

Certified Courses and Training Online and Groups

- Integrative Psychotherapy
- NLP Practitioner
- NLP Master Practitioner
- Systemic Coaching

1. Integrative Psychotherapy

The definition of integrative Psychotherapy embraces an attitude towards the practice of psychotherapy that affirms the inherent value of each individual. It is a combining psychotherapy that responds appropriately and effectively to the person at the affective, behavioural, cognitive, and physiological levels of functioning and addresses as well the spiritual dimension of life.

The term "integrative" of Integrative Psychotherapy has a number of meanings. It refers to the process of integrating the personality: taking disowned, unaware, or unresolved aspects of the self and making them part of a cohesive personality, reducing the use of defence mechanisms that inhibit spontaneity and limit flexibility in problem solving, health maintenance, and relating to people, and re-engaging the world with full contact. It is the process of making whole. Through integration, it becomes possible for people to face each moment openly and freshly without the protection of a pre-formed opinion, position, attitude, or expectation.

Integrative Psychotherapy also refers to the bringing together of the affective, cognitive, behavioural, and physiological systems within a person, with an awareness of the social and transpersonal aspects of the systems surrounding the person. These concepts are utilized within a perspective of human development in which each phase of life presents heightened developmental tasks, need sensitivities, crises and opportunities for new learning.

Integrative Psychotherapy takes into account many views of human functioning. The approaches related to Integrative Psychotherapy are:

- psychodynamic
- client-centred
- behaviourist,
- cognitive,
- family therapy,
- Gestalt therapy,
- body-psychotherapies,
- object relations theories,
- psychoanalytic self-psychology,
- transactional analysis

Techniques below are included into the approaches above.

- Hypnotherapy
- Neuro-Linguistic Programming
- Group Therapy
- Life & Business Coaching
- Humanistic
- Existential Therapy
- Family Constellation

Approaches are all considered within a dynamic systems perspective. Each provides a partial explanation of behaviour and each is enhanced when selectively integrated with other aspects of the therapist's approach. The psychotherapy interventions used in Integrative Psychotherapy are based on developmental research and theories describing the self-protective defences used when there are interruptions in normal development.

The aim of an integrative psychotherapy is to facilitate wholeness such that the quality of the person's being and functioning in the intrapsychic, interpersonal and socio-political space is maximized with due regard for each individual's own personal limits and external constraints.

Within this framework it is recognized that integration is a process to which therapists also need to commit themselves. Thus, there is a focus on the personal integration of therapists. However, although a focus on personal growth in the therapist is essential, there needs also to be a commitment to the pursuit of knowledge in the area of psychotherapy and its related fields. There is a particular ethical obligation on integrative psychotherapists to dialogue with colleagues of diverse orientations and to remain informed of developments in the field.

NLP Certified Courses

Become your own NLP Coach for life!

Certification NLP Practitioner and Master Practitioner.

OBJECTIVES:

The Neuro linguistic Program is a powerful tool for professional and personal fulfilment. You've done something with such efficiency as to be impressed? The Neuro teaches us to understand and model our successes so that we can repeat them. It is a tool to discover and reveal our geniality. The more we know, the more we are prepared to meet the challenges of a globalized world.

The competitive advantage is no longer what is done, or even depend only on the technical ability to solve a problem, but how it's done, ie, what is the emotional preparation necessary to overcome any challenge.

BENEFITS OF THE COURSE:

Self-knowledge and the improvement in interpersonal communication. Getting the best individually and collectively results, facilitating the achievement of common goals. Fixing the essential goals for self-development and ways to achieve them.

The NLP course is one of the steps toward mastery in the process of direct programming of the conscious mind to self- development, goal's achievement, develop new skills and achieve excellence achievement. Whatever the area, the neurolinguistic can provide fantastic gains, through teaching the latest techniques to improve communication, personal relationships, and individual productivity and teams.

Program: WHAT YOU WILL LEARN ON THE NLP COURSES

- Gain the vital edge at work to make you a more powerful communicator
- History of NLP and its development in the world.
- Master your own emotions so that you can handle all eventualities easily
- Enhance your personal relationships
- Develop "instant confidence" and motivate yourself and others
- Use language with greater precision and elegance
- Discover your true potential
- Create better and more satisfying emotional relationships.

