

# **CURRICULUM OF THE AUSTRIAN TRAINING CENTER FOR NLP**

currently under application with the Austrian Ministry of Health, already accredited by the EA NLPt

leading to the Certification : NLP PSYCHOTHERAPIST

In this text the wordings he /she etc are intended in a gender neutral way

## **1. Areas of work :**

The NLP Psychotherapist has a training that enables him to apply psychotherapeutic methods and models on individuals, pairs and groups, that seek his help as patients.

This is both relevant for context-oriented and strategic short-term therapy and long-term therapeutic work. She is familiar with phenomenology (illness, disturbances) and has a professional estimation of effects of therapeutic measures and interventions, so that risks for the patients may be detected, balanced and the development of the patient can be supported in a therapeutic direction.

## **2. Prerequisites for the start of training under Austrian law**

2.1. Legal requirements for the start of the fachspezifikum if recognized as fachspezifikum.

( basic training in psychopathology, psychology, psychiatry, psychopharmacology law and relevant related fields, either through university degrees or the relevant parts of the propaedeutikum . minimum age (24) no penal records and legally a person within its own rights ) that includes, if not covered by the university or college graduation of the candidate

**Part A:** Intensive course 3 Semesters - Propaedeutikum 100-120 ECTS

### **Part B: Fachspezifikum - specific training**

Regular adult study 8-9 Semesters - >200 ECTS

### **Part A: 100 ECTS - Propaedeutikum**

A1: Entry requirement: At least high school graduation and minimum age of 21 preferably a first degree in humanities .

A2: First year of study (existing professional experience as M.D, Psychologist, Social worker, Special Education teacher, nurse, etc. will be accredited according to Austrian Psychotherapy Law.

<b>Theoretical Part</b>	<b>Hours</b>
<b>General Psychology und Developmental Psychology</b>	
Rehabilitation, Special Education and Defectology	30
Basics of Psychotherapy (History of und psychotherapeutic Schools, psychodynamic, systemic cognitive and communication orientated concepts	120
<b>Personality Theories</b>	
Psychological Diagnostics und Assessments	60
Psychosozial Forms of Intervention	60
Basics of Somatology and Medicine and medical Terminology	30
Psychiatrie, Psychopathology und Psychosomatic Children and Juvenile Psychotherapy and Gerontopsychotherapy	120
Psychopharmacology	45
First Aid for Psychotherapists	15
Basics of scientific Research Methodology	75
Ethics	30
Legal and social frameworks for professional Psychotherapy	90

## 2.2. Admission as training candidate (TC)

### 2.2.1 preliminary admission is given

- a. after positive assessment within at least 5 days of 1-2 seminars , at least 40 hours, including 25 hours of self experience **and**
- b. individual interview with a nlpt therapeutically qualified trainer or instructor.

### 2.2.2 final admission is given :

2.2.2.1 after positiv assessment of professional practitioner I course ( at least 40 h Methodology und 40 h Selfexperience

2.2.2.2 written proof of a clinical training place in a hospital or clinical nstitution sufficient for psychotherapy law

## 3. capabilities & personal characteristics for graduation

the person seeking a graduation as NLPt psychotherapist has to prove the following knowlegde and skills and personalty structures::

- 3.1. a sufficient level of personal development /maturity and adequate stability.
- 3.2. a good knowlege in personalitytheory, NLP/NLPt theory, trance methodology, cognitive and systemstheory. He has to be able to use them in a postive and encouraging way for furthering personal health and therapeutic processes..
- 3.3. Diagnosis of disturbancies and the ability to activate health promoting developments and ressources
- 3.4. the ability to develop and implement therapeutic designs
- 3.5. Availability of a good creativity and responsibility to further development

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## 4. Specific training (in Austria Fachspezifische Ausbildung if approved by ministry of health)

The specific training requires a theoretical and a practical part. Those parts in accordance with the principlles of NLPt are predominantly structured in an integrative way and related to each other.

The specific training consists of

Theory: : In () the requirements of Austrian psychotherapy law PTG § 6 are given

§6.1.1 Theorie of normal and psychopathological personalitydevelopment 80 (60 )

§6.1.2 Method and Technik of psychotherapy (Emphasis) 330 (200 )

§6.1.3. Persönlity und Interaktionstheories 90 (50)

§6.1.4. psychotherapeutic literature Literatur 40 (40)

Practically:

6.2.1 Psychotherapeutic self experience und teachingtherapy 370 (200)

6.2.2. legallyrequired praktikum 550 h

6.2.3 Supervision of Praktikum 30 (30)

6.2.4. Supervision of client work 180 (120)

Die spezifische training consists of three chapters . each chapter integrates theory, methodology , supervision and theory.

In furthering the interests of personal development and depending on preexperiences and maturity of the training candidate the training management council may permit tcs to attend some parts of the next chapter before finishing the current chapter.

after completion of each chapter an assessment has to be conducted with each candidate to establish if the goal of the chapter has been reached. .this will usually include videodocumented casework

the psychotherapeutic Praktikum § 6.2.2. and the related supervision of Praktikum (6.2.3.) will usually be done during chapter II

The full psychotherapeutic work (Psychotherapist in training under supervision. Pt i AuS)) with Patients under distant supervision takes place in chapter 3, it may be started with consent from the training management council during the end of second chapter in exceptional circumstances.

