

The Tad James Co., LLC
Presents

The
FasTrak

NLP Practitioner Certification
Training

1

This Training

- Home Study: Tapes & Reading 55 Hours
- Completion of Test: 10 Hours
- Live Training: 7 Days = 51 Hours
- Homework: 14 Hours

TOTAL: 130 Hours

- NLP: 130 Hours
- Hypnotherapy: 130 Hours
- Time Line Therapy®: 130 Hours

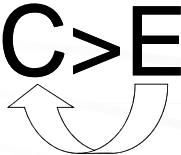
2

Themes

- Empowerment -- Reasons -vs- Results
- Perception is Projection
- Neuro Transmitter bathes every cell in the body
- Responsibility for Change is Yours
- Transform the Planet

3

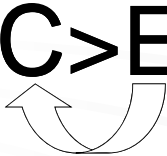
C > E



Which side of the Cause & Effect Equation are you on????

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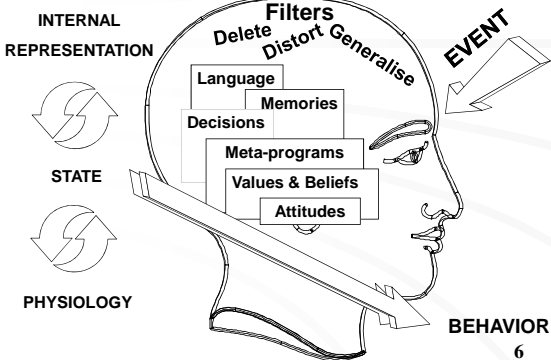
C > E



~~Results -vs- Reasons~~
= Empowerment

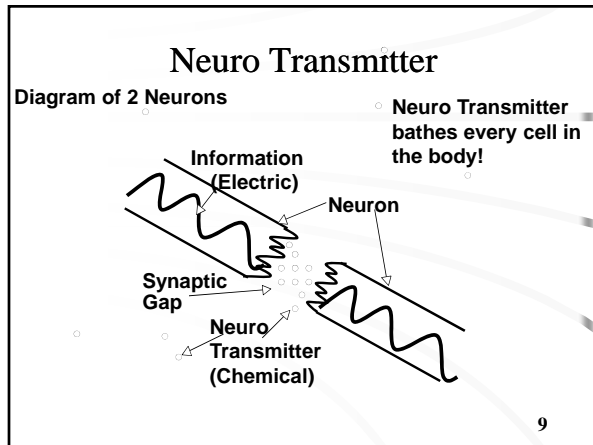
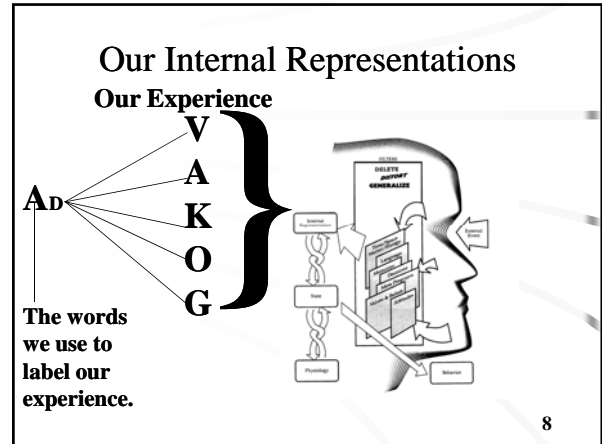
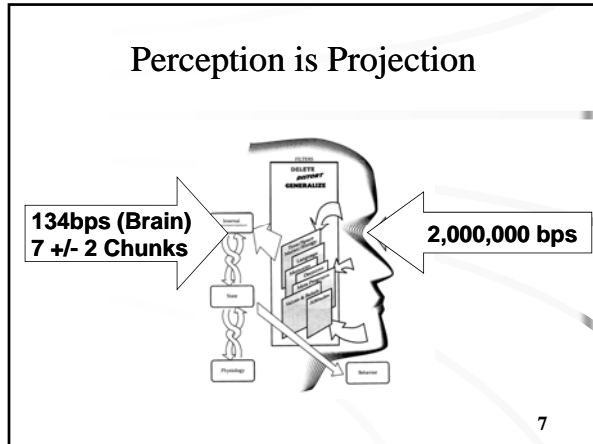
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NLP Communication Model



