

# Mindfulness Based Therapies

Learn NLP, Hypnotherapy and Life Coaching skills for life

*Mindfully*

**3 Certificates in One Course**

**Mindfulness Based NLP Practitioner  
Mindfulness Based Hypnotherapy Practitioner  
Mindfulness Based Life Coach**

**9 Days with pre-study**

**Trainer: Rick Maczka CTNLP. MNLP. CTTLT. TLTMP.CMH.**

**Certified Trainer of NLP  
Board Licensed Instructor of Hypnotherapy  
Mindfulness practitioner for 19 years**

# What is contained in the course?

## Presuppositions of NLP with a Mindful Perspective

- Beliefs that will change your experience
- How language affects behaviour
- Discover and begin to master the link between your thoughts, the way you feel and your physical body
- Discover a new sense of reality beyond what you already know

## Goal Setting and creating the well formed conditions for the goal to come about

- How to set achievable goals
- Have goals happen the way you want them
- Ask questions that will enable clients to become clear on objectives

## Rapport skills and communicating with timeliness, awareness and honesty

- Tuning in on someone's wavelength
- The true secrets of body language
- Create closer bonds with friends, family, clients, or anybody
- Create rapport quickly over the phone or any situation

## Representational systems and how to identify a persons way of coding their reality so we can enter into clear communication

- How we see, hear and feel about the world
- Speak another's language
- Identify eye patterns to discover their thinking

## Sub-Modalities- Learn the language of the mind and its building blocks

- Uncover how someone stores their beliefs
- How to change beliefs
- Discover the difference that makes a difference
- Quick methods of breaking habits

## language patterns – Use words elegantly to communicate

- With speed and precision ask questions to get the information you need
- Negotiate and overcome objections
- Pinpoint questioning
- Patterns that create altered states
- Get your message across with greater acceptance

## Dealing with Parts of ourselves, and in others, integrating them, fast and effectively for long lasting change

- Understanding Parts Theory
- Purpose and higher intention of Parts
- Importance of Integrating Parts in ourselves and others

## Anchoring- how to access time and again powerful resourceful states of mind and create the conditions for positive habits

- Achieve resourceful states whenever you need them
- Create chains of states to move from a negative state to a resourceful state
- Remove unwanted responses

## Strategies- understand the automatic patterns and processes we run to do what we do in world

- Find how someone makes a decision
- Change less than useful strategies for useful ones
- Discover the strategies of those we wish to emulate and use them for ourselves

## Reframing- Powerful conversational techniques for changing minds

- Separate behaviour from intention and create new choice
- Change the meaning of an event and thus your response

## Hierarchy of ideas, how to think more clearly and understand others on many levels

- How to negotiate
- How to really do lateral thinking

## Hypnosis and hypnotherapy

- learn history of Hypnosis
- learn how to communicate with your unconscious mind
- learn about trance and levels of trance
- Learn patterns of language for hypnosis
- learn when to use it and when not too
- Use your own powerful Stories to create change
- Timeline -all the techniques (2 days of course spent on this)

## Life Coaching

- What is life Life coaching
- How to be a Life coach
- Gaining future orientation for client
- Balancing the 'Wheel of life'
- Understanding the forces of # the yellow (or golden) rite of prospering,# the white rite of pacification and purification# the black rite of destruction# the red rite of attraction and fascination
- The Fundamentals of Life : Certainty, Variety, Significance, Connection, Growth, and Contribution.
- Understanding the Cycle of change
- The Drama Triangle and how to avoid it !
- Graphing Success
- Conditional and Unconditional positivity measurements

## Mindfulness

- What it is?
- How to practise
- meditation and self hypnosis
- the benefits of Mindfulness
- levels of Mindfulness
- Incorporating into your work

## How do I fit it all in?

During the course I will be teaching to both your conscious mind and your unconscious, using the latest in accelerated learning techniques. The training is delivered in a light, and fun way to make your educational experience as comfortable and easy as possible.

