



INTEGRATED NLP, CLINICAL HYPNOTHERAPY & LIFE COACHING PRACTITIONER ASSESSMENT OVERVIEW

LEVEL 4

LEAD TRAINER

MARK SHIELDS

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COURSE ADMINISTRATOR

KAREN SHIELDS

+44 1462 431112

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PART 1 - THE BEGINNING OF YOUR JOURNEY



COURSE DISSERTATION

- Talking Therapies and their role today as a medical alternative
- 5000 word requirement



MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed

PART 2 - COACHING YOURSELF WITH NLP



COURSE EXERCISE

- Exercise 1 - Personal Relationships
- Exercise 2 - Business Relationships



MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed



SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

PART 3 - COACHING OTHERS



CASE STUDY

- Life Coaching Case Studies B & C
- NLP Case Study B & C
- Live Case Study Assignment



COURSE EXERCISE

- Volunteer Practice Exercise



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PART 4 - CLINICAL HYPNOTHERAPY



COURSE DISSERTATION

- Clinical Hypnotherapy Dissertation - 2500 words
- Due before commencing Part 5



SCRIPT TASK

- Create your own script for Stress
- Email to your Tutor direct before commencing Part 5



COURSE EXERCISE

- The BIG 5 Hypnotherapy Clients



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PART 5 - LIFESTYLE MEDICINE

COURSE EXERCISE

- Exercise on Stress - 500 words

SUMMARY & FEEDBACK FORM

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PART 6 - GOING FORWARD

COURSE EXERCISE

- The Breakthrough Session
- Core Competency Assessment

SUMMARY & FEEDBACK FORM

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RECOMMENDED READING

NLP

- **NLP in 21 days** by Harry Alder
- **NLP at work** by Sue Knight
- **The NLP Coach** by Ian McDermot
- **The Ultimate Introduction to NLP** by Richard Bandler
- **Understanding NLP** by Peter Young
- **The Big Book of NLP** by Sholom Vaknin
- **Theory and Practice of NLP Coaching** by Bruce Crawley

LIFE COACHING

- **The Life Coaching Handbook** by Curly Martin
- **Unlimited Power** by Anthony Robbins
- **Human Givens** by Joe Griffen and Ivan Tyrell
- **Coaching with NLP** by Joseph O'Connor and Andrea Lages
- **Stop Thinking, Start Living** by Richard Carlson

CLINICAL HYPNOTHERAPY

- **Hypnotherapy** by Dave Elman
- **The How to Book of Hypnotism** by Tom Silver and Ormond McGill
- **Self Hypnosis Its Theory, Technique, and Application** by Melvin Powers
- **Mind Control. How to Get Others What You Want Them To Do** by William Horton PHD
- **Hypnosis For Beginners** by William H Hewitt
- **The Art of Hypnosis** by Roy C Hunter
- **The Art of Hypnotic Regression** by Roy C Hunter

WELLNESS AND NUTRITION

- **The 4 Pillars of Health - Dr Rangan Chatterjee**
- **The Optimum Nutrition Bible** by Patrick Holford
- **GI Made Against Depression** by Peter D Cramer
- **The Low GL Made Easy** by Patrick Holford
- **The Serotonin Power Diet** by Judith J Wurtman and Nina T Frusztajer
- **Brilliant Stress Management** by Mike Clayton
- **Happiness by Design** by Professor Paul Dolan

BUSINESS

- **The CAM Coach** by Mark Shields and Simon Martin