

Person-Centred NLP & Hypnotherapy Practitioner Programme



Peggy Guglielmino

Co-founder and Lead Trainer



THE
SALUS
A C A D E M Y
Excellence in NLP and Integrative Therapies

About The Salus Academy

Salus Academy was created to train, support and nurture individuals to work as NLP hypnotherapists and engage therapeutically with clients to get real and lasting results.

With an emphasis on the relationship between therapist and client, we focus attention on developing practitioners who work relationally and empathically with clients, using their technical skills with care, warmth and humanity.

All too often NLP training has focused on delivering basic techniques in an accelerated timeframe requiring little or no experience working with real clients. In effect, most traditional NLP training has been more concerned with simple training processes. We believe this is unethical and ineffective.

Our aim at Salus Academy is to create a new generation of NLP hypnotherapists who reclaim the original goal of NLP as a form of deep and powerful therapy.



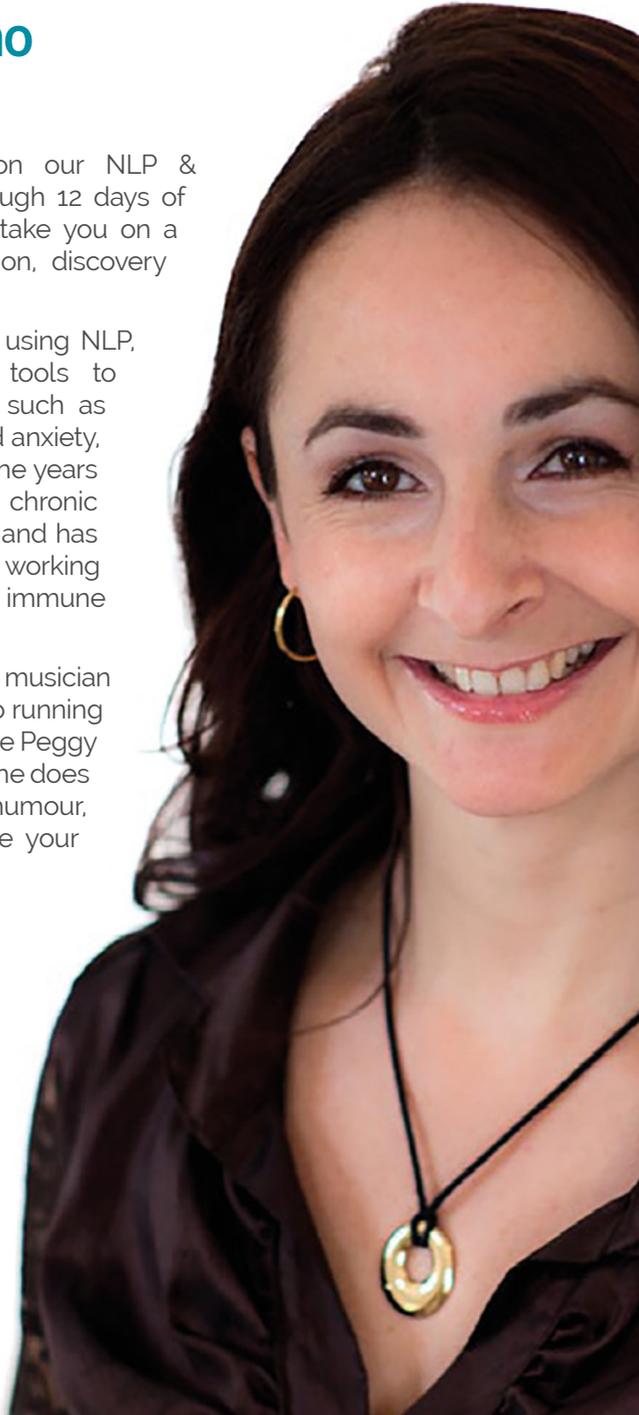
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Peggy is the course lead on our NLP & Hypnotherapy course and through 12 days of transformational training she'll take you on a wonderful journey of exploration, discovery and learning.