You will be supplied, upon booking your place on the course, audio material to facilitate your learnings, plus a manual and 2 books to read. The actual contact time with myself will help you to catch the spirit, or flavour of NLP and Mindfulness, and have practice and direct feedback. Enabling you to develop a Positive Attitude for success. There is a written exam, to be completed before certification, this is an open book exam to enhance your learnings. You will have a manual to keep and refer to during your training. Rick provides 'Free' email supervision, and telephone support, or one to one Support, after the course when ever possible, to enable you to truly take the training into all areas of your life. If you wish to speak to other students about their learning experience I'm happy to pass on contact details. A face to face meeting prior to training is also possible to enable your decision making on booking this training.

## WHAT IF YOU WANT TO COME ON THE COURSE?

**Cost of course is £1100**

**Payment by Cheque, Cash, or Paypal**

**Payment plans are negotiable and discounts available for early booking.**

**20% for paying 3 months in advance**

**15% for paying 2 months in advance**

**10% for paying 1 month in advance**

**5% for paying 2 weeks prior to the course**

**Call Rick Mobile No. 0778 754 2765**

**Email [Rick@mindfulnessbasedtherapies.com](mailto:Rick@mindfulnessbasedtherapies.com)**

**On completion of the course, and fulfilling all requirements, see below for requirements, you will be Certified as an NLP Practitioner and Mindfulness based Hypnotherapist entitling you to join the ABNLP and ABH, to receive international recognition with them. Other UK NLP associations recognise this qualification. Including the GHR. More details available on request.**

## Certified Practitioner of NLP

The traditional format is the full-syllabus and full-length programme of 120 hours of training in which a Certified Trainer of NLP is continuously in attendance for at least 60 hours. The rest of the hours can be home study. At the end of the course there is an assessment process to determine that you have reached the appropriate level of skill for certification as a Practitioner of Neuro-Linguistic Programming.

### NLP Practitioner Level Requirements

**Demonstration of ability to identify the following basic skills, techniques, patterns and concepts of NLP and to utilize them competently with self and with others.**

**1. Behavioral integration of the basic presuppositions of NLP, including:**

- a. Outcome orientation with respect for others' models of the world and the ecology of the system.**
  - b. Distinction between map and territory.**
  - c. There is only feedback (cybernetic)-no failure.**
  - d. Meaning of your communication is the response you get.**
    - e. Adaptive intent of all behavior.**
  - f. Everyone has the necessary resources to succeed.**
    - g. Resistance is a signal of insufficient pacing.**
    - h. Law of requisite variety.**

**2. Rapport, establishment and maintenance of.**

**3. Pacing and Leading (verbal and non verbal).**

**4. Calibration (sensory based experience).**

**5. Representational systems (predicates, and accessing cues).**

**6. Meta-Model.**

**7. Milton-Model.**

**8. Elicitation of well-formed, ecological outcomes and structures of present state.**

**9. Overlap and Translation.**

**10. Metaphor creation.**

**11. Frames; contrast, relevancy, As If, Backtrack.**

**12. Anchoring (VAK).**

**13. Anchoring Techniques (contextualized to the field of application).**

**14. Ability to shift consciousness to external or internal, as required by the moment's task.**

**15. Dissociation and Association.**

**16. Chunking.**

**17. SubModalities.**

**18. Verbal and non-verbal elicitation of responses.**

**19. Accessing and building of resources.**

**20. Reframing.**

**21. Strategies; detection, elicitation, utilization, & installation.**

**22. Demonstration of behavioral flexibility.**

## **Dates 2011**

August 27th to September 4th

9.30 am to 5.30 pm with breaks for lunch and tea/coffee

## Certification

You will be certified by myself on completion of your training and studies.

You maybe certified also by

The American Board of Hypnotherapy. **ABH**

Or

The American Board of NLP. **ABNLP**

Or

The General Hypnotherapy Register. **GHR**