

# NLP Practitioner Syllabus

## Module 1

### The Building Blocks of NLP

Master essential communications skills for developing deep rapport and trust with clients and loved ones. Influence personal thought processes and discover how we represent our experiences. Access and use key emotional states for effecting change, personal motivation, and decision-making.

- What is NLP
- Qualities of successful people
- Future Pacing
- Association & Dissociation
- Emotional states
- Anchoring
- Calibration
- Breaking states & patterns
- Representational Systems
- Patterns for Communication
- Eye Accessing
- Body Accessing
- Predicates
- Behavioral Flexibility
- Rapport
- Pacing experience
- NLP Presuppositions
- "New Behavior Generator"

## Module 2

### Effective Information Gathering

Discover highly effective ways of setting and achieving goals. Remove problematic limits and strategies and restructure the mind with resources for success. Understand how the brain uses emotional states and memories and the techniques to effect enriching and positive changes.

- Present States / Desired States
- Criteria & META outcomes
- Precision information gathering
- "As If Frame"
- Well-formed outcomes conditions
- META Model
- Deletions, Distortions, Generalizations
- Nominalizations
- T.O.T.E Model of Strategies
- Eliciting Strategies
- Sub-Modalities
- Swish Patterns
- Designing & Installing Strategies
- Strategies
- "Learning & Motivation Strategies"
- "Natural Slender Eating Strategy"

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## Module 3

### Integration and Healing

Learn how to integrate and direct the sub-personalities of the mind, and how to produce physical and emotional well-being. Become skilled at relieving allergies and pain. Also learn natural remedies to use with catastrophic and chronic diseases, such as cancer and Crohn's. New paradigms of regaining and optimizing health will be demonstrated, discussed, and experienced.

- Health & Healing Factors
- Criteria, Values & Secondary Gain
- Parts
- "Six Step Reframing"
- Calibrating congruence/incongruence
- Internal conflict resolution
- Mind body healing techniques
- Core Transformation
- Physical trauma relief
- Eye movement therapy
- Allergies
- "The Faith Pattern"
- Curing allergies
- Catastrophic illness interventions

## Module 4

### Healing In & Through Time

Reconcile the past and create your future! Become highly skilled at regression and progression techniques. Learn to easily remove limiting beliefs and decisions. Discover how our minds maintain the concept of time and how to use time lines to safely and comfortably travel through time to clear up undesired present circumstances, and create your desired future!

- 3 Place Dissociation
- Curing fears, phobias, & anxiety
- Imprinting
- Time line elicitation & changes
- Re-imprinting intervention
- Time Line Therapy
- Prime directives of the unconscious
- Taking a detailed personal history
- Discovering the root cause
- Releasing negative emotions
- Changing limiting decisions
- Creating desired futures
- Logical levels of therapy
- NLP Final Exam