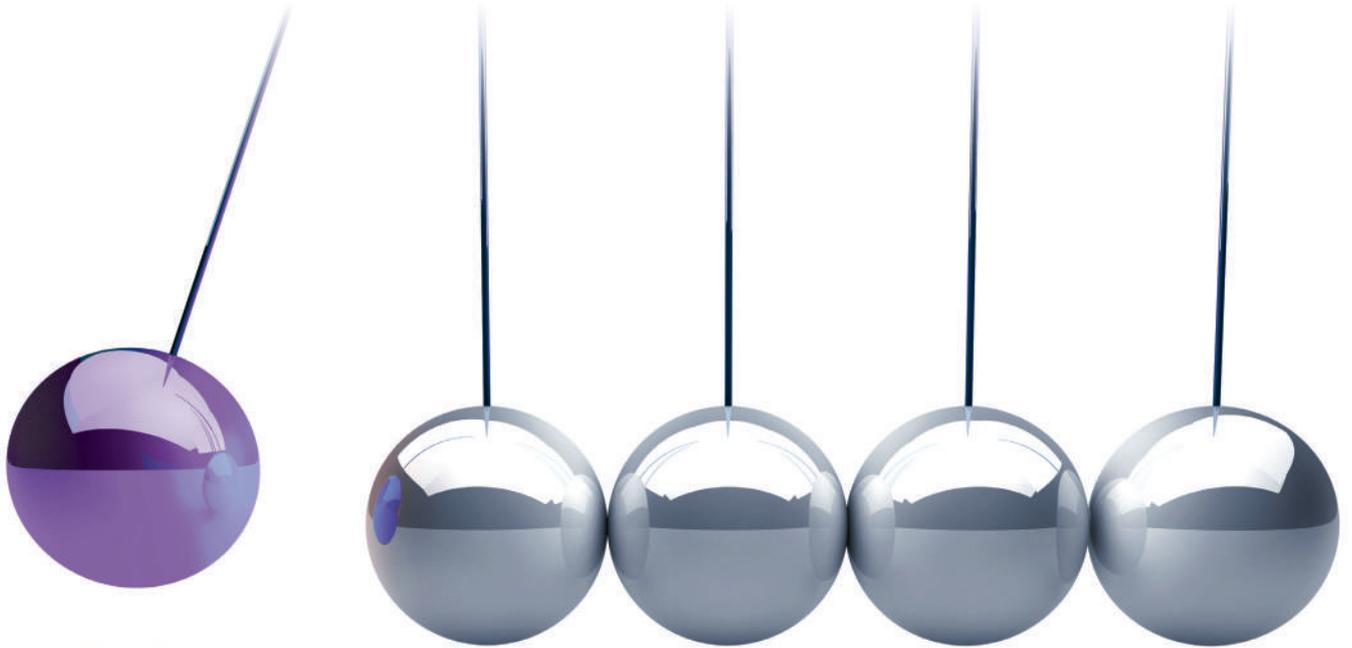




unleashing people potential



# Timeline Therapy™ & Hypnosis

Practitioner & Master Practitioner  
Course Overview



## Feeling inspired by your Practitioner Course?

Continue your learning and really start to see the greatness of NLP - Time Line Therapy™ and Hypnosis is the next step...

If you trained with EDGE before, then you'll know that with our zest for life, our training is both informative and leaves you feeling totally motivated and inspired!

Whether you are continuing your NLP learning for personal development, or to use in business the next stage of learning will wow you at every level.

Time Line Therapy™ training and Hypnosis training will teach you a collection of techniques that allows you to gain emotional control over your life and enable you to help others.

## What is Time Line Therapy™ and Hypnosis?

The words Time Line Therapy™ may sound like a new phrase to you. When you look into the history of these techniques, humankind has been aware of the passage of time much longer than you think.

Aristotle was the first to mention the "stream of time" in his book Physics IV; William James spoke of linear memory storage as early as 1890 and eventually the concept, nearly forgotten, was revived in the late 1970s with the advent of Neuro-Linguistic Programming.

The Time Line Therapy™ techniques in use today are a consequence of these historic findings.

Whilst Hypnosis is a more common word, there are many who have a false understanding of it. Contrary to popular belief, hypnosis is not a state of deep sleep or unconsciousness. It does involve the induction of a deeply relaxed condition, and when in it, the patient is actually in an enhanced state of awareness, concentrating entirely on the hypnotherapist's voice. In this state, the conscious mind is distracted and suppressed and the subconscious mind is revealed. Hypnosis has been scientifically proven to be effective in creating change in certain repetitive behaviours including smoking and weight loss, stress reduction, motivation and pain control.

### What is your Time Line?

Throughout life, we become great at building up emotional baggage; it weighs us down and can have a huge impact on how we live our lives and our dreams. When something is unresolved at an unconscious level, it will keep replaying in your life until you learn from the event. Your "Time Line" is how you unconsciously store memories or how you unconsciously know the difference between a memory from the past and a projection of the future. Behavioural change takes place at an unconscious level - not consciously.



## Course Content Overview

There are three areas we look at in the Time Line Therapy™ and Hypnosis course: **negative emotions, limiting decisions and beliefs, and creating your future.**

The techniques that you will learn allow freedom from undesired **negative emotions**. Emotions such as anger, sadness, fear, hurt and guilt are released from the memories that harbour them. You are then able to react freely to future situations – without the emotional baggage of the past.

