

UK Centre of Excellence for NLP and Hypnotherapy

Course Prospectus 2012 & 2013

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

10 weekends over 10 Months

3 Certificates in One Course

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

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

Why Train with the UK Centre of Excellence?

Principal Trainer Rick Maczka has been training people from all walks of life since 1994. He has formed a team to provide the best possible training's in the world of NLP and Hypnotherapy. Best of all it is a collection of friends who have all worked together in the past to achieve excellence in their chosen fields. The sum of the parts always being greater than its whole has blended many talented professionals, whose passion is to create something worthwhile and valuable to others.

Why 3 certificates in One course?

Since NLP and Hypnotherapy and Life Coaching are so similar in their structures they fit together very well. One way of describing NLP is to say it is a mixture of indirect and direct authoritarian hypnosis. Life coaching draws on many of the excellent language patterns that help goal setting and help directionalise thinking. As this is an Integrative course it will provide you with a range of skills to set up in practice with a broad range of choice available in how you set your stall out to the general public. Sprinkled into the mix is Mindfulness which helps underpin all 3 practices with a greater sense of awareness for practitioner and client.

This course runs once a year over 10 months with one weekend per month taken up with direct training with Rick Maczka. Students are encouraged to form their own practice group to meet up between weekends and practice their skills. A reflective diary is also kept by students to help with taking the training material deeper between sessions.

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 mindful
- 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

Mindfulness

- What it is?
- How to practise
- meditation and self hypnosis
- the benefits of Mindfulness

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

Time Based Change Techniques

- Understanding relationship of our time storage to personality
- Fast ways to go back and clear negative emotions, letting go of emotional baggage
- Clear unwanted beliefs
- Set goals in a way that makes them happen
- Overcome Anxiety with a simple time based technique

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 learning, 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, Hypnotherapy, and Mindfulness. You will have practice during the trainings 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 learning. You will have a manual to keep and refer to during your training, plus the audio material. There is homework between each weekend, varying in length and probably no more than 16 hours at any time. There will be a recommended book list for the course also.

Rick provides 'Free' email supervision, and telephone support, or one to one Support, during and 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 on or before end of June

15% for paying in July

10% for paying in August

5% for paying 2 weeks prior to the course

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.

On this course you will have 120 contact hours with myself plus about 60 hours of audio material.

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.

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

For more information on your options for certification contact Rick maczka