A highly experienced therapist using NLP, hypnotherapy and coaching tools to help people overcome issues such as depression, low self esteem and anxiety, Peggy has also spent the last nine years helping people recover from chronic illnesses using NLP techniques and has developed a strong interest in working with cancer and other kinds of immune disorder.

From her time as a professional musician with the London Philharmonic to running her full time NLP therapy practice Peggy is passionate about everything she does and combines this with natural humour, warmth and caring. She will be your ideal guide for this journey.



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Introduction

Thanks for your interest in this powerful NLP and hypnotherapy (NLP/H) course.

This course is not your typical NLP Practitioner course. It has been designed specifically for people who want to create change for their clients at a therapeutic or transformational level. That's why you'll notice some key differences between this and other NLP courses.

For a start, we train our course over six months rather than the more typical one week of training offered by so many training companies. You also work with real clients throughout your training to ensure you become highly skilled in practice.

You'll notice too an emphasis on the person-centred and integrative approach in this training. The person-centred approach ensures you develop a client-focused process of change by focusing on the caring relationship between you and your client whilst the integrative focus is brought in with an introduction to CBT and EFT as part of this course to enhance your work.

This approach will allow you to work with clients and issues that most NLP practitioners would feel ill-equipped to deal with.

Finally you'll see we refer to NLP/H. That's because we give equal weight to the importance of hypnotherapy where in so many NLP courses it is skimmed over in passing.

I am very proud of this course and what it sets out to achieve for those who study with us.

If you're interested in becoming a great practitioner of NLP and hypnotherapy at a therapeutic and transformational level, you can be confident that you've found the right course.



Nick Bolton,
Founder, The Salus Academy



What is Person Centred NLP and Hypnotherapy?

NLP is a way of thinking about we process and deal with our experiences, how we live our lives according to our model of the world and how we can take control of changing our model where it doesn't work for us.

In practice, NLP gives us a set of concepts and techniques to understand and alter how we think and behave so that we get the emotional, physiological and practical results we want.

Since its first formulation, NLP has progressed and changed continuously to offer a powerful therapeutic approach for human change.

Unfortunately, in recent years, a great deal of NLP training has lost touch with its roots and focuses on a set of quick-fix techniques in a very rigid fashion. The quality of the relationship between the client and the therapist or coach is often lost in a search for the right technique or scripted process.

The person-centred approach to NLP taught at the Salus Academy puts the relationship right back at the heart of the change work.

Person-centred work is a commitment to and belief in the client having the resources to find and create the

change that is right for them and a belief in the place of the therapeutic relationship as the cornerstone for facilitating that change.

For the person-centred NLP practitioner then, NLP is a powerful set of tools and concepts that enhances the person-centred work.

Often working seamlessly alongside NLP, hypnotherapy allows the therapist to work directly with the client's unconscious mind through trance and hypnosis.

This can vary from a mildly relaxed state to full hypnosis. The art of the hypnotherapist is the induction of the trance state and the artful use of language to talk to the unconscious mind to produce powerful, lasting change.

Often side-lined in many NLP courses, hypnotherapy is an integral part of this course and is practised throughout with clients to build confidence in your skills.

It's this powerful combination of the person-centred relationship blended with NLP and hypnotherapy that means our practitioners will feel confident to work on issues that most people trained in the traditional way would feel ill-equipped to work with.



Creating change for others

As an NLP practitioner and hypnotherapist, you'll be able to use your skills with different kinds of clients in many areas of life and create a path that you're passionate about.

You might work with people at a therapeutic level on issues of self-esteem or poor health. The approaches you learn here create lasting change that can often see clients overcome trauma, pain, limiting beliefs and much more that has held them back for years.

You might work with clients to create exciting futures and then help them move towards it. You'll gain exceptional skills at helping tap into the motivation and behaviours to help someone make rapid progress in their life, be that in their relationship, health and wellness or any other aspect of their life.