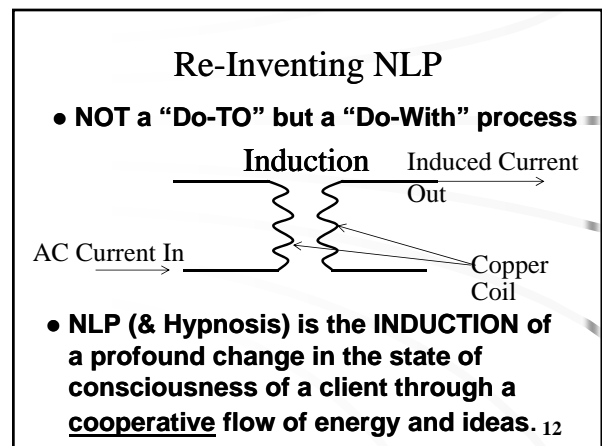
The diagram illustrates the NLP Communication Model. It shows a profile of a human head with an arrow labeled 'EVENT' entering from the right. Inside the head, there are several layers: 'Filters' (Delete, Distort, Generalise), 'Language', 'Memories', 'Decisions', 'Meta-programs', 'Values & Beliefs', and 'Attitudes'. Below the head, there are three boxes: 'INTERNAL REPRESENTATION', 'STATE', and 'PHYSIOLOGY'. An arrow labeled 'BEHAVIOR' exits from the bottom right of the head.

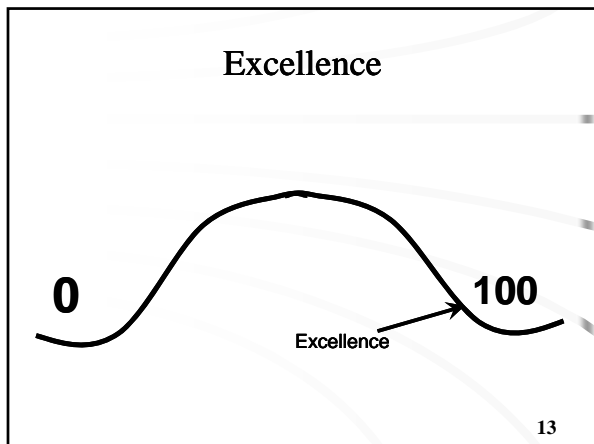
6



- ### Responsibility for Change
- Close the Eyes
 - Relax the muscles around the eyes
 - SO they are so relaxed you can't relax them any more
 - Holding on to the Relaxation
 - Test them and make sure you can't open them
- 10

- ### Responsibility for Value
- When you buy a Blender
 - When you buy a Car
 - When you go out to Dinner
 - When you purchase a Service
 - and ... When you take a Training
- 11





- FasTrak*
NLP Trainings
- NLP Practitioner Training
 - Master Practitioner Training
 - NLP Trainer's Training
 - NLP Master Trainer's Development Program
- 14

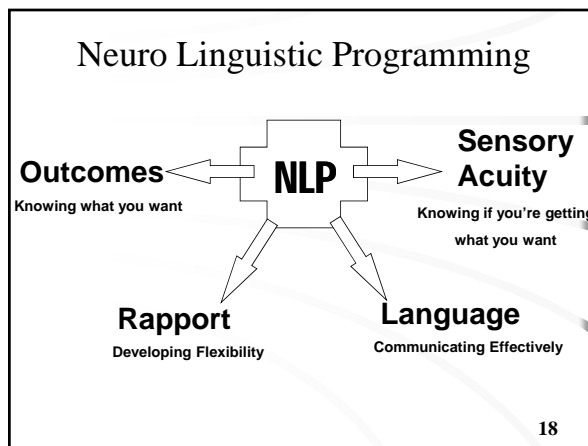
- Ancient Huna**
- FasTrak*
Huna Trainings
- Huna Haumana -- Basic Energy Healing
 - Huna Ho'omaka -- La'au Kahea
 - Huna Alaka'i -- Advanced La'au Kahea
 - Huna Ho'omanaloa Development Program
- 15

My Goals for the Training

- Make them so **BIG** that, if you got them, then this would be the most important training you had ever taken!!!

