



Presents four outstanding training courses for 2009/10

- **Diploma in Clinical Hypnotherapy, NLP & Life Coaching**
Designed specifically to train you to be an excellent and fully certified and accredited practitioner, ready to start working successfully with clients or in your business on graduation. This is the only course that prepares you adequately for learning to become a registered **Lightning Process™** practitioner.
- **The Phil Parker Lightning Process™ Training Program**
Trains you in the groundbreaking Phil Parker Lightning Process Program. This training program follows the PPTI Diploma training in Clinical Hypnotherapy, NLP & Life Coaching.
- **Master Practitioner Certificate Training in NLP**
As part of our commitment to having you be amongst the best practitioners in the field, we offer all diploma graduates the chance to gain their masters practitioner certificate in NLP free of charge.
- **Advanced Diploma in Clinical Hypnotherapy, NLP & Life Coaching**
This post graduate course trains you in the latest research, advanced approaches and techniques that will build on the excellence developed in the diploma course.

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"Training professionals with genius"

1. Introduction

This prospectus is designed to answer most of the questions you might have about choosing such an important thing as your professional training.

Our courses are considered to be the most comprehensive clinically based training in Hypnotherapy, NLP & Life Coaching in Europe.

Training with us will provide you with the skills and knowledge necessary for achieving confidence and mastery in your chosen field, whether it be

- As a therapist helping clients resolve physical or emotional issues
- As a life, business, peak performance or sports coach
- As a trainer or expert communicator
- As an inspirational speaker or captivating story teller
- As a registered Lightning Process™ practitioner
- or along some other path that involves empowering people

2. Hypnotherapy, NLP & Life Coaching

Hypnotherapy is the use of hypnosis to aid personal development, problem resolution and self-healing. We will train you in all aspects of non-authoritarian, Ericksonian hypnotherapy. This sophisticated approach teaches the client how to unlock the power of their unconscious mind and discover that they already have all the skills they need to move their life forwards.

NLP (Neuro linguistic programming) is an offshoot of Hypnotherapy and Psychotherapy which was developed by Dr.'s Bandler and Grinder after they studied the major proponents of therapy (Perls, Satir, Erickson et al); it is concerned with utilising our understanding of how the Neurological system functions and skilfully using language to change the patterns or programs that control our behaviours.

During your training at the college you will learn the basic, advanced and super advanced skills and processes of NLP, and because the college is constantly developing new ways of working in this field, you will be amongst the first to learn from our latest research.

Life coaching is an approach to helping others to get the most out of themselves and to achieve what they are truly capable of. A key part of its philosophy is that the coach's role is less one of giving advice and much more one of helping the coachee to discover the questions they need to ask themselves to uncover the resources and solutions inside themselves. Due to the nature of standard life coaching training, life coaches recognise that although they can deal with many issues, there are times when they uncover deeper issues that need referral to other professionals. However, our combined and integrated training means that you will be able to work with virtually every issue that your clients' seek help with.

An extremely deep understanding of Phil Parker's unique approach to these skills is absolutely essential for learning and utilising the Lightning Process™.

Applications of Hypnotherapy, NLP & Life Coaching Skills

These three approaches focus less on why client's problems were created in the past and more on how things can be different in the future; they work by updating unconscious patterns, which can seemingly run our lives in a non-productive way.

These kind of unconscious patterns are behind the kind of behaviours that

- We find ourselves doing
- Recognise that we are doing them
- Wish that we weren't
- But still find ourselves almost compelled to continue doing

Hypnotherapy, NLP & Life Coaching Skills can be very rapid and effective in treating many diverse problems including;

- Phobias
- Self esteem & self confidence
- Stress
- Relaxation & Sleep
- Eating disorders
- Performance anxieties
- Panic attacks
- M.E CFS PVS
- Weight issues
- Past lives
- Pain control
- Physical symptoms
- Digestive problems
- Allergies
- Smoking & other addictions & compulsions
- Limiting Beliefs
- Effective personal and business management
- Peak performance
- Personal and team motivation
- Creativity and productivity issues
- Developing Corporate strategies

Choosing a course

When choosing a professional training there are many important factors to consider;

- the course design
- the clinical experience provided
- the depth of knowledge taught & the duration of the course
- the experience of the trainer
- the quality of the course delivery
- the tutor student ratio

- the accreditation/course recognition
- qualification and assessment process

3. The Diploma in Clinical Hypnotherapy NLP and Life Coaching

This course explores the world of personal development through the powerful skills of hypnosis, NLP and coaching. As you master these fields you will discover that great change-work is as a result of an integrated, compassionate and skilful utilisation of these approaches. After decades of practise and training we've come to recognise that hypnotherapy, NLP and coaching only realise their full magical potential when combined together.