You might find yourself working with clients to achieve optimal performance in their field of expertise. Perhaps they are musicians, sports people, actors, public speakers. With the tools you learn here you'll help them achieve the right state of mind and set of habits to be successful time and again.

You might help people face everyday challenges to be less stressed or be happier, to change habits such as smoking or procrastination or to improve their relationship with other people.

You'll be able to help in all these ways and more. Whatever you choose to do as an NLP practitioner and hypnotherapist, this training will give you the skills, confidence and experience to do them.



Creating change for yourself

An important element to the NLP/H certification is your own personal development. As a practitioner working with a range of issues with your clients, it's crucial that you are exploring your own model of the world and developing a more empowered approach to life.

We call this self-mastery.

You'll master communication to connect, influence and persuade at a level you have never experienced before.

You'll master creating personal change at the unconscious level so that you see rapid results in your life. Old fears, limiting beliefs, unwanted emotions even poor health can be tackled quickly and powerfully for transformations in yourself and others.

You'll be able to take control of your own life and be confident and forward-looking. You might notice how you begin to take responsibility for creating the life you truly want.

Whether at work, in your own business or in your daily life, you develop new skills and ways of doing things that make old, ineffective ways redundant.

You'll learn to develop even more positive relationships with the people in your life both in terms of how you communicate with them and how you understand them.

And you'll join a vibrant community of people who understand the joy of life and encourage you to take the steps to a rich, rewarding life.

Person-centred NLP and Hypnotherapy Certificate

If you want to truly master NLP and hypnotherapy in practice, our structure, support and philosophy will get you there.

We're all about developing genuine, proven mastery NLP/H over an extended period of time so that it sticks for life.

You will get:

12 full days of training over 6 months

One to one tutoring and group supervision on client work

30 hours of NLP and hypnotherapy work with real clients

Hugely experienced master practitioner and hypnotherapist as your trainer

Small group training for focused learning

Online material and support

Our commitment is to helping you use NLP/H at the highest level to bring about massive change for the people you work with. We want you to get fantastic results in the most challenging of circumstances, whether that's in coaching, therapy or business.

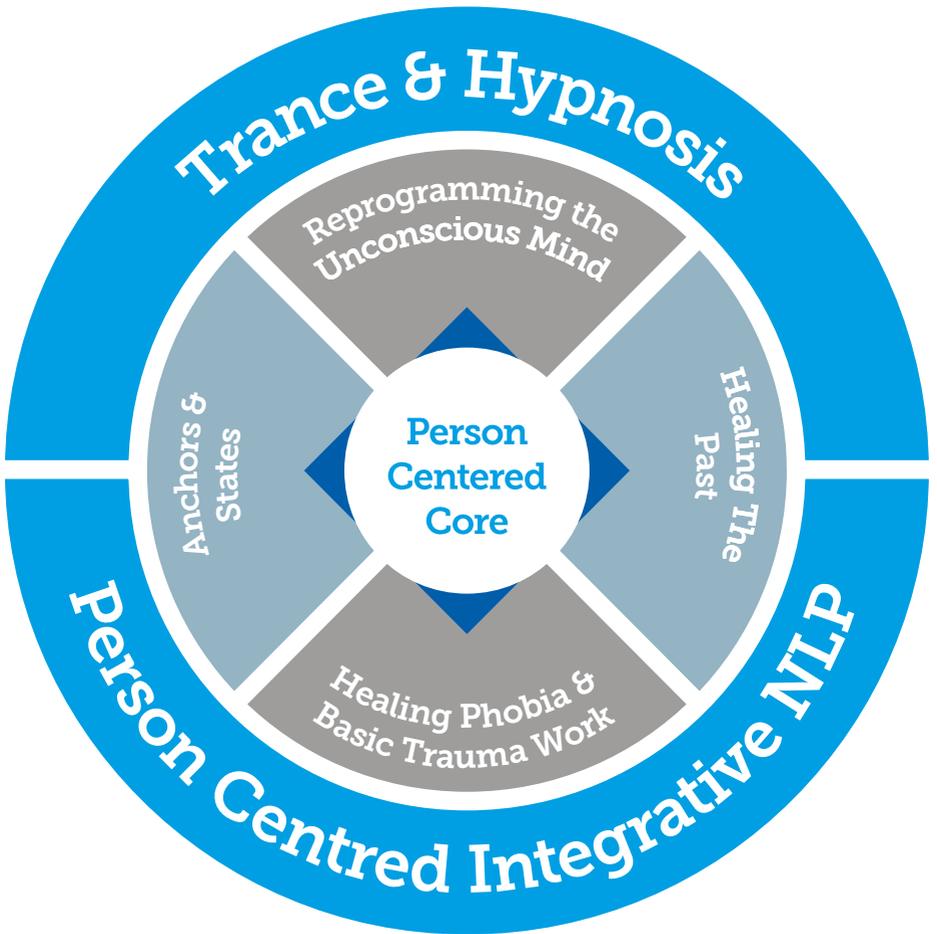
You'll learn the full range of NLP/H skills, techniques and concept putting them in to practice with real people both in and out of the formal training.

