

The Health Certification Training is a NLP postmaster training about issues of wellbeing, health and vitality. It is the next generation NLP training and provides place and space where the core NLP values of the NLP Health community can be met, matched and shared.

Tim Hallbom, Suzi Smith and Robert Dilts provide the main part of the training in Holland and that is why the medium of communication will be English. Suzi Smith will train a total of 10 days, Tim Hallbom 5 days, Robert Dilts 3 days and Hans Polak will train 2 days.

19-05-2012	t/m	23-05-2012	Suzi Smith
09-11-2012	t/m	13-11-2012	Tim Hallbom
23-01-2013	t/m	27-01-2013	Suzi Smith
25-05-2013	t/m	26-05-2013	Hans Polak
27-05-2013	t/m	29-05-2013	Robert Dilts



The student will be invited and challenged to look for essential patterns and strategies and will be challenged to explore beyond the edges where NLP continues to unfold. NLP is an eclectic model. In the HCT the student will discuss and experiment with other areas of complementary work like family-constellations, energy-work and hypnosis. Hans Polak is the only person that organizes and sponsors the HCT in Europe. The HCT Europe consists of 20 days of training are divided into 4 modules of 5 days. Many NLP principles, exercises and models are presented in a context of health, wellbeing and vitality by demonstrations, exercises, supervision and inter-vision. Dedicated, certified and skillful assistants are present during the whole course to assist the student in personal growth. Robert, Suzi and Tim developed this postmaster training together in order to offer mastery in NLP Health Coaching.

The student will learn:

- Working intuitively and authentically
- Mastery in advanced NLP models to activate and propel healing power

- Managing the own state to access to the highest neurological levels for your self and others
- Integrating complementary areas like systemic work, energy-work and hypnosis
- Using NLP with physical health issues for the student self and others complementary to regular medical treatment.
- Expanding personal capabilities in the field of fulfillment and harmony

The training leads to certification as an NLP Health Coach. This is not yet an international accepted title.

The HCT asks for and opens the opportunity for systematic self-reflection, personal and professional skills in working with clients. All neurological levels will be involved and get attention in three ways

- The way of personal thinking, feeling and acting with regard to the content of HCT.
- The way in which the participant is professionally involved working with clients.
- The evolution and the reconsidering of the personal mission with regard to wellbeing are a central focus.

The HCT helps the student to integrate the capabilities, the knowledge and beliefs with the intention to:

- find a respectful and personal working style; Congruency is the key word.
- be competent in leading the process of coaching. This requires a synthesis of knowledge and skills, used adequately from the perspective of a mentor and sponsor; Competence and Involvement are keywords here.
- be able to use all learned material in varying situations and in relation to different persons adjusting to the personality of the client, changing your actions when appropriate. The keywords are creativity and flexibility.
- Artistic, involved, congruent, effective, flexible and goal-oriented, HCT leads to a level of deepening and understanding that we might call Personal Artistry.

During the 20 days of training, skills and techniques will be presented followed by the practical part that allows the student to experience it so it will settle "in the muscle". There will be plenty of time for theoretical background and reflection with regard to the skills. All offered techniques will be demonstrated by the NLP-trainers and practiced by the participants working with their own personal content. In this way the participant can experience the impact of techniques, as a client as well as from the view of a coach. All learning material will be presented in a way that every participant will meet his or her own learning style. Classroom sessions will be taught by the trainers: Robert Dilts, Tim Hallbom, Suzi Smith and Hans Polak. During practice sessions the trainer is assisted by several resource people. These 'assistants to the student' all are certified during a previous HCT. The student is member of a learning support group, called 'Mastermind Group' during the training. Personalized question will be taken care of in this group and provides intimacy and individual attention. In this group the resource person is leading. The student starts and closes every training day in this group. There will be one mandatory evening program. It is the presentation of the projects in the last module. The date and time will be communicated well in advance. There are non mandatory evening programs offered by Hans Polak about energy-work and shamanic healing techniques.

During the entire training students will spend time on two ongoing items:

- Personal reflection and Case Summaries
- A wellbeing Project

### Personal Reflection and Case Summaries

The trainers will stimulate the participants to document both personal and professional learning in the student's personal log. It is suggested that the participants keep weekly or daily notes of observations and discoveries relevant to NLP or to their personal learning process. This log also contains at least 2 case studies for each session of training in Case-Study format. In this way the participant will learn to easily document NLP way the work that has been done. During the training we will discuss how case studies can support the promoting of NLP outside the NLP community. These case studies are handed in at the beginning of each module to the assigned resource person responsible for giving oral or written feedback. Total of 6 Case-studies are to be handed in to become HCT certified.

### Wellbeing Project

The students will define a project that fulfills a professional and personal goal on the subject of wellbeing. During this project the student uses their already acquired modeling skills as a NLP-Master. These skills are combined with the skills and knowledge gained at this training. This project shows the mastering of the content and will exhibit the student's creativity. The written report of this project is handed in for feedback. A presentation of the project to the mastermind group in the last session completes the project.

### Management, sponsoring and organization

The supervision of the trainers and resource persons and the management of the training is the responsibility of Hans Polak. He has been sponsoring the HCT for 5 times in a row. Hans is entrepreneur and has his own NLP Health Coaching Company with over 80 NLP Health Coaches working for him on a freelance basis, called Coaching Plaza in The Netherlands. He founded his company in 1984. Hans studied shamanism for many years, teaches in his private shaman-school and is chairman of the NLP Health Community (Club) in Holland.

### The content of the training

During the training the students will build up on and deepen existing knowledge gained during the NLP master practitioners or trainers training. The underlying aspects will be covered and are in the HCT booklet.