- The very latest applications and developments in NLP
- The spirit and attitude of NLP which drive the techniques
- Unconscious behavioral competence in the 'basics'
- Advanced unconscious installation
- Extremely highly skilled communication
- Specific patterns and filters that allow you to create your own NLP technique
- The structure of the mind: learning, action, reaction, non-verbal language
- The non-verbal language: calibration and sensory acuity
- The Representational Channels: Visual, auditory and kinaesthetic
- The Ways of seeing the world according to their perceptual filters and Maps
- How to create and maintain rapport

PROGRAM:

AUDIENCE:

Teachers, counsellors and supervisors, executives, consultants, professionals, sales and promotions, psychologists, HR firms, attendants, therapists, coaches, people who want invest in personal growth.

IMPROVE YOUR SELF-ESTEEM AND IMPROVE YOUR LIFE

OBJECTIVES:

Raising self-esteem of man, the feasibility of breaking paradigms, develop emotional intelligence and instincts. With this, arousal, rescue and apply conditions to a better life and happy in the professional and personal, using techniques of psychology and NeuroLinguistic Programming (NLP). It is a dynamic and practical course which invites participants to deep reflection and understanding of how to create or prevent the implementation of their own happiness and success.

PROGRAM: Self-esteem related to love, dreams, desires, fears, shyness, and various behaviours the theories, reflection, dynamic and movie. The behaviour: the human family society work.

Concepts of the practical application of NLP (neurolinguistic programming) in order to achieve personal and professional goals.

Discuss the concepts, beliefs and values related to self-esteem to allow the clarification of ideas. Train the skills for developing self-esteem. Discover the ways to improve self-esteem to the achievement of objectives. The filters that govern our decisions. The human needs that make us feel alive and make us feel fulfilled. The formation of beliefs and values in our lives.

AUDIENCE:

People who want to reach your goals. The course is intended for all audiences with the interest of improvement and learning, using techniques of psychology and NLP.

Training for MOTIVATION AND LEADERSHIP

Perhaps the greatest driving force for achieving our objectives is the power to keep us motivated. However, there are moments in our lives where we realize that we lack a feature that we maintain this state of motivation. We lack self-esteem to believe that we can take a step toward success and happiness.

OBJECTIVES:

This training gives the participant the opportunity to get in touch with your inner self, allowing the discovery of powerful features able to access these states of motivation and leadership when needed.

PROGRAM:

Motivation and disposition: the difference between failure and success.

Learning How to use your own resources to acquire more skills.

Develop the capacity for self-motivation.

The difference between the simple optimism and enthusiasm. Optimism: think things will work.

Enthusiasm: making things happen and work for you.

Instruments to develop the mental excitement. The role of the Leader. Commitment of Leadership.

The Leadership Styles.

The Effectiveness of Styles.

The commitment of the group.

The productivity.

The Collaboration. Development of subordinates, the maturity of subordinates.

AUDIENCE:

People who want to achieve their personal or professional goals and not motivated to this or are looking for more motivation. Professionals who want to invest in their career, motivating employees to feel more able and happy in their professional and family. Research shows that there is a huge correlation between job satisfactions with satisfaction employee's personal life satisfaction. These studies also show that productivity is related to job satisfaction and life satisfaction. So treat, support and train your employees is one way to achieve success for your company and your employees.

The leader transform strong, making the others become stronger.

OBJECTIVES:

Assign the form of a stimulus and monitoring, long-term, tailored to the personal development needs. Monitoring professional people in different professions and backgrounds. Contribution to the configuration of systems of work and education. Contribution to the stability and continued development of professional procedure. Promotion for the motivation, performance, communication skills and success by leveraging the skills and knowledge common coach and client.

Measure the innovative development of human resources and means of developing the learning capacity of a company. Achieving the goals, increase skills, resolve conflicts, overcome obstacles and crises, health etc..

According to the interests of the participants:

Maintain the resources, capabilities to discover, develop competences;

Relationship and partnership;

Identification of the mission;

Planning for life.

