

NLP PRACTITIONER CERTIFICATION PROGRAM

Course outline

Introduction to NLP

- Brief history of NLP
- Presuppositions of NLP
- The NLP communication model
- Setting well-formed outcomes



Sensory Acuity

- The learning state
- Sensory-based language
- Increasing your sensory awareness

Submodalities

- Eliciting submodalities
- Identifying drivers
- Contrastive analysis
- Submodality belief change
- The swish pattern
- The fast phobia cure

Representational Systems

- Introduction to representational systems
- Identifying your preferred representational system
- Predicates in representational systems
- Eye accessing patterns

Rapport

- Matching/Mirroring
- Pacing/Leading
- Indicators of rapport

Anchoring

- Keys/steps to anchoring
- Creating a resource anchor
- Collapsing/chaining anchors

Strategies

- Modeling
- The T.O.T.E Model
- Strategy elicitation/utilisation
- Working with strategies
- Designing/installing strategies

Language Patterns

- The Meta model
- The Milton model
- Linguistic presuppositions

Reframing

- Context/content reframes
- Six-step reframe
- Parts integration