<ul style="list-style-type: none"> <li>• Vision and Mission</li> <li>• Mastery in NLP</li> <li>• NLP &amp; Health Overview</li> <li>• HCT Project Guide</li> <li>• A Fish Story</li> <li>• Neurological Levels of Change</li> </ul>	<ul style="list-style-type: none"> <li>• Affirmations</li> <li>• The dynamic of family systems</li> <li>• Building Internal Communication</li> <li>• Core State Conflict Integration</li> <li>• Background for Grief and Loss Process</li> <li>• Transforming Grief and Loss</li> </ul>
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- The Quieting Response
- Physical Trauma Process
- The S.C.O.R.E. Model
- S.C.O.R.E. Steps
- Dancing S.C.O.R.E. Format
- The Interactive S.C.O.R.E.
- Counter - examples as Resources
- Giving Forgiveness
- Mapping Across Forgiveness
- The Forgiveness Cancellation Process
- Well-Formedness Conditions for Defining a T.O.T.E.
- Presupposition Exercise
- Life Reframing
- Encouragement checklist
- Finding and Identifying Limiting Beliefs
- Belief Change Script
- Identifying Criteria
- Getting Clear About Criteria
- Checklist for Reimprinting
- Finding Synthesias
- Systemic Reimprinting
- Remodeling: Updating Introjected significant others
- Belief Conflicts
- Self Witnessing
- Conflict Integration
- Belief Systems
- Dave Elman Induction Script
- Heart Lock-in
- Heart Listening
- Modeling healers
- Modeling Questionnaire
- Foreground / Background
- 'Worry Into Concern' Strategy
- Language Patterns and Health

- Metaphoric Grief and Loss
- Compelling Futures
- Strengthening "Self"
- Psych-k belief change
- Learning to Die
- Creating Your destiny
- NLP, Beliefs and Health
- Bateson's Levels of Learning
- Survival Strategies
- Levels of Learning and Change
- Levels of Support for Learning and Change
- Psychoneuroimmunology
- Overview of Beliefs and Values
- The Meta Structure of Beliefs
- Limiting Beliefs
- Verbal Frames for Eliciting Limiting Belief Statements
- Building a Winning Belief System
- Beliefs Assessment Sheet
- Belief Installation Procedure: Creating a Pathway to Health
- Archetypes of Change
- Placebo Effect
- Double Binds
- Ingredients for a Double Bind Situation
- Choice, Conflict and Double Binds
- Comparison of Choice and Double Bind
- Active Centering as a Skill for Dealing with Double Binds
- Sorting Conflicting Messages
- Resolving Double Binds
- Practicing Skills for Dealing with Double Binds
- Creating a Positive Double Bind
- Modeling Longevity
- Bibliography of Readings on Applications of NLP to Conflicts and Double Binds and to Health and Wellbeing



### Time of training

Daily 9:45am – 5:30pm.

One evening program (mandatory) on the last module. Time: 7:30pm - 9:30 pm.

### Price

The price for the advanced NLP Health Certification Training is € 4.660,--

This includes the HCT-Booklet with all the concepts and all the excersizes, lunches, coffee and tea during the 20 training days.

The training is in a very comfortable training venue in The Netherlands. Conference center 'De Poort', Bieseltsebaan 34, 6561 KC Groesbeek, The Netherlands, Europe.



It is possible to pay in 4 installments

Before 19 April 2012	€ 1.165,--
Before 9 October 2012	€ 1.165,--
Before 23 December 2013	€ 1.165,--
Before 26 April 2013	€ 1.165,--

## Criteria for certification

Certification is optional. Those who do not want to comply with the criteria for certification will receive a certificate of attention after fulfilling all financial obligations.

1. Participants should be present at least 18 days out of 20. Attendance will be kept twice a day, during morning and afternoon sessions.
2. Having read the syllabus and the 2 mandatory books.
3. Completion of a total of 6 case studies in the presented format from the handout.
4. The personal wellbeing project is (not necessarily completed) presented to the learning support group and a written report is handed in.
5. To be certified all financial obligations should be fulfilled at the beginning of the last session.

## Competences:

- ✓ Can consistently distinguish content from process.
- ✓ The ability to separate in parts and to identify why each part contributes to the whole
- ✓ Have unconscious competency yet can explain what you do. The skills have been consciously and unconsciously integrated.
- ✓ Know where to put your attention to make a difference and generally know what information to ignore.
- ✓ Can intuit what to do based on your past experience. You can also predict a range of consequences as a result of your actions.
- ✓ Can make a multiple description of something from various points of view.
- ✓ Can recognize why you're doing something and understand the big picture.
- ✓ Can detect the conscious and unconscious patterning of behavior and notice responses you're getting.
- ✓ Can sort out the relationships in any given situation, i.e., you can determine how your state affects the other person, how the environment affects the people, how anchors relate to sub-modalities, etc..
- ✓ Can follow a procedure when necessary and shift it as needed once learned.
- ✓ Can identify "what to do when" by identifying the patterns of behavior and can competently use the meta-model, the well-formed conditions for outcomes, the S.C.O.R.E. model, and appropriate ecology checks.
- ✓ Can prove you have integrated the feedback received during the course.

## Estimated study time

- The HCT Holland includes 20 days of training offered in 4 sessions of 5 days
- To work up the case studies, write the report about the personal project, we estimate a total of 12 hours

## Literature list:

- Beliefs - Pathways to Health & Well Being ; Dilts, Robert ; Hallbom (M.S.W),Tim ; Smith( M.S), Suzi (1990)
- Changing Belief Systems with NLP; Dilts, Robert (1990)