

Training with a difference as recommended by Paul McKenna

New Data Protection Regulations in 2018 see page 3



Practice Groups

Regents College, London NW1 next meeting 20th January details at the end of this newsletter

Southampton contact Dominic Cahill for details – dominic@dominiccahill.com

Birmingham contact Debbie Williams for details – debbiewilliamsjbw@gmail.com

On line Practice Group the Number 1 NLP Cyber Space Practice Group can be found on Facebook.

What technique should I use to help someone with a phobia?

The most frequent question I am asked and see being asked on Social Media is “What is the technique I need to use for X?” (Insert here a variety of problems from curing a phobia to stopping addictions to dealing with depression)

This is usually asked by newly certified Practitioners who are keen to use their skills and help others achieve their goals; some of these are just beginning to create a new career as an NLP Practitioner and or Coach.

What are problems?

There are problems with problems, sounds silly I know but if you take that statement literally the major problem with problems is that they force us into thinking that something is wrong. When in reality the problematic result that we get is the right result for that particular strategy.



To renew your Society of NLP Certificates go to www.society-of-nlp.net click on renewals and follow the instructions

Define the problem

So what is a problem? A problem is a result, an achievement that is different from what you wanted, or the difference between where you are now and where you want to be.

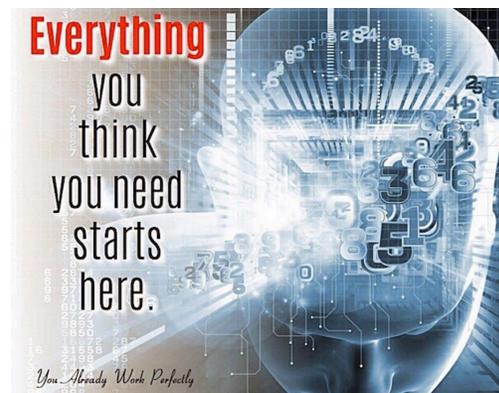
Most of us have been trained from a very early age to respond to problems by avoiding them, learning to move away from them, which is very different from moving towards our goals.

Identifying what makes the problem a problem; in a very different way through their perceptual filters – their model of the world, and being able to identify their meta programs, is a great way to start identifying what they can do to make the changes their desire.

The first thing important in solving any problem is knowing their role in the problem. What did they do that created that result?

Those of you who have attended a Society of NLP Practitioner training will recognise this as the Present State.

One of the things Dr Richard Bandler asks people when demonstrating techniques at the seminars is “If I’m going to do this for you for a day, give you a day off from your problems, what do I have to do?”



Process of Change

Rapport
 Desired State
 Breaker State
 Present State
 Breaker State
 Technique
 Breaker State
 Test
 Future Pace



Gloria Hammett , Tina Taylor
 and Marco Valerio Ricci in
 Rome with our first Italian
 Diploma Students

First Clinical Hypnotherapy Diploma in Italy for ICCH

2017 gave us a number of firsts at the International College of Clinical Hypnotherapy.

Paul McKenna decided that the training given by the ICCH was second to none.

We ran our first course overseas in Rome, Italy. All of our students passed with flying colours.

Our first courses began at Regents College, London NW1 and Debbie Williams joined our team as a trainer.

Use the Process of Change

He gets the strategy from them that created the problem he can then help them change by changing and installing a new strategy.

When working with clients I begin by getting this information from them.



Our team grew in 2017 with Debbie Williams, Dominic Cahill & Tanya Bunting

- a. What do they want? Stated in the positive, so many people can happily tell you what they don't want. I don't want to feel this way, I want to stop smoking, eating too much etc etc etc. Time to coach them into discovering what they want instead.
- b. What resources do they have to accomplish this? If not currently within their control, what do they need to do to make it so? To be well formed their goal needs to be something within their control.
- c. How will they know when they have it? What will you see, hear, feel etc? Are they able to establish their goal in all sensory based systems? Can they imagine/ see themselves achieving their goal?
- d. What will happen when they get this result, how will it affect their life, family, career etc? Check to preserve the positive intention of the present state, that it is ecologically sound and good for them to achieve.

This information will give me strategies, meta programs, rep systems, language patterns, beliefs and values and from here I can begin to teach them how they can make the changes they want and achieve their goals.

On more than one occasion I have heard Dr Bandler's response to the question "What technique should I use when helping someone with X (various problems have been mentioned here) his response is always the same. The one that works.

By paying attention to client and the information given it makes it so easy to know what to do next.

It also makes giving advice on social media when asked what do I do when working with someone with depression almost impossible; as the how to proceed depends on the individual.