You'll also receive a very high level of supervision and support that will help you become an exquisite practitioner.

How is this course different?

The Salus Academy Person-Centred NLP & Hypnotherapy Programme	Typical accelerated NLP Practitioner course*
Duration	
6 months - 12 days	8 days consecutive
Practising skills	
30 hours supervised working with real clients	No real-life practice
Class size	
Small group training	Often very large group lectures
Trainer	
Highly experienced practitioner	Little real-life experience
Place of hypnotherapy	
Core skill, explored and practised throughout	Usually side-lined to one session then forgotten
Practice philosophy	
Person-centred, natural and responsive	Scripted and formulaic
Support	
Personal tutoring and group supervision on client work	No support after the training

* We recognise that the nature of the accelerated NLP course shown above is a generalisation and by no means applies to all such courses but it's a fair reflection of the large number of such courses offered today.



Course content

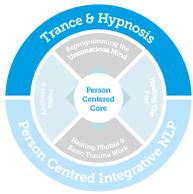
The course is delivered over six highly experiential, advanced weekends of learning and practice with the person centred approach being core to all the weekends.



Person Centred Integrative NLP

In your opening module, you will learn how to work with clients in a therapeutic context using the person-centred approach into combining NLP, coaching and CBT. You will acquire basic therapeutic skills and will learn to identify what's in your client's mind. You'll explore how people absorb and interpret the external world in order to construct an internal model of the world from which all their behaviour, their communication and hence their outcomes are determined. And you'll discover how you can navigate people's maps using a range of approaches.

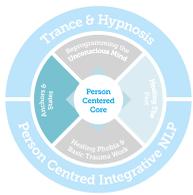
Covered here: Working with Clients; Therapeutic Skills; Person-Centred Approach; Communication Model; Introduction to CBT; NLP Presuppositions; Meta Model; Representational Systems; Eye Accessing Cues; Well-formed Outcomes; Sensory Acuity; Rapport; Reframing; Pacing and Leading



Trance and Hypnosis

This weekend you'll start exploring hypnotherapy, learning the core elements of creating and maintaining trance and working with the unconscious mind to create powerful change from within.

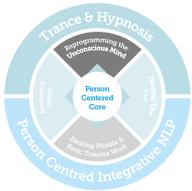
Covered here: Prime Directives of the Unconscious, Trance Induction, Milton Model Hypnotic Patterns; Associating and Dissociating Techniques; Dealing with Polluting and Abreactions



Anchors & State

Over the course of this weekend, you will master the art of anchoring and the processes in which they form a core element. You'll learn to elicit states and work with them to create lasting change and powerful resources.