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- Operating Agreements**
- Talk only front to back
 - Be on time
 - Do all exercises to the best of your Ability
 - Not practice what you know
 - If Need Tasking
 - Only NLP even if you know other things
 - This is an Intensive Training
 - Keep Distractions to a Minimum
 - Highly monitored by Assistants
 - If you have a problem about something or with someone in this training talk only to someone who can do something about it
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Principles for Success

- Know Your Outcome
- Take Action
- Have Sensory Acuity
- Have Behavioral Flexibility
- Operate from a Physiology & Psychology of Excellence

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Achieving Outcomes

- Positively Stated
- Evidence Procedure
- Congruently Desirable
- Self-initiated and Maintained
- Appropriately Contextualized
- What Resources Are Needed
- Ecological

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NLP Presuppositions

- Respect for the other person's model of the world!
- The meaning of communication is the response you get.
- The mind and the body affect each other.
- The words we use are NOT the event or the item they represent.
- The most important information about a person is that person's behavior

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NLP Presuppositions

- Behavior is geared for adaptation, and present behavior is the best choice available.
- A person's behavior is not who they are. (accept the person, change the behavior)
- There are no unresourceful people, only unresourceful states.
- I am in charge of my mind, and therefore my results.

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NLP Presuppositions

- The system (person) with the most flexibility of behavior will control the system.
- There is no failure, only feedback.
- There are no resistant clients, only inflexible communicators.
- Behavior & change are to be evaluated in terms of context, and ecology.
- All procedures should increase wholeness.

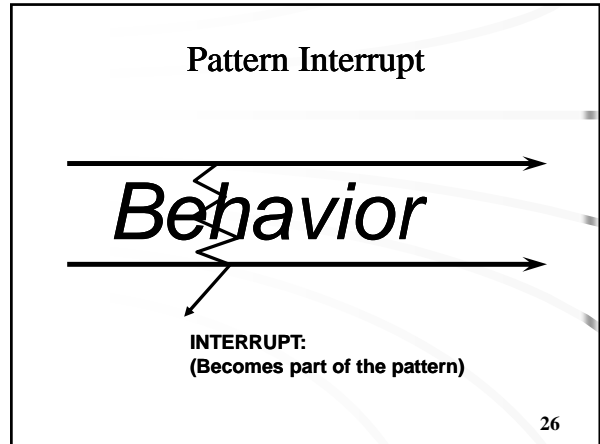
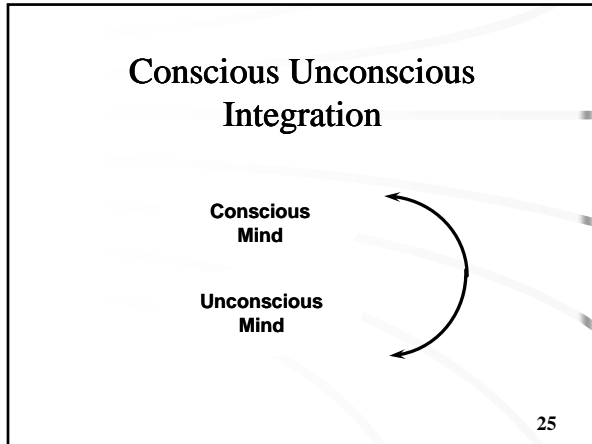
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All.....

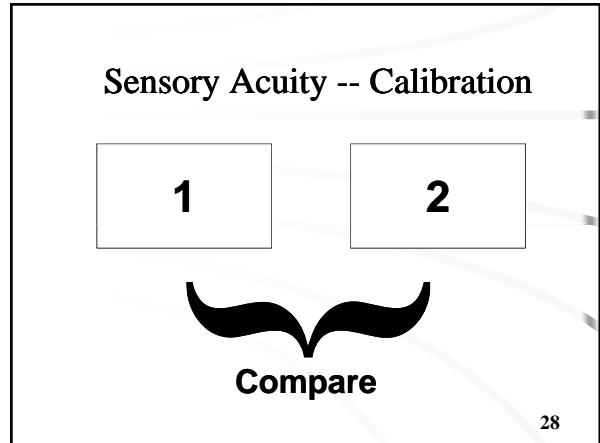
- Learning
- Behavior
- Change

.....Is Unconscious

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- ### Sensory Acuity
- Skin Color
 - Skin Tonus
 - Breathing
 - Lower Lip Size
 - Eyes
- 27



- ### Do Our Questions Affect SMD's?
- A: (the Client) States Outcome
- B: (Asks Client) "Think of your outcome"
- C: (Asks Client) "When you think of that do you have a picture?"
(Elicit the SMD's)
- B: Asks question
(Client does NOT answer)
- C: "How has the Picture Changed?"
(Client answers)
- 29

