

Time Line Therapy Practitioner Certification

(Code: TLT)

Evolution-U Personal Empowerment Business Suite

One & a half days - Expert



*The Evolution-U Personal Empowerment Business Suite is a focused offer of engaging NLP based trainings, providing **usable tools for better & measurable performance** praised by our clients*

Course Outline

The Time Line Therapy Practitioner Certification is conducted over one and a half days on days 6 and 7 of NLP Practitioner certification. Successful completion of NLP Practitioner certification is a pre-requisite of attending Time Line Therapy Practitioner Certification.

Time Line Therapy is the single most effective tool for dealing with and removing negative emotions and limiting decisions. The core content of this certification training is to teach participants how to apply Time Line Therapy tools for removing both the negative emotions and limiting decisions that hold us back from achieving our potential. Accordingly, Time Line Therapy is a powerful tool often used in the field of coaching, working at an unconscious level to enable coaching clients to overcome previous limitations.

The final Time Line Therapy application taught as part of this certification programme is for putting a goal into our future. The Time Line Therapy approach to goal setting uses powerful NLP techniques taught in days 1-5 of NLP Practitioner certification, plus a series of Time Line Therapy techniques.

Learning Objectives

By taking this course, participants will:

- Understand the principles of Time Line Therapy and how explain its benefits to others;
- Recognise Negative Emotions in a subject and prepare them for use of Time Line Therapy techniques to remove them;
- Learn the process of removing negative emotions including anger, sadness, fear, hurt and guilt and equipping clients with the 'learnings' from the process to help maintain the benefit;
- Identify Limiting Decisions and learn the procedure for helping remove limiting decisions to enable peak performance;
- Learn an effective intervention for dealing with anxiety;
- Use tools from NLP Practitioner training and this Time Line Therapy training to put goals into the future in a format that is highly compelling and increased the likelihood of success.

The certification training involves instructor led presentation and demonstration for all techniques before participants then practise the techniques in pairs, followed by in depth debriefing and Q&A sessions.

NOTE: The primary objective of this training is to teach participants to be Time Line Therapy practitioners, hence knowledge of how to apply the techniques is prioritised above being able to benefit from the interventions personally during the training.

This course is designed for up to 12 people. Pre-requisites: NLP Practitioner Certification. Level: Expert.

Course Content

The fundamentals of Time Line Therapy

In order for Time Line Therapy to work, the recipient needs to be capable of unconscious-conscious integration of thought processes. For some this comes naturally, for others their conscious mind constantly blocks the unconscious, questioning and trying to rationalise suggestions which blocks the effectiveness of Time Line Therapy. The first morning session covers the theory of Time Line Therapy extensively, giving participants the tools required to help their future subjects make the transition from conscious assessment to unconscious-conscious integration, thus paving the way for successful Time Line Therapy interventions.

Elicitation of the Time Line

Everyone has a time line however most of us are not consciously aware of our own time line until it is elicited. In this relaxing session, participants find their own time line with instructor guidance before working with each other to help fellow participants learn the process of eliciting the time line.

Finding the Root Cause

The most challenging step for beginners to Time Line Therapy is often finding the root cause, the first time an emotion/event was experienced, the removal of which would allow new behaviours to be adopted. This principle is logically sound however the conscious mind often tries to hijack the process. For this reason significant time is spent explaining the theory and giving participants the tools they will need to help them take their clients on the journey required to find the root cause.

Negative Emotions # 1 & # 2

The major intervention of Time Line Therapy is on Negative Emotions, and superficially the 'big 5' of Anger, Sadness, Fear, Hurt and Guilt. A large part of day 1 is dedicated to introducing the two negative emotion interventions, demonstrating, discussing and practising these critical tools. Only once participants have a good understanding of how to explain and conduct negative emotions work do we proceed to the next major intervention, Limiting Decisions.

Limiting Decisions

The second major intervention in Time Line Therapy is removing Limiting Decisions (or LD's). An LD is typically a belief that we cannot achieve something in life, and LD's tend to be at the root of many failures to achieve our potential. Once negative emotions have been worked with, it is then possible to work on limiting decisions. Once again, all techniques are explained and demonstrated by the instructor before students perform each of the techniques together in pairs.

Intervention for Anxiety

Unlike negative emotions which are emotions of the past, anxiety is an emotion of the future. The Time Line Therapy intervention for anxiety is relatively straight forward and, after all the work completed previously, takes only 15 minutes to learn. It's use and value are significantly higher however with anxiety being a major condition impacting many clients we will work with.

Putting a Goal into your Future

The final intervention of Time Line Therapy is putting a goal into our future. The Time Line Therapy approach to goal setting uses powerful NLP techniques taught in days 1-5 of NLP Practitioner certification, plus a series of Time Line Therapy techniques which leverage off work completed on negative emotions and limiting decisions. This relatively relaxing session is conducted on the morning of day 7 before a general discussion on the capacity in which Time Line Therapy Practitioners can use the tools taught.

NOTE: This Time Line Therapy Practitioner Certification is accredited by the Time Line Therapy Association (TLTA) however please note that TLTA membership, required for use of the TLTA logo, are not included in the course fee.

Who Should Take This Course

The benefits of personal empowerment are not bounded by job title, role or industry sector. Anyone who feels that they are not operating at their full potential, not achieving what they want in their career or relationship, or simply want to improve their focus and results will benefit from this certification training.

This training course is fully certified by Evolution-U.

**For more information & reservations please contact Jessica
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