DIPLOMA COUNSELLING & NLP

PAPER 3   INTRODUCTION TO NEURO LINGUISTIC PROGRAM

UNIT 1: INTRODUCTION TO NEURO-LINGUISTIC PROGRAMMING

1.1   What is NLP?

1.2   History

1.3   Foundational Principles

1.4   Presuppositions

1.5   NLP and Communication

1.6   NLP and Behaviour

1.7   NLP Techniques

1.8   Ethical Consideration

UNIT 2 : NLP TECHNIQUES FOR PERSONAL DEVELOPMENT

2.1 Setting Goals

2.2 Visualizing Success

2.3 Anchoring Positive States

2.4 Overcoming Limiting Beliefs

2.5 Timeline Therapy

2.6 Reframing Negative Experiences

2.7 Emotional Freedom Techniques

2.8 Self – Hypnosis

UNIT 3 NLP TECHNIQUES FOR INTERPERSONAL COMMUNICATION

3.1 Rapport Building

3.2 Active Listening

3.3 Metaphors and Storytelling

3.4 Sensory Acuity

3.5 Calibration

3.6 Meta – Modelling

3.7 Milton – Modelling

3.8 Perceptual Positions

UNIT 4 NLP IN PROFESSIONAL AND THERAPEUTIC SETTINGS

4.1 Applications of NLP in Coaching

4.2 Applications of NLP in Sales and Marketing

4.3 Applications of NLP in Leadership and Management

4.4 Applications of NLP in Education and Training

4.5 NLP in Psychotherapy and Counselling

4.6 NLP in Hypnotherapy

4.7 NLP and Health and Wellness

4.8 Research and Future/

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PAPER 2 : ADVANCED CONCEPTS AND TECHNIQUES OF NEURO LINGUISTIC PROGRAMME

UNIT 1- ADVANCED NLP TECHNIQUES FOR SELF – TRANSFORMATION

1.1   Introduction to advanced NLP techniques for Self – Transformation

1.2   Meta – Programs: Understanding and modifying cognitive preferences

1.3   The Circle of Excellence: Create a mental and emotional resource

1.4   Reframing: Shifting perspectives and changing meanings

1.5   Anchoring: Creating and activating positive states

1.6   Timeline techniques: Resolving inner conflicts and enhancing congruence

1.7   Parts integration: Resolving inner conflicts and enhancing congruence

1.8   Belief change : Rewriting limiting beliefs and installing empowering ones

1.9   Self – Hypnosis: Inducing trance states for Self – Improvement,

UNIT 2 : ADVANCED NLP TECHNIQUES FOR COMMUNICATION AND INFLUENCE

2.1   Introduction to advanced NLP techniques for Communication and Influence

2.2   Rapport: Building and maintaining deep connections with others

2.3   Calibration: Reading and responding to nonverbal cues

2.4   Pacing and leading: Matching and guiding other's states and behaviours

2.5   Milton model: Using vague language to evoke deep trance and change

2.6   Sensory Acuity: Heightening awareness of subtle changes in a person's physiology and behaviour

2.7   Sleight of mouth: Challenging and reframing other's objections and beliefs

2.8   Strategies: Analyzing and replicating successful sequences of actions and thoughts

UNIT 3 : ADVANCED NLP TECHNIQUES FOR COACHING AND THERAPY

3.1 Introduction to advance NLP techniques for Coaching and Therapy

3.2 Outcome-Oriented Language

3.3 New Behaviour Generator

3.4 Change personal history: Revising and empowering past memories and decisions

3.5 Swish pattern: Substituting and transforming unwanted behaviours and emotions

3.6 Fast phobia cure: Eliminating and replacing phobic responses and anxieties

3.7 Six – step reframing : Resolving and integrating internal conflicts and values

3.8 New code NLP: Exploring and enhancing somatic and systemic patterns of change

UNIT 4 : ADVANCED NLP TECHNIQUES FOR CREATIVITY AND INNIVATION

4.1   Introduction to advanced NLP techniques for Creativity and Innovation

4.2   Mind mapping: Generating and organizing ideas and concepts

4.3   Disney strategy: Exploring and refining multiple perspectives on a problem

4.4   Reframing through art: Expressing and transforming emotions and meanings through different modalities

4.5   Meta – states: Creating and combining higher levels of thinking and feeling

4.6 Modelling excellence: Identifying and reproducing the strategies of outstanding performers

4.7 Futire pacing: Imaging and preparing for successful outcomes and results

4.8 Ecological Check

4.9 Integration and synthesis: Applying and combining multiple NLP techniques for optimal results

4.10 Association and Dissociation

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PAPER 5 : Practical -1- Case History Taking and Behaviour Analysis.

PAPER 6 : Practical -2- Psychological Assessments. Counselling Skills