- ### The Basis of All Exercises
- A: Client
 - B: Practitioner
 - C: Observer
- #### Feedback Sandwich
- Within 5 Minutes
- What Was Right
- What Needs Improvement
- Overall What Was Right
- 30

Rapport

- Posture, Gestures
- Facial Expressions, Blinking
- Breathing
- Voice -- Tone, Tempo, Timbre, Volume
- Predicates -- V, A, K, Ad
- Key Words

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Voice Matching

- Tone
- Tempo
- Timbre
- Volume

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The 4 Indicators of Rapport

- Internal Feeling
- Color Change
- They Say Something (Optional).....
- Leading

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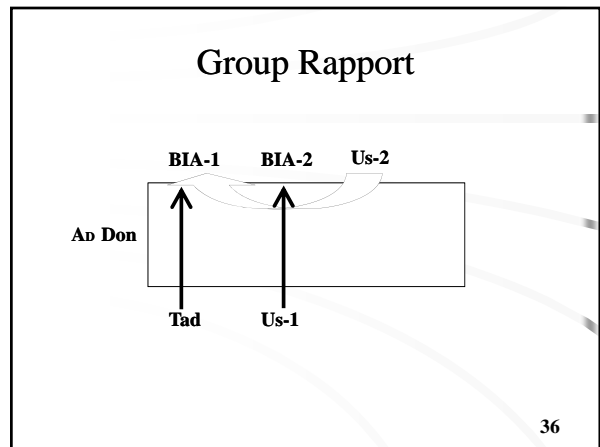
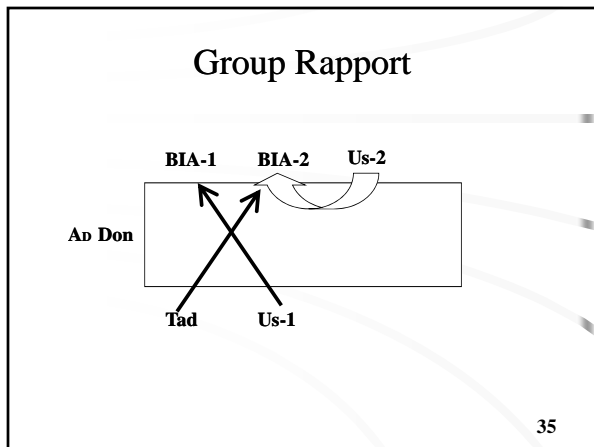
Covert Anchoring

First: Rapport

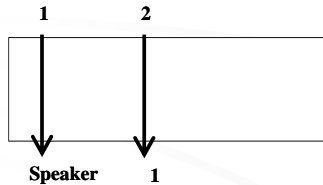
- Like
- Dislike
- Knows Answers
- Not Know Answers

Condition Anchors

Influence 34



Group Rapport Exercise



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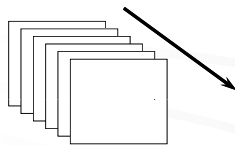
Remember!

Whenever you are doing NLP.....

“Say it the way you want it!”

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Change



Is the order and sequence of the Internal Representations

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Homework

- Tonight
 - Read Pg 91-109 Model of Communication, Modalities, Etc
 - Chapter 3 of Magic of NLP Demystified
- Tomorrow Night
 - Strategies
- Tomorrow We Cover: Metaphors, Meta Model, Smd's & Anchoring

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Linguistic Presuppositions

- Existence
- Possibility (Impossibility)
- Cause-Effect
- Complex Equivalence
- Awareness
- Time
- Adjective/Adverb
- Inclusive/Exclusive OR
- Ordinal

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Hierarchy of Ideas

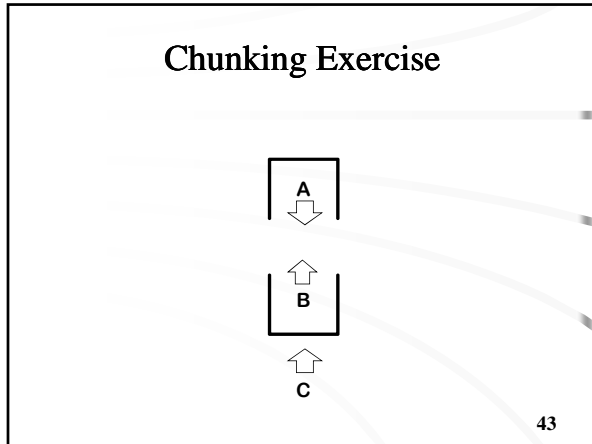
Chunking Up

- For what purpose...
- What is the intention...
- What is this an example of...

