

# Diploma in Neuro Linguistic Programming

**Course Title:** Practitioner of Neuro Linguistic Programming (PNLP)

**Location:** Cotton Course Business Centre, Preston, Lancashire

**Date:** Saturday 27<sup>th</sup> / Sunday 28<sup>th</sup> September 2025 10am to 4pm

**Type of Course:** In-Person Certified Course - Two Days

## Brief Description of Course:

This certified Diploma in Neuro-Linguistic Programming (NLP) provides hypnotherapists and trainee hypnotherapists with practical, hands-on training in NLP techniques to enhance their therapeutic work. On completion, students will be awarded the Practitioner of NLP Diploma (PNLP). The course explores how language, thought patterns, and behaviour interact, equipping students to create rapid, lasting change in clients. By integrating NLP techniques into hypnotherapy sessions, students will learn to help clients overcome limiting beliefs, shift unhelpful behaviours, and achieve their personal goals.

The course consists of face-to-face training along with group work and practical exercises. You also have individual support from the tutor so you can confidently use NLP techniques with your clients straight away.

## Learning Objectives:

By the end of the course, students will be able to:

- Understand the core principles and history of Neuro-Linguistic Programming (NLP)
- Apply key NLP techniques such as anchoring, reframing, submodalities, and timeline therapy
- Use the Milton and Meta Models to enhance hypnotic language and communication
- Identify and utilise clients' internal "maps" of the world to promote change
- Integrate meta programs and representational systems into personalised therapy
- Work effectively with parts therapy to resolve internal conflict

- Create and deliver therapeutic metaphors to influence the subconscious mind
- Incorporate NLP seamlessly into hypnotherapy sessions for improved client outcomes
- Achieve certification as a Practitioner of NLP (PNLP) to enhance professional practice
- Handouts are included, for example Solution Focused Questioning techniques and client intake form

**Course Structure:** In-Person course Saturday 27/ Sunday 28 September 10am to 4pm

**Name of Trainer:** Lauren Kolb

**Tel Bookings:** 07715 412024

**Email Bookings:** lauren@theacademyofhypnotherapy.co.uk

**Website:** <https://theacademyofhypnotherapy.co.uk/>

**Cost of Course:** £340

**Cost for NCH Members:** £290

**CPD Hours:** 10 hours

**Additional Information:** ample free parking, tea, coffee and biscuits are provided throughout the course