## **4.1. Specific training chapter I:**

Emphasis : Methodology and Selfexperience

:4.1.1. Structure

a. Training group 1 ( PR2-advanced practitioner ) inklusive of 40 h Peergroup with focus on Theorie/Methodology)) 200 h

Focus general theory, general techniques of nlp therapy, especially outcomeorientation work including clientecology and selfexperience

Blockseminar NLP-Gruppenselfexperience(Systemic Orientation 40h).

Usually beginn of individual therapy/selfexperience with an experienced psychotherapist that has been accepted by training management council 25 h

Chapter 1. related to Austrian psychotherapy law consists of

§6.1.1 Theorie of normal and psychopathological personalitydevelopment 10

§6.1.2 Method and Technik of psychotherapy (Emphasis) 110

§6.1.3. Persönlichkeit und Interaktionstheories 10

§6.2.1 Psychotherapeutic Selfexperience (Group und fraktioned  
individualselfexperience 70 h + 25 h individual SE

§6.2.4. Supervision 30 h

## 4.2. Specific training Chapter 2:

. Emphasis Methodology, Individual Self experience and Supervision

4.2.1 Structure

a. Traininggroup 2 ( MP professional master course): Focus on Psychotherapy, (200 h), especially

a1 explicit and implicite Modellierungsprozesses .und T.O.T.E conceptes (Theoriy 30 h)

a2.deep structure interventions für changes in belief systems and submodality derivatives( Methodology 60 h, Selbstexperience 60 h, )

a4 during this chapter the learningsteps have to be documented also in writing.

a5.-Blocksupervision 50 h

b. Blockseminar NLP-Gruppenselbsterfahrung (Systemic Orientation II, 40 h),

c. further continuation of continuous individual therapy/selfexperience with an experienced psychotherapist that has been accepted by training management council 25 h

d. Blockseminar NLP & Psychosomatik (Theory/Methodology 16/16)

e. Blockseminar : NLP with children(Theory/Methodology 12/12)

f. Blockseminar Krisenintervention (Theory/Methodology 12/12 )

The 2<sup>nd</sup> chapter – related to Austrian psychotherapy law consists of

:

§6.1.1 Theoriy of normal and psychopathological personalitydevelopment 20

§6.1.2 Method and Technik of psychotherapy (Emphasis) 100

§6.1.3. Persönlichkeit und Interaktionstheories 50

§6.1.4. psychotherapeutic literature Literatur 40 (40)

Practically:

§6.2.1 Psychotherapeutic self experience und teachingtherapy 25

§6 2 2. legally required praktikum 550 h if permitted by training mgmt council

§ 6.2.3 Supervision of Praktikum 30 (30)

§ 6.2.4. Supervision of client work 50

### **4.3. Specific training chapter III:**

Emphasis : :Methodology , Supervision ,Theory and final Selfexperience

#### 4.3.1 Structure

a. Training group 3 –approx 2 years( AMP- 300 h-Advanced Master)

The AMP .- course includes Diagnostics, specialrelation oriented therapeutic processes,, Anamnestics and Diagnosis both DSM/ICD related and NLPt related , as werll as conceptualizing efficient designs with special emphasis of the clients realities. Further special psychosomatics, spezielle Interventionen, Krisisintervention II, Literatur , Theory und researchmethodology and blocksupervision of psychotherapeutic work

Differentiation : SE 50 h, Methodology 80 h Supervision 70 h Theory 80 h Literatur 20

b. Beginn of NLP-Supervisionsgroup (60 h)

Till the end of the Supervision group five cases have to be documented in writing and accepted by the supervisor .

c. possibly :ongoing individual selfexperience

d. Individual teachingtherapy with a teaching therapist designated by the training management council > 25 h. this person may not be identical with the therapist of individual selfexperience in chater 1 + 2

e. work as Ressourceperson > 40 h (Methodology)

f. "counterbalance“ :psychotherapeutic Methods of other Modalities 50 h(SE)

The 3rd chapter – related to Austrian psychotherapy law consists of

§6.1.1 Theory of normal and psychopathological personalitydevelopment 50

§6.1.2 Method and Technik of psychotherapy (Emphasis) 120

§6.1.3. Persönlichkeit und Interaktionstheorien 30

§6.1.4. psychotherapeutic literature Literatur 20

Practically:

§ 6.2.1 Psychotherapeutic self experience und teachingtherapy 125

§6 2 2. legally required praktikum 550 h

6.2.3 Supervision of Praktikum 30

6.2.4. Supervision of client work 130

Theorie of healthy and psychopathological personality

\_ 6.1.1 Theory of Personalitydevelopment 50 h

\$ 6.2.4. Supervision of practical Psychotherapy 130 h

The practicums have to follow the guidelines of psychotherapy law .

The curriculum is ended with a written thesis and an oral exam with a panel of examiners, including an outside examiner, who has not been teaching in the fachspezifikum and has not been therapist or supervisor to the candidate,, nominated by the training management council and following legal and EAP requirements.

Dated. . january 2004