Key benefits of our Clinical Diploma training

- Comprehensive training; so you feel prepared and confident to practice on graduation
- Gain the diploma AND certification as a Practitioner of NLP
- Comprehensive manual; a valuable reference resource both during and after the course
- DVDs of all modules sent monthly after the course weekend
- Extensive supervised clinical experience; working with fellow course participants and real clients
- Comprehensive coverage of Ericksonian hypnotic inductions and interventions, NLP and Coaching patterns and interventions to a very advanced level
- All trainers and supervisors are experienced and practicing hypnotherapists, NLP practitioners and coaches.
- Quality course delivery includes lectures, discussions, demonstrations and practical sessions
- The ratio of tutors to students is kept high to ensure high quality training
- On graduation you will be eligible for membership of The British Institute of Hypnotherapy and the Association of NLP
- Free personal coaching programme during your training
- Free training to Master Practitioner Level of NLP on graduation
- Access to the Lightning Process™ Practitioner training
- Access to the Advanced Diploma Course

Course design

The indirect non-authoritarian style of Ericksonian Hypnotherapy combined with the unique knowledge base of NLP, and the philosophy of Life Coaching provides you with a very powerful and time effective route to resolution of an extraordinary variety of problems, from physical symptoms to more deep issues of personality and beliefs.

This structured and integrated course is part time and lasts 10 months. It has been especially designed to guide you through the required stages of

learning, enhancing your current skills, to attain mastery in Hypnotherapy, NLP & life coaching skills.

Course outcomes

The teaching focuses on three levels

Level 1-Advanced Communication skills. Deep understanding of and fluency with hypnotic and advanced NLP language patterns and precise communication.

Understanding how universal trance is, how to manage trance, and the nature of hypnosis.

Level 2- Change processes. Specific patterns to create change using Hypnotherapy, NLP and coaching which are enhanced and understood by the learning attained through Level 1.

Level 3-Practitionership. Developing the skills to create patterns for change tailored to your client's individual needs.

The Diploma (Dip. Clin. Hyp. NLP, Coach)

We feel it's important to have a standard that all students have to attain before graduating, so unlike many courses in this field you can be confident in your abilities when you've passed the externally assessed practical exam. The course will prepare to be competent and confident to pass this exam.

- To take the exam you must have attended 9 of the 10 weekends
- The external examiner will assess you on theoretical and practical skills to ensure your competence.
- You will be asked to produce: 2 detailed case histories of clients you have seen during the course and book or film review of a relevant title
- Successful candidates are eligible for membership of The British Institute of Hypnotherapy and Association of NLP

Course Content

Module one: Getting prepared to work with clients

Discovering and inducing trance; collecting relevant information from clients; changing the clients' future; rehearsing for working with clients

Topics

Nature of hypnosis; What is hypnosis?; Definition; signs of trance; trance phenomenon; Naturally occurring trances; Pattern breaking; Taking the history; Rehearsing for working with clients; Well formed outcomes; Future pacing; Clever language; Unconscious communication; Nominalisations; History of hypnosis and NLP; Non specified verbs; Un-specified referential index; Deletion; NLP Presuppositions; Abreaction; Anchors; Developing anchors; Utilising anchors; Pacing and leading; Matching Cross matching; Negative tags; Yes set

Module two; Grounding in NLP and Life Coaching

Magical Questions and the core principals of Life Coaching

Topics

The NLP Meta model; life coaching ground rules; the power of presuppositions; current state/desired state pattern

Module three; Key NLP & Hypnotherapy skills

Understanding, creating and improving unconscious behaviour patterns (e.g. excelling at exams rather than panicking); delivering indirect suggestions; eliciting the phenomena of trance

Topics

Submodality shift exercise; Representational systems; Physiology of rep systems; Adjunctive suggestion; Minimal cues induction; Swish pattern

Module four; Building confidence in your new abilities

Skilled use of language; creating change through storytelling

Topics

My friend john induction; Metaphors; Self hypnosis techniques; The 321 self hypnosis technique; The sleeping thumb; Ambiguity; Phonological ambiguity; Syntactic ambiguity; Scope ambiguity; Punctuation ambiguity; Analogue marking; Piece of cake pattern

Module five; Advanced techniques for deeper change; helping difficult clients

Resolving unwanted and conflicting behaviours (e.g. wanting to stop smoking whilst craving cigarettes) and resistance.

