

Accredited NLP Practitioner Course

with *NLP in the North*

Clear Thinking, Confidence and Change

Our Practitioner follows the INLPTA syllabus and has a total duration of 20 days including the 4-day NLP Diploma prerequisite.

NLP Practitioner Course Modules

NLP Diploma: 4 days

Day 1: An introduction to the history of NLP and some of its underlying principles. Learn a simple process to help you relax and think more clearly. Learn about the NLP Model of change and how to set compelling outcomes and achieve what you most want.

Day 2: Learn how to direct your attention and how to use your senses even more effectively by building sensory acuity and calibration skills. Learn how to build rapport (leading to easier, clearer communication, stronger influencing skills, and the ability to ease conflict and enjoy richer relationships)

Day 3: Learn about the NLP communication model and about how brilliant communicators think. Learn a variety of models for using language more effectively. Develop more flexibility in communicating with others and ways of using your inner dialogue more helpfully.

Day 4: Learn about the eyes and the many things that eye movements can tell us. Learn a variety of fast and effective practical techniques for change and for giving you choice about how you think and feel about things. Develop new ways of feeling more resilient, confident and positive.

Days 5 and 6: State

Following on from the NLP-foundations of the Diploma, we explore more deeply the concept of 'state'. We choose how we would like to feel in different circumstances and learn how to have those resources on tap whenever we need them. Learn how to feel confident and resourceful at will. We discover how to unwire old stimulus-response patterns and have access to new natural responses rather than being stuck in our personal history. Learn "Claire's Fast Phobia Cure" a universal 'panacea' of a technique that can help with feeling resourceful about anything – from having an MRI scan to public speaking, from flying to handling a difficult meeting. (To read more about the research demonstrating the efficacy of this technique have a look in our Applications and Research section: or click [here](#))

Days 7 and 8: Strategies

We delve into the structure of our experience and behaviour by learning about the unconscious world of 'strategies'. This is a profoundly useful tool to help us understand HOW we do what we do! We learn powerful simple tools for enhancing performance and changing habitual patterns of behaviour. We also learn one of the cornerstones of Modelling and in doing so we can start to unlock expertise. The strategies weekend will give all of your NLP change-work more finesse, precision and effectiveness.

Days 9 and 10: Language

We learn two profound models for using language with more purpose, precision and effectiveness. We learn about the 'Meta-model'. An elegant way of deepening understanding modelled from Virginia Satir. If you have ever found yourself confused in a conversation, bemused in an argument or just baffled at how communication can go awry – this model will really help. It also helps us to think more clearly and is of profound benefit in communication, relationships and mental wellbeing. It is an essential tool for organisational health. We will also learn about the 'Milton-model'. A way of using 'soft' language patterns with purpose. This day will give you the power of gentle suggestion. Learn how to use Milton language both conversationally and in the context of relaxation and naturally occurring trance states. Discover the power of presuppositions and how to communicate positively with the unconscious mind. These skills are invaluable for anyone wanting to assist people in making helpful choices.

Days 11 and 12: Creativity

This is a very freeing weekend. We debunk myths around creativity and show you how to access your most creative self. We'll build mental flexibility and begin to take multiple perspectives on situations and problems. As we see more possibilities, complete and sustainable solutions present themselves effortlessly. We will also explore the power of metaphor. The human mind responds powerfully to symbol, metaphor and story – learn how to use these tools to affect elegant, positive, easy change.

Days 13 and 14: Timelines

Learn about how subjectively we experience the passage of time. Does it drag for us or speed past? Can we sink in to our experience or does the present moment elude us somehow? Can we plan effectively or are we unable to form our future? We discover an astonishing pattern that explains and reframes why some people experience the world so differently to us. Build more choice in how you experience the time of your life!

We will also use the metaphor of 'time-lines' in simple, powerful techniques for creating compelling futures and healing our past. These time-line skills are invaluable for understanding and working with people, effective planning, time-management, developing 'presence' and the ability to access the riches of life that only happen in the present moment.

Days 15 and 16: Sub-modalities

This is a truly eye (and ear!) opening weekend. Learn more about the subjective nature of experience. We will explore the structure of our internal representations (our inner world of images, sounds and feelings, thoughts and inner dialogue) and learn how to make rapid helpful change. Richard Bandler once described sub-modality work as 'brain surgery without a knife'. It is a fast, simple and immensely powerful way for someone to learn about the subtleties of their senses and to gain choice over their experience. We will learn many techniques for utilising this awareness with skill and subtlety. You'll be able to change habits, develop a positive self image and learn one of the most talked about tools in NLP: 'the NLP trauma cure'. Help yourself and others to overcome the lingering effects of difficult experiences both quickly and comfortably. If you would like to read about an experience of using this tool look in our applications and research section or [click here](#).

Days 17 – 20 Final 4-day integration

On day 17 we'll explore simple and playful ways to do NLP conversationally. You can challenge your own thinking and expand the perceptions of others as we consciously create meaning and 'reframe' our experience. Learn two beautiful techniques from the early days of NLP that enable us to gently and comfortably change 'stubborn' behaviour patterns. These techniques work elegantly and respectfully with 'parts' or aspects of our selves that have been resistant to change in the past and make changing easy and lasting.

Day 18 in the morning we'll explore modelling and you will have an opportunity to integrate your NLP awareness by exploring expertise. In the afternoon you will present your NLP project in any way you choose. This is a really pleasurable afternoon as each member of the group shares their learning.

Day 19: A day of supported and supervised 1:1 change-work. This is an opportunity to realise your confidence and flair as a Practitioner of NLP. You also have the added value of skilled personal change work on your most significant outcomes beyond the end of the training. The practitioner change work is supervised with a simple structure, and lots of grounded support.

Day 20: We celebrate your achievement and look forward to what is next ...

How is our Practitioner training structured?

The practitioner course runs for **16 days (20 including the 4 day diploma prerequisite) over approximately 6 months. Most of our training occurs at weekends.**

Our extensive training structure promotes effective integration and application of your new knowledge and skills. **Training days run from 10.00 am – 5.30 pm amounting to 130 hours contact time.** (We do also require **some enjoyable practical-work away from the training room between sessions.**)

On the practitioner course there are sometimes **optional evening sessions** (on subjects additional to the syllabus) running on Saturday evenings finishing no later than 7.00pm.

Further details about INLPTA Accreditation and Assessment:

Your Practitioner accreditation follows completion of the course and also your demonstration that you have successfully met the INLPTA criteria for becoming a Practitioner. (The detailed list of criteria is available to view now on the [INLPTA website](#) and a copy will also form part of the practitioner course materials).

INLPTA Assessment is in 3 main areas:

- Attitude
- Skills and
- Content Knowledge.

Our main vehicles for assessment are:

- Your **attendance, approach and contribution during the training.**
- **Your completion of specific ‘Home-play’** tasks between the various modules. (This facilitates the practice and integration of your learning. They also provide an opportunity for you to ask any questions you may have that arise from your experience.) Home play is also a useful vehicle for **1:1 feedback, coaching and the refinement of your skills.** Our students consistently find that the practical work and feedback builds their confidence and expertise dramatically).
- **Your NLP practitioner project** (a practical project in any area of your life that you choose – professional or personal). Having chosen an area of interest your project provides a focus for you to apply all your NLP skills as they build module by module. This project enables you to see the profound value of multiple NLP approaches to a specific issue. It also gives you profound added value in that an area of your personal or professional life benefits from the attention and interventions you are making.
- And finally a piece of **supervised 1:1 change-work**