

DIPLOMA COUNSELLING IN NLP

PAPER 3– INTRODUCTION TO NEURO LINGUISTIC PROGRAM

UNIT 1

1. Explain the origins and development of Neuro-Linguistic Programming (NLP).
2. Discuss three ethical considerations in the practice of NLP.
3. How does NLP enhance goal achievement and personal transformation?

UNIT 1

1. Discuss the foundational principles of NLP and their relevance in personal and professional development.
2. Explain the NLP communication model and its practical applications in various contexts.
3. How does NLP influence behaviour and empower individuals to overcome limitations?

UNIT 2

1. What is EFT and how does it contribute to emotional well-being in personal development?
2. Describe the key steps involved in conducting timeline therapy and its role in releasing past negative experiences.
3. Discuss the theoretical foundations of reframing in NLP and its practical applications .

UNIT 3

1. Discuss the importance of active listening in effective communication. Provide three techniques that can enhance active listening skills.
2. Explain the concept of calibration in NLP and how it can contribute to better understanding and rapport building in interpersonal communication.
3. Compare and contrast meta-Modelling and Milton Modelling techniques in NLP. Discuss their respective applications in enhancing communication skills.

UNIT 4

1. Explain how NLP techniques are applied in hypnotherapy and their impact on facilitating personal transformation.
2. Explore the interconnectedness of NLP, health, and wellness, and discuss how NLP techniques can be utilized to promote holistic well-being.
3. Compare and contrast the applications of NLP in coaching and leadership, highlighting the key similarities and differences in their approach and outcomes.

PAPER 4 – ADVANCED CONCEPTS AND TECHNIQUES OF NEURO LINGUISTIC PROGRAM

UNIT 1

1. Explain the concept of meta-programs and how they influence our cognitive preferences and behaviours?
2. Define timeline techniques in NLP and their significance in resolving past traumas and shaping future goals.
3. Explain the concept of self-hypnosis and its significance in NLP for self-transformation and personal development.

UNIT 2

1. Give an example of reframing an objection by challenging the assumption behind it.
2. What is the importance of rapport & calibration in effective communication?
3. Give an example of guiding someone's state or behaviour through pacing and leading.

UNIT 3

1. What is the purpose of the swish pattern technique in NLP? How does it facilitate behaviour change?
2. Describe the key steps involved in the fast phobia cure technique.
3. Explain the role of the new behaviour generator technique in facilitating behaviour change

UNIT 4

1. Define mind mapping and explain its role in enhancing creativity and innovation.
2. Briefly describe the Disney strategy and its application in fostering creative problem-solving.
3. What is reframing through art in the context of NLP, and how does it help in transforming emotions and meanings?