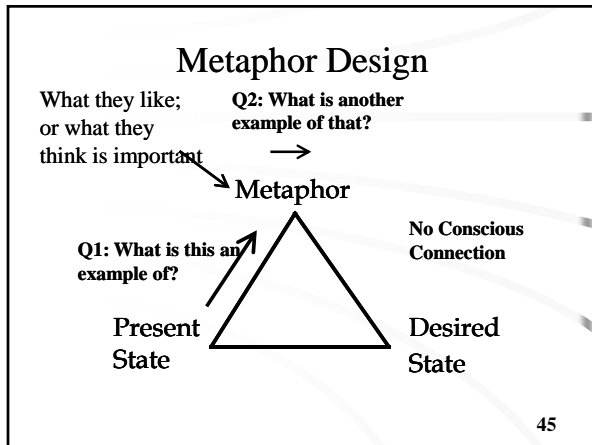
Chunking Down

- What or Whom Specifically
- What are examples of this?

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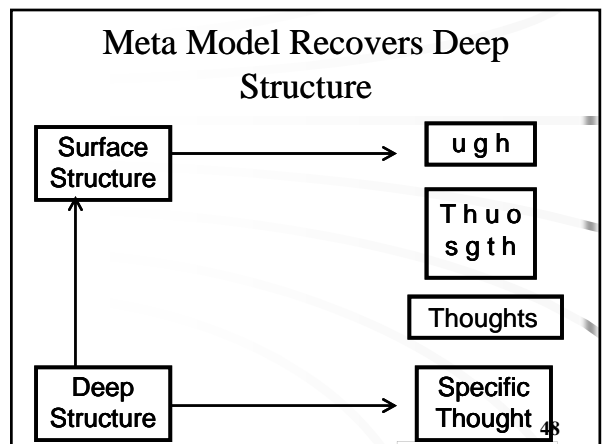


- ### Milton Model
- Mind Reads
 - Lost Performative
 - Cause & Effect
 - Complex Equivalence
 - Presuppositions
 - Universal Quantifiers
 - Modal Operators
 - Nominalizations
 - Unspecified Verbs
 - Tag Questions
 - Lack of Referential Index
 - Comparative Deletions
 - Pacing Current Experience
 - Double Binds
 - Conversational Postulates
 - Extended Quotes
 - Selectional Restriction Violation
 - Ambiguity
 - Utilization
- 44



- ### Making Metaphors Work States Elicited
- Is it Pure?
 - Is it yours? Do you OWN it?
 - Are you congruent about it?
 - Does it have Passion?
 - Are you truly excited about it?
 - Does it bring to life your self expression?
 - Are you associated to it?
- 46

- ### Making Metaphors Work
- 1. Present State
 - 2. Desired State
 - 3. What Prevents You?
 - 4. What's of Interest, or Value to You? What's Important to you?
 - 5. Metaphor: Bridge the Gap to New Resources
- 47



Meta Model Questions

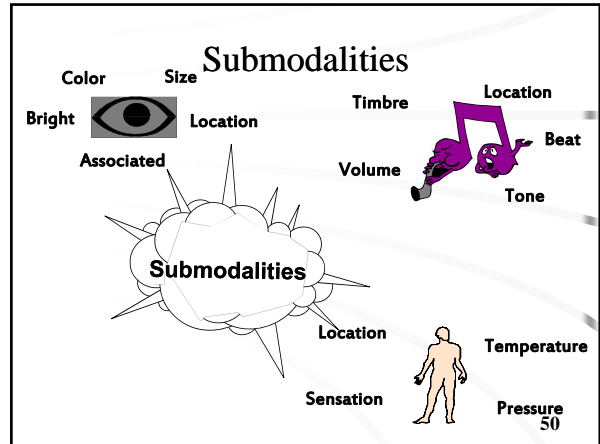
- Mind Reads
- Lost Performative
- Cause & Effect
- Complex Equivalence
- Presuppositions
- Universal Quantifiers
- Modal Operators
- Nominalizations (Just Denominalize)
- Unspecified Verbs
- Lack of Referential Index
- Deletions

How?

