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The third level of the psychosomatics program is designed for coaches who want to work with clients on their issues and problems related to psychosomatics. A prerequisite for participation is the completion of the accredited NLP Practitioner IN (130h) and Coach, ICI (90h).

The third level of psychosomatics training lasts 60 hours and is conducted through 3 three-day weekend modules online live, involving knowledge transfer, learning techniques, demonstration, and exercises.

FIRST MODULE - 20 hours

- *BODY AWARENESS AND BODY SCANNING*
- *EMOTIONAL RELEASE TECHNIQUE*
- *TALKING TO THE SYMPTOM*
- *HEALTH SCREEN*
- *WORKING ON PROGNOSTIC BELIEFS*
- *FORGIVENESS PROCESS*
- *BODY PAINTING*

SECOND MODULE - 20 hours

- *"STOP" TECHNIQUE*
- *ANTISTRESS TECHNIQUES*
- *"PARTS PARTY" OF SYMPTOMS*
- *"EMOTIONAL STAR"*
- *FIVE PILLARS OF IDENTITY*
- *"SUNGLASSES" TECHNIQUE*

THIRD MODULE - 20 hours

- *PSYCHOGEOMETRY*
- *MIND-BODY MEDICINE*
- *METAPHORS IN PSYCHOSOMATICS*
- *GUIDED VISUALIZATION*

- *MILTON'S STORY FOR PSYCHOSOMATICS*
- *PRINCIPLES OF MINDFUL LIVING AND PSYCHOSOMATICS*
- *"PERMA" METHOD*

Certification:

- Attendance at the training;
- Written knowledge test;
- Written 10 coaching sessions (5 as coach and 5 as client);
- Recorded video session working with a client;
- Written profile of a psychosomatics coach;
- Certificate with ICI stamp, Berlin.

Upon completion and certification, an accredited certificate is awarded - **PSYCHOSOMATICS COACH, ICI** (total of 280 hours).

Program Author and Educator

Dr Vesna Danilovac