Topics

Eye fixation; Frames, reframing and parts work; Conflict resolution;

Module six; Increasing familiarity with new skills

Using interventions for changing complex, unwanted behaviours

Topics

The phobia cure(Vk dissociation); Teaching self hypnosis; Transforming personal time lines; Parental timeline re-imprinting

Module seven; Beliefs and health.

Understanding the power of beliefs in creating and limiting change and health; harnessing our ability to update outdated beliefs.

Topics

Identifying beliefs; Identifying congruency of beliefs; Hopeless helpless worthless; Rediscovering the how question, Reimprinting.

Module eight; essential applications of your skills part 1

Dealing with common issues

Topics

Stop smoking strategies; Weight issues; Installing new patterns; Paradoxical

intervention; Polarity response; Advice; Confusion, amnesia and tasking techniques.

Module nine; making change easy

Topics

Criteria; Eliciting hierarchy of criteria; Eliciting the structure of the hierarchy; Criteria as leverage; Complex equivalence; Anaesthesia; Direct commands; Time distortion; Shrinkage of time; Stretching time;

Module ten; essential applications of your skills part 2

Combining all your skills to deal with common issues

Topics

Graduation issues; Hypnotherapy for pregnancy, labour, birth and new mum; Pain limiting incremental language; Assisting cellular healing

Previous students' comments

Quite simply the best thing I've ever done!- *Psychologist*

Our business looks after both key players in the corporate arena and elite athletes with their performance requirements, be they physiological, psychological, emotional or otherwise. Personally I have been involved in supplying business to business services for 20 years ranging from professional services to business process outsourcing, from start ups to a £100m division of a FTSE 100 plc. As you can imagine, I have been exposed to a myriad of training courses and styles. This course is the most valuable training I have ever received though it is a bit of an insult to call it training - it is personal, professional and technical development of the highest order. I have no hesitation in recommending it to anyone who wants to be a truly great coach- *Keith Hatter, CEO K2 Performance Systems*

I also wanted to say thank you to you for a great experience.

I really have learned a tremendous amount, both about myself and also about how to create change deeply and quickly with clients.

I had a reputation before your course for being a great coach and yet to look back I can't imagine how I ever really helped people. It's all so much more fun now. Also, I personally feel really happy at the moment and feel sure that your course has been the catalyst for this- *Psychologist & CEO Coaching Company*

I think that the learning that I've taken away with me is the most powerful learning that I have absorbed so far on any course. The delivery of the course kept me absolutely riveted. I can't think of anything that I could suggest to enhance the experience. I'd like to thank you for a really enjoyable and beneficial course. My only disappointment was that it went so quickly! It is amazing how much I feel I have learnt, and how my confidence has increased. The experiential learning experience - developed with support, empathy and excitement was extraordinary.

To apply for a place please complete the application form

Application form: Diploma in Clinical Hypnotherapy, NLP & Life Coaching Skills

First Name:

Name you wish to be called if different:

Surname:

Address:

Postcode:

Tel home:

Tel work:

Email:

My preferred start date is: September/October

About you (this helps us to ensure the course is suitable for your needs, gives a sense of who you are and your areas of expertise);

Sex: M / F

Date of Birth:

Occupation:

What you hope to get from doing the course?

Relevant past experience in relationship to becoming a Hypnotherapist, NLP Practitioner & Coach

What do you feel are your current strengths in relationship to becoming a Hypnotherapist, NLP Practitioner & Coach?

Any particular areas or personal issues you will need to work on in relationship to becoming a Hypnotherapist, NLP Practitioner & Coach

What experience, if any have you had of the Lightning Process, Hypnotherapy, NLP and Coaching?

How did you hear about this course?

Payment details;

Fee for Diploma in Clinical Hypnotherapy, NLP & Coaching Course
The total fees (for your tuition, clinical supervision and course materials) are £4400 (£3826.09 plus 15% vat).
You will be charged a booking fee of £450 on acceptance onto the course.
The remaining balance of £3950 will need to be paid prior to the start of the course.

Please choose ONE payment option

- Pay booking fee and course in total: £4400
- Pay the £450 booking fee followed by the balance of £3950 prior to the course

Method of payment

- Cheque payable to PPTI
- Debit card
- Credit card

There is a separate examination fee (£90) payable to your examiner at the end of the course.

