

INLPTA NLP Practitioner

Training Structure

Requirements for certification as an INLPTA NLP Practitioner are:

- Trained by an INLPTA registered NLP Trainer or Master Trainer.
- The certification training meets INLPTA training structure requirements.
 - minimum of 130 hours of formal course room training (excluding breaks longer than 30 minutes)
 - minimum of 15 days of formal course room training.
- The attended training meets the INLPTA accreditation competency standards and guidelines.
- The candidate has successfully met the competency standards of INLPTA of NLP Practitioner, as assessed by the registered INLPTA Trainer.

Syllabus for INLPTA NLP Practitioner Training

History and theory behind NLP

- NLP Communication Model
- History of NLP and it's applications
- Presuppositions of NLP
- NLP Ethics
- Virginia Satir's Process of Change
- Five Principles of Success

Foundations of NLP

- Working with an outcome orientation
- Setting Well Formed Outcomes
- Focus of Attention
- Sensory acuity & calibration; the skills of observing changes in others without making meaning
- Representational systems preferences; working with our senses and overlapping preferences
- State management
- Eye patterns; how we access information in our minds and how to use eye patterns for change work

- Concepts of Association and Dissociation
- Robert Dilts' Neurological Levels of Change

NLP Techniques and Skills

- VK Dissociation Technique or Phobia Cure
- Disney Pattern; for planning goals and creativity
- Perceptual Positions; to improve relationships and solves problems
- Anchoring resources and collapsing negative anchors
- Working with Submodalities to change the meaning of an experience and change beliefs
- Strategies; modelling other peoples strategies
- Changing unwanted habits and behaviours with Swish Patterns
- Basic Modelling
- Parts Integration; resolving inner parts in conflict
- Resolving negative emotions using Timeline work
- Resolving limiting beliefs using Timeline work

Using Language to generate change

- Meta model – using questioning to access the deep structure of experience
- Milton model – using deliberately vague language to empower others and induce trance
- Framing and Reframing
- Using deep and shallow metaphors

Assessment for INLPTA NLP Practitioner

Students will demonstrate their competence and understanding of NLP will be awarded with an INLPTA sealed NLP Practitioner Certification which entitles the holder to use the model, skills and techniques learnt. They will demonstrate this by:

- Completing a Written Integration of the content taught throughout the course
- Participating in the Integration Weekend, where students will be invited to work with someone using NLP, selecting the appropriate interventions and carrying them out with skill and competence. Students will be supervised by INLPTA trainers for support.
- Demonstrating the Presuppositions of NLP through their behaviour throughout the courses.