

London College of Clinical Hypnosis

University validated clinical hypnosis and hypnotherapy training
London Taunton Birmingham Manchester Leeds Glasgow
In partnership with the University of West London



NLP SELF-DEVELOPMENT INTRODUCTION Access Course - £49.50 (60% discount)

Presented by: **Bill Frost**

Neuro Linguistic Programming (NLP) is a personal philosophy and a large body of techniques that facilitate change. This course will introduce a selection of the most powerful tools and techniques. A variety of key techniques for use at home and work will be explored in some detail and practiced during the course. This course is suitable for anyone with little or no experience of NLP and will be as interactive and practical as possible.

Detailed notes (approx 45 pages) will be provided and software based multimedia tools to automate some NLP techniques will be demonstrated where feasible.

You will learn...

- How to **relax quickly and easily**
- How to **control thoughts, feelings and behaviours**
- How to **motivate yourself**
- How NLP can help you to **take control of your life**



Topics will include...

- About NLP
- **NLP Hypnosis / Self Hypnosis (Practical)**
- NLP Philosophy (The Pre-Suppositions)
- NLP Communications Model
- Primary Modalities (V/A/K)
- Meta Model Questioning
- **Eye Accessing Cues (Practical)**
- Motivation And Goals
- NLP Techniques (A few of the many techniques available)
 - **Anchoring (Practical)**
 - The Swish Technique
 - The Fast Phobia Technique
 - **Future Pacing / Templating (Practical)**
 - Time Based Techniques (AKA Timeline Therapy)
 - Thought Stopping Techniques
 - **Spinning Technique (Practical)**



Most of the most important NLP concepts and techniques are taught as part of the LCCH Hypnotherapy Training programme. Information will be available on the day for those interesting in pursuing their studies further.

NLP Self-Development: an Introduction 1 Day CPD Course (2217)

- **London** - Birkbeck
- £49.50
- Saturday 25th January 2014
- 10 AM - 5.00 PM
- [Click here for details](#)

London Sat 25th Jan 2014

Payment security provided by



**Book
Online**

This course represents 5.5 hours CPD (Continuing Professional Development).

About Bill Frost

Bill Frost BSc(Hons), PDCHyp, NLP-MP, MBSCH. Bill migrated to hypnotherapy and NLP from the defence / information technology management sectors having trained with the LCCH and Neuro Energetics. He has been involved in various hypnotherapy research projects including the development of a series of computer based NLP / EMDR tools to assist therapists. [Bill Frost has hypnotherapy practices in Central London and in High Wycombe and is a US trained NLP Master Practitioner.](#) Bill is a senior lecturer for the LCCH, is a keen advocate of [technology enhanced psychotherapy](#) and is the founder of "Neuro Innovations".