### Limiting decisions and beliefs

These prevent people from achieving their potential. These decisions and beliefs have come about as a result of past experiences and can really impact people's lives in many ways. "I'm just not good enough", "I'll never be rich" ring any bells? These techniques allow people to leave these decisions and beliefs in the past where they belong and to learn from experiences. People find themselves empowered after realising what has been holding them back and often feel that a weight has lifted.

### Creating your future

Having resolved the unresolved issues in the past, Time Line Therapy™ and Hypnosis gives us a specific way of creating our future dreams and goals in a simple process that produces results. The process involves using our imagination to create a compelling future that is inspirational and which brings about the desired outcomes.

Whilst learning about Time Line Therapy™ we also cover **Hypnosis**. You will learn invaluable techniques to induce hypnosis and embed commands, pioneered by some of the industry's most prolific individuals including Milton Erickson and Dave Ellman.

There is a belief that a subject may lose control when in Hypnosis. However, a person in a state of Hypnosis is in full control and completely aware of making decisions. If they are presented with an idea or suggestion to which they would object in full consciousness, they will reject it when in Hypnosis. Hypnosis cannot make anyone do anything; however it's an incredibly powerful tool to effect desired change.

**"An excellent course with great detail and well presented. Thanks to some pointers given I was confident in offering the hypnotherapy to my clients straight away with good results. This gave me confidence in both what I was doing and with Edge as a company. Looking forward to doing my masters!"**  
Carol Sweet, Owner - Sweet Nature

## Our course outline:

### Time Line Therapy™

- The Major Techniques & Major Premise
- Prime Directives of the Unconscious Mind
- Creating an Achievable Outcome
- Elicitation of the Time Line
- First Test of Elicitation
- Discovering the Root Cause
- Anxiety
- Traumatic Memories
- Determining Limiting Decisions
- 3 Reasons Why Emotions Disappear
- Location / Direction
- SMART Goals
- In Your Future
- Fast Phobia Model
- General Model
- Important Issues in Releasing Symptoms

### Hypnosis

- History of Hypnosis
- Fundamentals of Ericksonian Hypnosis
- Fundamentals of Elman Hypnosis
- Patterns of Indirect Suggestion
- Preparation for Trance
- Stages of Hypnosis
- Suggestibility Tests
- Ericksonian Inductions
- Deepening Techniques
- General Pendulum Paradigm
- Post-Hypnotic Suggestions
- Contraindications for Hypnosis

Once you have completed the course, you are then eligible to continue your NLP learning and complete your **Master Practitioner or Master Coach**

## Common Questions we get asked...

### Do I need to have NLP experience before joining the course?

You will need an NLP Practitioner Certificate (ABNLP) from Edge NLP or another approved ABNLP Training body.

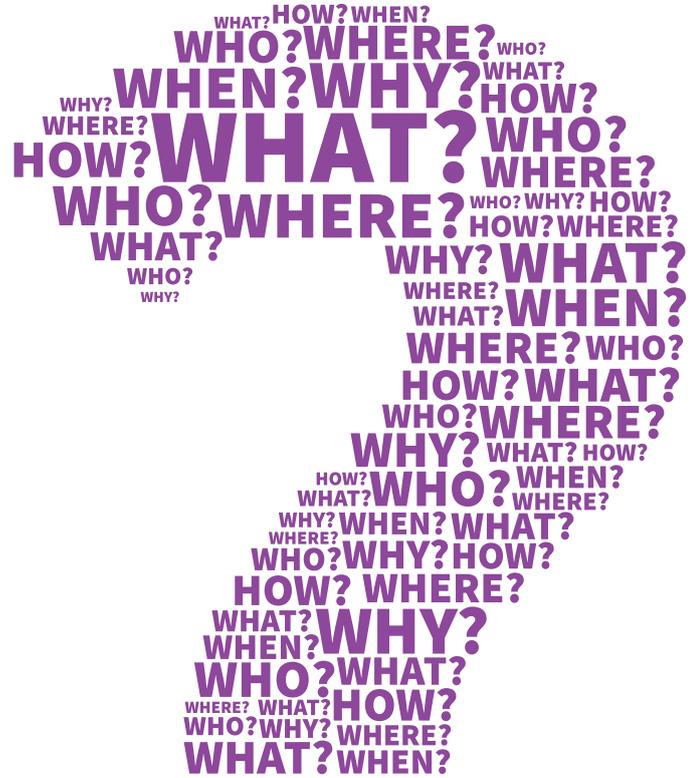
### What happens if I don't understand certain parts of the course?

During the course you will have full access to our trainers. If you need to talk to them out of class it's always a pleasure. If you have a particular issue you would like to work on out of class (perhaps one that's not suitable for the classroom environment) then our trainers will work with you to help you resolve it.

### After the course, can we contact EDGE?

After the course you are welcome to contact your trainer (or anyone else at Edge NLP) for any continuing support that you require or any questions you need answering, we will continue to support you in your achievements.

Ring us on **02031 450698** with any questions you may or book onto the next available course so that you can join the many people who have successfully begun to master their lives with NLP!



 Cost: 5 days £1165.00 per person\*

 Courses held during the week -  
Monday - Friday

Contact us **NOW** to book your course

\* We accept payment by credit card or PayPal. We are happy to talk to you should you wish to split the payments.

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