

NLP Practitioner Curriculum – EANLP



Participant Requirements

- Emotional stability
- Technical equipment suitable for online participation

Trainer Qualification

- Lead trainer certified by ARONLP, DVNLP Lehrtrainer, IANLP Fellow Member Trainer or equivalent

Duration

Mandatory training duration: 135 or more training hours (excluding breaks longer than 30 minutes), including assessment, distributed over 18 or more training days.

Optional supervision: 15 hours of individual or group supervision during the training program and/or following the assessment.

Implementation

- **At least 80% of the training must be delivered by a certified NLP lead trainer.**
- Up to **20% of the training** may be delivered by another trainer **under the supervision of a certified NLP lead trainer** (ARONLP Master Trainer or equivalent).
- As a supplementary teaching method, up to one third of the minimum training time may be delivered as synchronous online training.
- Synchronous online training requires full visual and audio participation of all attendees. All participants must be able to see, hear, and interact with one another.

Group Size

- A training group must consist of at least six participants.

Assistance

- One assistant with at least an NLP Practitioner certification (ARONLP or equivalent) is recommended for every nine participants and mandatory for every twelve participants.
- If synchronous online training is used in a blended or hybrid format, the assistant must have adequate digital competencies to support technical setup and troubleshooting.

Core Skills and Assessment Criteria for NLP Practitioners

- The NLP Practitioner understands and progressively integrates the presuppositions of NLP.
- They are familiar with the core content, skills, techniques, patterns, methods, and concepts of NLP and can apply them effectively in practice.
- Key competencies include the ability to build rapport, clear goal setting, perceptual accuracy, flexibility, resource-oriented and ecologically sound actions.
- The Practitioner has experienced the core content from at least three perceptual positions: as observer, companion, and participant.

Minimum Content Overview

1. Building and maintaining rapport
2. Pacing and leading
3. Calibration
4. Representational systems
5. Differentiating perception from interpretation
6. The Meta Model of language
7. The Milton Model
8. Detecting and inducing up-time and down-time states
9. Creating spoken metaphors in different representational systems
10. Defining well-formed outcomes
11. Reframing: contrast frame, relevance frame, "as if" frame, backtracking
12. Anchoring: VAKOG
13. Sensory-based feedback (active and passive)
14. Goal-directed perception of internal and external processes
15. Association, dissociation; first, second, and third positions; Meta position
16. Submodalities
17. (Neuro-)Logical levels
18. Ecological, goal-oriented resource management
19. Context and meaning reframing
20. Strategies: detection, elicitation, application, installation
21. Timeline formats (e.g. Change History, Timeline)

Various NLP techniques (e.g. Swish, anchor collapsing, 6-Step Reframing, etc.) are considered practical applications of the above methods and are therefore not listed separately.

Written Assessment – NLP Practitioner

A mandatory written test is required to assess the understanding and integration of the course content, ensuring training quality. The test must demonstrate the following:

1. NLP axioms can be recalled and explained in the participant's own words.
2. Criteria for well-formed outcomes are known.
3. Rapport parameters are understood.
4. Effective anchoring criteria are recognized.
5. Representational systems can be explained.
6. Meta Model categories are known and appropriate questions can be formulated.
7. The Milton Model and its effects can be explained.
8. Time-related formats can be explained.
9. Strategy formats are known.
10. Submodalities can be identified and explained.
11. Logical levels can be described.
12. Perceptual positions, association and dissociation can be described.
13. A selected format can be demonstrated.
14. The terms "Ecology" and "Future Pace" are clearly understood.

The structure and content of the written test are at the discretion of the certified NLP lead trainer. Test materials must be archived for 3 years. During this time, ARONLP's Training and Quality Assurance Committee may request the archive in whole or in part for review.

Practical Assessment – NLP Practitioner

The design and content of the practical test are at the discretion of the certified NLP lead trainer and should reflect the participants' life and professional experience.

The practical evaluation gives graduates the opportunity to demonstrate the behavioral integration of NLP principles and techniques, including: eliciting problems and goals, rapport, perceptual skills, flexibility, and sensory feedback.

NLP Practitioner Certificate Content

The ARONLP NLP Practitioner certificate must include the following details:

1. Statement of compliance with ARONLP standards
2. ARONLP seal
3. Total duration of the training in days and hours, specifying online and in-person components
4. Calendar dates of the first and last training days
5. Signature of the certified NLP lead trainer
6. Title: NLP Practitioner ARONLP