Terms and conditions of payment

Once paid fees can not be refunded in the event of a cancellation on your part; this is because there are limited spaces; if you take up a space and cancel, no one else will be able to fill it once the course starts.

The college reserves the right to terminate your training at any point if it feels it is not appropriate for you to continue, (this has never happened so far, but is a necessary and standard condition when training candidates to become members of all health care professions) your fees will not be refunded.

As part of our on going support and assessment of candidate during the course, we may recommend that individuals seek coaching/therapy outside of the course to assist in their development.

If you agree to the above conditions please fill in and sign the following declaration.

Iunderstand and agree that once I pay my fees to the college and supervisors they can not be refunded, and agree to adhere to the above conditions.

(signature).....

Please send the completed form and a passport sized photo to:

Phil Parker Training Institute, Citypoint Rm 1218,
1 Ropemaker Street, London, EC2Y 9HT, UK

+44 (0)20 8895 4007

PPTI@philparker.org

Vat registration number: 898786913

Dates for next course

You can join the course in September or October

The training will be held over 10 weekends from 10am-5pm on Saturdays and 10 am to 2.30pm on Sundays.

Course weekends

2009

26-27 Sept

31 Oct - 1 Nov

21-22 Nov

19-20 Dec

2010

23-24 Jan

20-21 Feb

20-21 March

17-18 April

22-23 May

26-27 June

4. The Phil Parker Lightning Process™

Our college is the only place where you can train in this technique. Effective application of the Lightning Process requires an in depth understanding of the use of advanced language patterns, NLP, hypnotherapy and Life Coaching- so to be eligible to take part in this post graduate course you must have completed at least 8 modules of our diploma course first (see notes on page 15).

The Lightning Process is a powerful new approach developed by Phil Parker Do Dip E Hyp Psyc CMP NLP MBIH for rapidly resolving:

- ME and CFS
- Depression Anxiety and Stress Procrastination
- OCD
- Eating issues
- Chronic pain
- Overwhelmedness
- Fear of failure
- Stuckness
- Low Self esteem
- Guilt
- Perfectionism
- and any other destructive behavioural patterns

To be a practitioner of The Lightning Process you need to be a member of the Register of Lightning Process Practitioners. Taking this course and passing the exams associated with it qualifies you for membership of the Register of Lightning Process Practitioners.

Fees overview

1. Lightning Process 3 day practitioner course and course DVDs = £1440 (inc. VAT) to practitioner level
2. Annual Licence for practicing UK= £250, Annual Licence for practising in countries other than UK= £1000 per country (£100 reduction for first year's registration)
3. 10% of all LP seminar fees are payable to the LP register to help support research, development and education.
4. Annual CDP (continual professional development) for all registered practitioners = £150

5. Advanced Diploma in Clinical Hypnotherapy, NLP & Life Coaching

Further hone and develop your practitioner skills with the most advanced training available.

This post graduate course trains you in the latest research, advanced approaches and techniques that will build on the excellence developed in the practitioner course.

Details

It runs over the course of 4 months, with attendance on one Sunday a month. This course is only open to those who have attended the diploma course or have attained a similar level of expertise in this field.

Module One

Resolving Grief, dealing with loss, looking at relationships, transforming unhealthy relationships

Lab profiling as a method for understanding motivational patterns

Module two

Resolving Allergies; Considering the value of a therapeutic approach to working with Past lives; Catalepsy; levitation;

Module three

Advanced Skills for practice

Dealing with difficult clients and their communications- examining case histories and letters.

The power of positive thought as a tool for building a successful practice and a brilliant future. Foundations of understanding body physiology.

Module four

Looking at the work of Connirae Andreas and the Core Transformation process

Fees

The fee for the Advanced Diploma in Clinical Hypnotherapy, NLP & Life Coaching for your tuition and course materials is £1265 (£1100 + 15% VAT)

6. Free NLP Master Practitioner Certification

This is only available to graduates of the diploma course. Due to the comprehensive nature of your training with us and the depth of material covered, after the year long course you will have covered more NLP than is contained within a standard Masters Program.

We feel to gain real mastery in this field you need to have extensive exposure and familiarity with the topic, so we offer you the chance to further develop your skills by reviewing the course as a coach. In addition you will have a modelling project to undertake to really fine tune your skills.

There is no charge for the conversion of your practitioner level certificate to a masters level.

7. Course Director

Course Director Phil Parker DO Dip E Hyp P NLP MBIH Certified Master Practitioner of NLP has changed the lives of thousands of people by designing the groundbreaking Lightning Process™ seminars. He has been lecturing in NLP, self hypnosis and hypnosis, life coaching, osteopathy and healing at both undergraduate and postgraduate levels since the early 1980s.