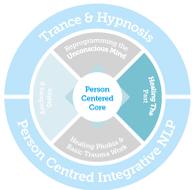
Covered here: Basic Anchoring; New Behaviour Generator; Spatial Anchoring; Future Pacing



Reprogramming the Unconscious Mind

In this module you will discover how to create rapid change by working with both the conscious and unconscious mind to bring about instant alteration of perception. You will learn how to bypass any resistance and using subtle hypnotherapy techniques you will discover how to embed covert suggestions in the unconscious mind for powerful results.

Covered here: Submodality Shift, Swish Pattern, Metaphors And Advanced Hypnotic Techniques (Time Distortions, Visualisations, Embedded Commands, Ambiguity, Analogue Marking, Quotes)



Healing The Past

In this module you will learn how the past affects us in unuseful ways and how it contributes to create unwanted behaviours and responses. Through exploring powerful processes such as the conflict resolution one, you will help your clients to travel back in time to identify blockages and early limiting beliefs and reprogram their unconscious mind to heal their present. The parts integration process (or conflict resolution) is taught in greater depth than traditional NLP courses allowing a much deeper change to occur. You will also learn to start working with timelines to affect both our perceptions of our past and of our future.

Covered here: Parts Integration Process, Timelines and their Submodalities



Healing Phobia and Basic Trauma Work

In this module you will continue to explore how to heal our past in relation to phobia and early trauma. Most of clients are stuck in early traumatic responses and you will learn how to combine hypnosis, NLP and EFT to unlock limiting beliefs and learnt coping mechanisms that affect our clients' lives. You will learn advanced techniques to erase from their memories the unconscious impact of the trauma and create a clean slate on which to build desired futures.

Covered here: Phobia Cure, Healing Negative Emotions, Introduction to EFT

Comprehensive support

Our NLP Practitioner course offers excellent support throughout including a range of distance-learning support material.

Group Supervision

Throughout your journey to mastering NLP and hypnotherapy you'll enjoy access to monthly group supervision in which the course lead will discuss issues arising from your client practice and experience of putting your skills to work. This all takes place online making it easy to access.

Personal Tutoring

You'll have the support of a personal tutor who is a qualified and practising NLP hypnotherapist who has trained with Peggy and understands our unique approach. The tutor will support you on your learning journey focusing on both the course and your client practice.

Comprehensive manual and materials

You will receive a comprehensive manual covering all of the course information in one convenient and easy to read place. In addition, you'll be able to access all the templates you need for use with clients including contracts, session notes, session record sheet and much more.

Recorded videos of the course

You will have full access to the videos of the whole course from day one. This means you can fully embed the learning by watching the course leader demonstrating techniques as well as delivering the training content and running Q&A sessions.

Dates and Fees

The next intake of this 6 month programme is May 2015.

Full dates are as follows:

Course fee: £2495.00

Person Centred Integrative NLP	17th & 18th October 2015
Trance and Hypnosis	14th & 15th November 2015
Anchors & State	12th & 13th December 2015
Reprogramming the Unconscious Mind	23rd & 24th January 2016
Healing The Past	27th & 28th February 2016
Healing Phobia and Trauma Work	19th & 20th March 2016

Includes:

- 6 weekends of live training in central London
- Personal tutoring
- Group supervision
- Course books
- Videos of training as an ongoing resource
- Practice resources
- Assessment, feedback and certification

Payment Plan

Should you wish to spread your payment over a number of months, a payment plan is available as follows :

£495 deposit plus 5 payments of £440 – total to pay £2695.

For further information, email nick@thesalusacademy.co.uk or call 020 7887 2455



Qualifying on the NLP Practitioner Course

In order to qualify you will need to complete the following:

30 hours of NLP/H
work with clients

Written case studies

Evaluative assignment

Submission of recording of full NLP
hypnotherapy session

Qualification takes 6 - 10 months depending on your completion of practice hours.

Ready to book your place?

If you know you want to gain true mastery of NLP and that training as an NLP Practitioner with the Salus Academy is the right step for you, then you can choose the start date and book directly online.

Or call us on **020 7887 2499** to talk with us and reserve your space.

It'll be great to have you along for your journey.