What would happen if...

Who or What specifically?

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Making SubModalities Produce Results

Drivers

- Contrastive Analysis
- The Difference that Makes a Difference
- When One Changes, All Change
- Location & Assoc/Dissoc Often Drivers

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Making SubModalities Produce Results

Universals

- Generalized Experience
- w/ Lots of Meanings
- Evoke a Universal Experience
- Belief -- No Longer True
- Sun Coming Up Tomorrow
- Stop Light, Go Light

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Drivers from Contrastive Analysis

<ul style="list-style-type: none"> • Color • Near • Associated • Center 	<ul style="list-style-type: none"> • Color • Near • Dissociated • Up Right

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Like to Dislike Change

- Elicit #1 & #2
- Change the Smd's of #1 to #2
- Test

1

→

2

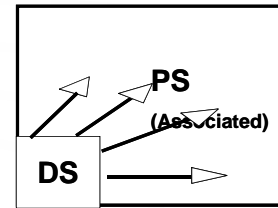
54

Homework

- Tonight
 - Strategies
- Tomorrow Night
 - Read Time Line Therapy Sec 1 & 2
- Tomorrow We Cover: Anchoring, Strategies

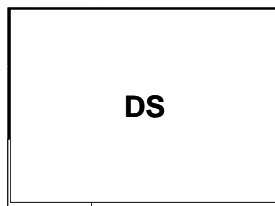
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Swish Pattern



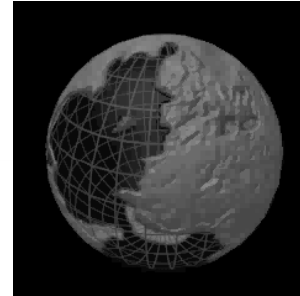
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Swish Pattern



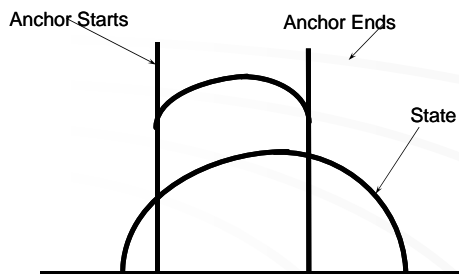
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Transform the Planet!



Are you prepared to participate?

Anchoring

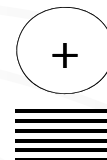


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Anchoring

- Stacking Anchors

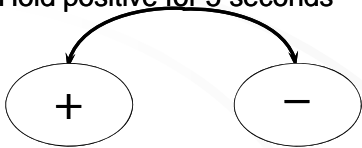
All in the same place



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Collapse Anchors

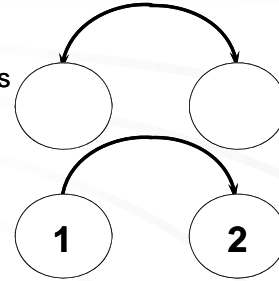
- Decide + & - states
- Get into each state
- Stack + states, & test + anchor
- Anchor - state
- Press +/- anchors--hold 'till complete
- Release negative one first
- Hold positive for 5 seconds



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Anchoring

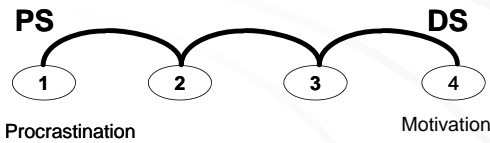
- Collapse Anchors
Simultaneous
- Chain Anchors
Sequential



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Chaining Anchors

- Elicit all states and anchor
- Test
- Chain 1 to 2 to 3 to 4



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Chain Design

- Decide the First & Last State
- Criteria for Intermediate States
 - Toward -or- Away From?
 - Same Logical Type
 - The Next State Must Have Movement!!
 - What Will Be a Sufficiently Intense State to Move the Chain onto the Next State?
 - Second to Last State Should Be Toward.
 - The State Should Be Self-Initiated.
 - The State should NOT be how they already do it

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Strategies

The Order and Sequence of the Internal & External Representations that Produce a Specific Result.

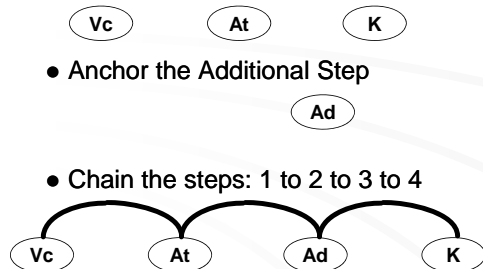


You could design the greatest strategy, but if you don't get the trigger, the strategy won't ever get set off!

