

KOUČING EDUKACIJE SA IMPLEMENTIRANIM ELEMENTIMA PSIHOTERAPIJE

Nove edukacije veština, metoda i alata, za postizanje višeg nivoa rada u koučingu sa implementiranim elementima psihoterapije. U svom programu sadrže kompleksnije metode iz NLP-a, transakcione analize, geštalta, psihodrame... i drugih različitih pravaca humanističke psihologije.

OSNOVNI PSIHO KOUČ, ICI - Bazni koučing sa implementiranim elementima psihoterapije - 8 dana/60 sati. Preduslov pohađanja treninga: NLP Practitioner, IN - 130h/18 dana, Coach, ICI - 90 sati/12 dana.

SADRŽAJ PROGRAMA - 8 dana, 60 sati, 3 modula.

Prvi modul - 20 sati

- **MINIMAKS METODE** - Minimalne intervencije pomoću kojih se postižu maksimalni efekti.
 1. PRE... NEKADA... DO SADA...
 2. HOĆEŠ LI... MOŽEŠ LI... IMAŠ LI...KAKO BI...?
 3. NEGO?
 4. UVEK ?
 5. TO JE KAO...? TVOJ PROBLEM MOŽEŠ UPOREDITI SA...?
 6. NADAM SE DA NIJE NIŠTA LOŠE.
 7. JOŠ NE... NIJE... JOŠ NISI NAŠAO NAČIN... REŠENJE... PRAVI PUT... MOGUĆNOST.
 8. KO, ŠTA, ČIJI, KOJI, ČIME, KAKO, IMAŠ LI...?
- **PERSPEKTIVA OBLAKA.**
- **EGO STANJA.**
- **DRAMA TROUGAO.**
- **POKRETAČI I KOČNICE.**

Drugi modul - 20 sati

- **MODEL UNUTRAŠNJIH DELOVA.**
- **VISUAL SQASH.**
- **NESVESNI ŽIVOTNI PLAN SKRIPT.**
- **TREZOR TEHNIKA.**
- **PROCES ŽALOVANJA, TUGOVANJE.**

Treći modul - 20 sati

- **IMPAKT TEHNIKE** - Brze tehnike čiji je cilj usmeravanje pažnje klijenta na neke njegove probleme. Uključivanjem više čula postiže se intenzivniji doživljaj. Potrebno je vreme za promenu i rezultat je novi način posmatranja, promena perceptualne pozicije.
 1. **SLAGALICA (PUZZLE).**
 2. **IMAGINARNA TEŽINA.**
 3. **VREDNOST.**
 4. **ČIVILUK.**
 5. **RASPODELA ŽIVOTNE ENERGIJE.**
 6. **EMOTIVNA ODLUKA.**
 7. **KOTERAPEUT.**
 8. **TEHNIKA DONOŠENJA ODLUKA.**
 9. **VRTETI SE U KRUG.**
 10. **PRAZNA STOLICA**
 11. **RACIONALNA I NEUTRALNA STOLICA.**
 12. **SUNĐER.**
 13. **PRAZNE STOLICE.**
 14. **PEPSI.**
 15. **NEPRIJATELJSKI ODNOS.**
 16. **VREMENSKI PROGRES**

- **OVA MALA STVAR METODE VIZUALIZACIJE ZA ZDRAVLJE**
- **TEHNIKA IMUNOLOŠKOG SISTEMA**

SERTIFIKACIJA

1. Obavezno prisustvo na svim modulima
2. 10 dokumentovanih koučing sesija (5 kao kouč, 5 kao klijent)
3. Snimljena video sesija rada sa klijentom
4. Dokumentovan rad u peer grupama 5 sati
5. Pismena provera znanja
6. Javna koučing sesija pred grupom
7. Obavezna nalepnica ICI.

Autori programa
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EDUCATION COACHING WITH IMPLEMENTED ELEMENTS OF PSYCHOTHERAPY

New education skills, methods and tools, to achieve a higher level of work in coaching with implemented elements of psychotherapy. In their program, they include more complex methods from NLP, transactional analysis, gestalt, psychodrama... and other different directions of humanistic psychology.

BASIC PSYCHO COACH, ICI - Basic coaching with implemented elements of psychotherapy - 8 days/60 hours. Prerequisite for attending the training: NLP Practitioner, IN - 130 hours/18 days, Coach, ICI - 90 hours/12

PROGRAM CONTENT - 8 days, 60 hours, 3 module.

First module - 20 hours.

- **MINIMAX METHODS** - Minimal interventions that achieve maximum effects.
 1. BEFORE... ONCE... UNTIL NOW...
 2. WILL YOU... CAN... HAVE... HOW WOULD...?
 3. BUT?
 4. ALWAYS?
 5. IT'S LIKE...? CAN YOU COMPARE YOUR PROBLEM TO...?
 6. I HOPE IT'S NOTHING BAD.
 7. NOT YET...YET...YOU HAVE NOT YET FOUND THE WAY...THE SOLUTION...THE RIGHT WAY...THE POSSIBILITY.
 8. WHO, WHAT, WHOSE, WHICH, WHAT, HOW, DO YOU HAVE...?
- **CLOUD PERSPECTIVE.**
- **EGO STATE.**
- **DRAMA TRIANGLE.**
- **STARTERS AND BRAKES.**

Second module - 20 hours.

- **INTERNAL PARTS MODEL.**
- **VISUAL SQUASH.**
- **UNCONSCIOUS LIFE PLAN SCRIPT.**
- **TECHNICAL TREASURY.**
- **MOURNING PROCESS, GRIEVING.**

Third module - 20 hours

- **IMPACT TECHNIQUES** - Quick techniques aimed at directing the client's attention to some of his problems. By involving more senses, a more intense experience is achieved. It takes time to change and the result is a new way of observing, a change in perceptual position.
 1. PUZZLE.
 2. IMAGINE WEIGHT.
 3. VALUE.
 4. CHIVILUK.
 5. DISTRIBUTION OF LIFE ENERGY.
 6. EMOTIONAL DECISION.
 7. CO-THERAPIST.
 8. DECISION MAKING TECHNIQUE.
 9. GO IN A CIRCLE.
 10. EMPTY CHAIR
 11. RATIONAL AND NEUTRAL CHAIR.
 12. SPONGE.
 13. EMPTY CHAIRS.
 14. PEPSI.
 15. HOSTILE RELATIONSHIP.
 16. TIME PROGRESS
- **THIS LITTLE THING VISUALIZATION METHODS FOR HEALTH.**
- **IMMUNOLOGY SYSTEM TECHNIQUE.**

CERTIFICATION

1. Mandatory attendance at all modules
2. 10 documented coaching sessions (5 as a coach, 5 as a client)
3. Recorded video session of work with the client

4. Documented work in peer groups 5 hours
5. Written knowledge test
6. Public coaching session in front of the group
7. Mandatory ICI stamps.

Authors of the program

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