist to create movement and depth with their clients. The main orientation of the NLP on this course is therapeutic. Here you will learn the principles and practices of NLP at practitioner level, which will also form the foundation for the rest of the course.

- History and applications of nlp
- Calibration
- Core values
- Goal setting
- Representation systems
- Perceptual positions
- Reframing
- Parts integration
- Chunking
- Presuppositions of nlp
- Drop down method

Part 2. Hypnosis

There are many misconceptions about the word ‘Hypnosis’. One of which being that it is something that is ‘done’ to you. In reality hypnosis is referring to a change in state, more specifically brain wave state. We all go in and out of hypnosis daily. When we start winding down in the evening we go down through the brain wave states into sleep , equally in the morning we come up through the brain wave states into being fully conscious. The importance of hypnosis in the context of change is that a hypnotic state enables access to the subconscious mind, which is the operating system that drives our behaviour. In the subconscious are the suppressed emotions, limiting core beliefs and coping strategies that prevent us from consciously living the life we consciously chose. To implement core change, we must bring the subconscious into conscious awareness.

- History and types of hypnosis
- Brain wave states
- Stages of hypnosis
- Suggestion
- Hypnotic language styles
- Writing hypnosis scripts
- Prime directives of the subconscious mind
- Subconscious mind and the body
- Structuring a hypnosis session

Part 3. Self Reintegration Emotional Coaching

Self Reintegration is an Emotional Coaching programme that removes emotional blocks and changes beliefs and behaviours, in order to create positive results and a positive internal state. It works with the subconscious negative programming that sabotages our lives, limits our performance and creates poor mental health. Self Reintegration works on the fundamental principle that unconscious programmes are created through experience, often in early childhood and are held together by repressed negative emotion, which it refers to as trauma. The experience creates the emotion which then gets repressed, then we build beliefs and coping behaviours around it as a way of surviving. Practised for long enough these emotions, beliefs and behaviours become subconscious programmes. The programmes then run automatically below our awareness and affect our mental, emotional and physical health. They also significantly limit our capability to achieve our goals and intentions. According to S.R all undesirable life results (apart from those outside of our control) are based on repressed emotional trauma.

- Principles of SR
- SR program model
- R.A.C.E an acronym for change
- Experience (functional dysfunctional)
- True self false self
- Emotional awareness
- Environment
- Beliefs
- Coping strategies
- Conscious Emotional change techniques
- Subconscious emotional change techniques
- Cultivating positive emotions
- Structuring a session

Qualification

On successful completion of the course delegates will achieve practitioner level certification in Neuro Linguistic Programming, Hypnosis & Self Reintegration Therapy.
This qualification will enable practitioners to practice the theory and techniques learned in the course in their personal and professional lives.

Certification requirements

Number of contact learning hours 84.0
(one day per week for 12 days)

One to one client practice hours 20.0

One to one private therapy hours 10.0

Completion of a weekly reflective journal and assignments

Full certification is awarded on completion of a portfolio containing signed assessment of contact learning hours, journals, completed assignments, record of client practice hours, record of one to one therapy hours.

After certification practitioners will be required to sign up to the practitioner support programme if they wish to practice professionally in existing or new careers. This is a free platform that aims to maintain and improve standards and provide support to practitioners

Course coast £1,250.00
(payable on booking place)

Entry requirements
Students are required to commit to all of the training days
A successful face to face interview
Willingness to complete the course material
An adequate level of reading, writing and English language

Venue
Newquay Therapy Centre
Chester Court,
Chester Road,
Newquay, TR7 2SB

Tea and coffee will be provided on each of the training days. /due to the day only being seven hours we will have a short break in the morning and a half hour lunch. There is a cafe next door that sells hot and cold food and a Spa shop opposite, but please bring a packed lunch if you wish. We have plenty of fresh drinking water in the dispensar so feel free to use as much as you like.