How do you get good at this, practice, practice and practice some more.

There are various groups that you can join and if you can't get to London, Southampton and Birmingham you can always join The Number 1 Cyber Practice Space on Facebook to get details of their meetings on line.

Over the years I have been asked by many NLP students as to where I learnt my skills in hypnosis and how I incorporated NLP into my Business.

Many wanting to use their newly discovered skill set, adding to their currently business/career or looking at starting a whole new career around this skills. They tell me that they dream of having more freedom whilst helping others achieve their goals.

How would you like to live the dream? Imagine having the freedom to work the hours you choose whilst creating a significant income for yourself and having the immense satisfaction knowing you are helping others change their lives as well. This may sound too good to be true, yet this is the reality for people who decided to make a life changing career move.

This is what I did, almost 20 years ago now; I left my career working for Financial Institutions in the City of London and created my consultancy. Using NLP and Hypnotherapy to coach and help my clients achieve their dreams, their goals.

It took a while and was a huge learning curve whilst I incorporated my learning from Dr Richard Bandler with my clinical training. I began to operate in a totally different way from my fellow coaches, hypnotherapists & psychotherapists whilst achieving incredible results in what many considered to be too short a time.

Along the way I conferred with my colleague, Gloria Hammett and together we put together a system of working.

We have now achieved accreditation for our courses and alongside the NLP Trainings we also run Foundation Courses and Diploma in Clinical Hypnotherapy.

Our Foundation Course teaches you everything you'll ever need to know about hypnosis as well as covering the compliance and legal issues of working with people.

The classes are held month over the weekend; the first three months teaching you strategies for working with clients, how to induce and manage the trance state; how to create your own trance inductions to cover your clients needs. This course also includes a Stress Management Certification.

The forth weekend is for revision and the exam.



Data Protection

For those of you already in business please note

The EU's General Data Protection Regulation (GDPR) will apply to people in the UK who are storing personal data; from 25 May 2018. It supersedes EU member state implementations of the 1995 Data Protection Directive (DPD)

The UK Data Protection Act 1998 (DPA) will be superseded by a new DPA that enacts the GDPR's requirements.

Even though the UK is leaving the EU, this will be passed into UK law.

Ensure that you are compliant
ignorance of the law is not an acceptable excuse.

Successful students of this course will receive a Foundation Certificate in Clinical Hypnotherapy, accredited with the General Hypnotherapy Council/ Register as well as with the Natural Healthcare Council.

The next Foundation Course in Southampton begins in March 2018 at the Romney Centre and the next one in London begins in September 2018 at Regents College.

Whereas the Foundation teaches you everything you need to know about hypnosis our Diploma teaches you how to use it.

When both the Foundation and Diploma have been successfully completed these two courses give you 360 cat points which is the equivalent to a BSc.

As a coach, NLPer or clinical hypnotherapist, you will work with clients/patients with a large range of issues including; anxiety, confidence, pain control, obsessions, depression and habit breaking such as smoking and weight loss. If you are already working as a Coach or NLP Practitioner, learning how to use hypnosis is an excellent skill set to add the outstanding service you can offer to your clients.

Our Diploma course covers:

Behavioural Issues

Eating disorders including anorexia and bulimia as well as installing a hypnotic gastric band and a hypnotic diet plan.

Addictions

Regression Techniques including Past Life Regression and Future Life Progression

Overcoming fears anxieties and phobias

How to help depressive patients

Hypnotic anaesthesia

Psycho-sexual disorders and infertility

Our Diploma gives you strategies and processes to follow, so that now no matter what your clients present to you, you have a way to proceed.

Our next Diploma in London begins in April 2018.

Email tina@tina-taylor.com for more details on these courses and to find out about the current offers available.

London Practice Group meeting, 20 January 2018 at Regents College London NW1



More details available here

<https://www.eventbrite.co.uk/e/nlp-hypnosis-practice-group-day-tickets-37650834660>

Here's wishing you all a Happy New Year

Its traditional at this time of year to reflect and make a resolution to change something in the new year; a behavior possibly. To stop smoking, stop drinking, loose weight; to do something that will improve their life.

The new year is also a very busy time for coaches, NLPers and Hypnotherapists as people look to us to help them create the desired changes.

Remember the process of change and also to check for well-formed goals; and begin your work around this. Once the goal is well formed it will be much easier for them to achieve and will of course add to your success rates.



I wish for you and to be healthy and happy;
to be with those who make you smile, laugh
as much as you breathe and love as long as
you live.