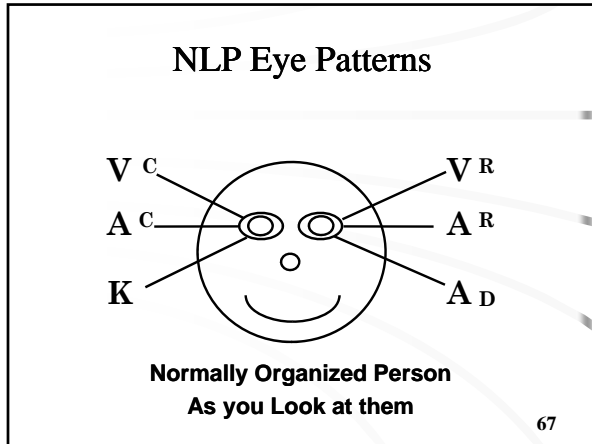
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Installing a Strategy

- Elicit all the steps & anchor them
- Anchor the Additional Step



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- ### Auditory Distinctions
- A_D-- Is usually your own voice, and probably relates to criteria, and or price
 - A_t -- Is often someone else's voice such as your Mom's, etc.
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- ### Some Types of Strategies
- General Buying Strategies**
- Motivation
 - Decision
 - Convincer
 - Reassurance
- Love Strategies**
- Attraction
 - Recognizing Attraction
 - Deep Love
- 69

- ### Subject's Strategy Notated for you to fill in...
- Decision
 - Motivation
 - Reassurance
- 70

- ### Reframing
- Context**
- Comparative Deletion**
- Change the Context and Change the meaning of the Behavior
 - What is another context for this behavior where the meaning will be different?
- B

B
- 71

- ### Reframing
- Meaning (C>E,CEq)**
- Change the Content or the Meaning of the Behavior and Change the Meaning
 - What is an Opposite Frame Which Will Change the Meaning?
- B

B
- 72

Reframing

<p>Context</p> <p>Comparative Deletion</p> <ul style="list-style-type: none"> ● Change the Context and Change the meaning of the Behavior ● What is another context for this behavior where the meaning will be different? 	<p>Meaning (C>E,CEq)</p> <ul style="list-style-type: none"> ● Change the Content or the Meaning of the Behavior and Change the Meaning ● What is an Opposite Content Which Will Change the Meaning?
--	---

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Reframing

- Now, what made these reframes work?

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Parts

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Parts Integration

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Parts Integration

- Identify the conflict and the parts involved
- Have the Part which represents the unwanted state or behavior come out on the hand first
- Elicit the “Opposite Number” or the “Flip Side of the Coin” to come out on the other hand
- Make sure that the Client has a V-A-K image of each part
- Separate intention from behavior

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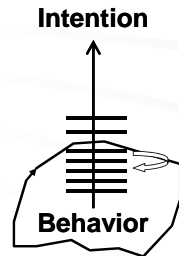
Parts Integration

- Separate intention from behavior
 - a) Reframe each part so that they realize that they actually have the same intention by chunking up — ask, “What is the intention ...” or “For what purpose ...”
 - b) What resources or attributes does each part have that the other part would like to have?

(When the hands start coming together point it out to the client.)

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Parts Integration



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Parts Integration

- Separate intention from behavior (cont.)
- c) Now, have the parts notice they were once part of a larger whole.
- d) Ask for other parts that were also once part of the larger whole. Have them join in the integration.

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Parts Integration

- If the hands do not come together automatically:
 - a) Create (visualize) a third part with the combined resources of each part.
 - b) Place this third image in between the other two images.
 - c) Create a series of visual images representing the metamorphosis or transition from each part to the central image.

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Parts Integration

- Bring the hands together & have internal images merge
- Take the integrated part inside.
- (Optional) Suggest a "Super Part".
- Test & future pace.
- (Optional) If needed, take the new "Super Part" on Time Line and release any emotion, decision from the past relative to the Presenting Problem.

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Ongoing Support

We offer ongoing support on e-mail for graduates of our trainings.

- **World Wide Web:**

www.nlpcoaching.com/
www.ancienthuna.com

- **E-Mail:** support@nlpcoaching.com

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