He trained first as an osteopath and then post-gradually as a Hypnotherapist, coach and NLP master practitioner with John Grinder, Robert Dilts, Suzie Smith, Tad James, Steven Brooks and Ian McDermott. He is well known for his encouraging and stimulating style of teaching, and his ability to break down complex ideas so that they are easily communicable and understandable.

Phil runs an internationally renowned Hypnotherapy, NLP and coaching practice based in London, and is the author of the international best sellers; "The Ten Questions" and "An Introduction to the Lightning Process" as well as a CD series (all available on line at www.philparker.org).

8. Questions and Answers

Why should I train at your college?

There are no other courses in Europe that will give you what we have to offer. We are the **only** college that provides preparation for the Lightning Process™, the Lightning Process™ practitioner training itself and a comprehensive education in NLP, Hypnotherapy and Life Coaching combined with closely supervised experience of dealing personally with clients with real issues (we'll answer 'Why real clients?' later on this section).

How does our course compare to other ones?

Why is it over ten months?

Do you do a short intensive course?

Do you do distance learning courses?

The syllabus is second to none. No one provides the range of knowledge that you'll get on your training course. We know this because in addition to the standard and advanced techniques we'll present, you will also have access to some of the cutting edge applications and processes that have been developed by your trainers and are simply not available elsewhere.

Unfortunately short, distance learning and intensive courses in this field are at best a poor substitute for proper training and at a worst waste of money. In those kinds of courses you will not get closely supervised experience of dealing personally with clients with real issues, or a deep enough exposure to the field to be an effective practitioner.

If your heating system had broken down, would be happy with a plumber who:

- had never seen a real boiler before, but had seen some in a book or on the internet?
- had only been trained for a weekend or a week?

Would you agree that dealing with the way the human brain works is more complex than fixing boilers?

Many other training institutes seem to make fantastic claims about how you can complete your training in a weekend or so. We've found you simply can't train people in enough depth to be able to usefully put this material into practice in any shorter time scale.

We know, because lots of other training institutes imply that it can be done, and we end up getting their ex-students coming to study with us!

By then they've spent their money, feel poorly trained, and are despondent because they find their knowledge base and experience is inadequate for the challenges they meet after the course has finished. It's not that these courses are bad, they aren't, they're a good insight into the field, but very often not much more than that. It would be easier for us to do short training courses- it would make it cheaper and therefore much easier to get people to part with their money and simpler for them to sort out their time commitments but we feel we'd be selling them short and generally lowering the standards of the profession if we did.

So we don't. We provide the best in professional training in Europe because we think it's important enough.

If you want a course that values style over content there are many to choose from, but you should avoid our course.

If, however, you want a course that's inspirational, professional and will make you a master in this field then the choice is simple, train with us.

Do I need to attend an introductory course?

No. The course is designed for people of all levels and abilities.

Why real clients?

I'm not sure if I want to practice doing therapy with clients when I graduate, so is this the course for me?

Real clients provide you with the ultimate testing ground to learn how to become a true master of NLP, Hypnotherapy and Life Coaching.

This is obviously essential if you wish to use these skills as a therapist, but the majority of so called practitioner trainings don't provide this.

And even if you don't intend to your skills in therapy, we've found that if you can use these skills effectively and creatively with the complexities of real clients and their issues, then all other application, like baseness and performance coaching will be easy.

Mastery of these skills with clients is the ultimate test of your abilities.

I've already done some training or am in practise. Do I have to take the diploma before training in the Lightning Process™?

We found in the past that because of the variability in quality of some NLP and hypnotherapy trainings and the very specific way we prepare people to use The Lightning Process™ that the only effective way to ensure standardisation of delivery of the Lightning Process™ is to make our diploma the absolute entry requirement for the Lightning Process™ Training.

We have found with other skilled practitioners that even if some of the material might be familiar to them, they find our perspective on that material is essential for adequate preparation for The Lightning Process™ and along the way they also discover whole new levels of learning.

9. Contact Details

Phil Parker Training Institute, City Point, Rm 1218, 1 Ropemaker Street,
London, EC2Y 9HT, UK

"Training professionals with genius"

tel 020 8895 4007 www.lightningprocess.com

email PPTI@lightningprocess.com

Please note all this information is correct at time of printing but may be subject to change without notice. Please check with the college to ensure you have the most up to date details.