PROGRAM:

ART IN LEARNING

Power to transform information into knowledge, new habits and practices, new quality of life and that will change the foundation of human relationships. We are in the "Knowledge Age" toward the "Age of Consciousness" and those who are ready and willing to learn, change and evolve will come out ahead.

Learning to learn is the great transformation pedagogical and andragogical methodology. Be open to new and forget the old concepts, paradigms and habits is a great personal challenge for each of us.

OBJECTIVES:

The course LEARN THE ART IN provides tools for educators such as: Knowing how the process of learning takes place and through this knowledge to expand consciousness and therefore our ability as human beings.

Meet the innovative techniques of neuroscience that facilitates and accelerates the learning (eg mindmap, NLP and others).

Learning to speak the language of the young child to increase learning opportunities.

Exercising the practical ways how to prepare lessons and activities according to each group and how these lessons will increase the development and motivation of students and professionals.

Learn the ways to hold the attention of the audience (students).

Discover the ways beliefs that block our learning day by day.

What is your attitude toward learning?

It's something you do at certain times before a specific demand? Or is it something that is part of your life? Learning is much more than learning subjects of books or classes. You also learn to live, to change, make adjustments in the way of thinking and acting to have a more fulfilling life.

Even achieving challenging goals to improve the quality of life goes through great learnings. The idea of living as a lifelong learner is to develop toward self-fulfillment, a life project.

PROGRAM: Learning how to Learn - The roots of perception, how you use your filters to understand the world and learning to learn skills you can develop. Learning How to Do - is Much more than just learn to do things is to learn to carry on their projects, to act creatively in the world, make it happen and learn how to adjust with feedback paths.

Learn to Live Together - The ability to understand others, each as a legitimate other, with a genuine empathy, respecting diversity and being able to resolve conflicts of interest between parties.

The Learning to be - and have self-knowledge, cultivating the discovery of creative potential and trying to be consistent with their values and life mission. Yeah, it's much more than learning the alphabet, multiplication tables, the periodic table or the definition of macroeconomics, to name a few.

The following is a list of actions to leverage the powerful learning: It is natural to learn - we all have this ability. Learning is an ongoing process. The most powerful way to learn is to create a goal for the result you want.

Create a vision of the future that you want to help clarify what goals we can make.

Much of the life satisfaction comes from overcoming personal challenges. For the lifelong learner, there is no failure - every result, even negative feedback is simply to learn more.

Systemic Coaching

Systemic Coaching is all about you and helping you to get the results you want and deserve in your personal and professional life, and to ultimately achieve infinite excellence.

Imagine being able to:

- Change, adopt or eliminate behaviours as you desire
- Choose your mental, emotional and physical states at any time!
- Communicate more effectively with anyone you meet and even yourself!
- Access powerful internal resources
- Lead the life you want and deserve!
- NLP coaching can give you this and more!

Have the life you want by having your own tailored personal breakthrough coaching session to kick-start your life. Or maybe even become your own personal coach by becoming certified as Systemic Coach, NLP Practitioner or Master Practitioner.

If you have any questions please submit a query

Personal Coaching Sessions

We work with clients on a one to one basis to create powerful and effective change in their personal and professional life. We do this through a format we call personal breakthrough coaching. This coaching is highly effective, extremely empowering and can be completed in just a few hours over a short space of time.

Sometimes there are blockages or barriers in our life that prevent us from being who we want to be, doing what we want to do, or having what we want to have, either personally or professionally. Breakthrough coaching will help you breakthrough those barriers!

For example:

- Stopping smoking
- Weight loss
- Grief
- Stress
- Phobias
- Relationship problems
- Presentation nerves
- Career advancement
- Lack of confidence or self esteem
- Lack of direction

Whatever it is that is holding you back from having the life you desire we can provide a tailored solution designed to breakthrough and remove the blockages, provide access to new resources and support you in getting the results that can give you a life of infinite excellence.

How does it work?

Initially we will complete a Detailed Personal History, which typically takes 2 hours, depending on the presenting problem.

The next part of the session will be focused on the interventions to remove the blockages and to create access to new resources. This part will also include goal setting, which is critical for achieving successful outcomes in the future.

Duration of a session is very much dependent on the presenting problem, but typically will be 6- 10 hour (sessions) in total.

It is recommended to split the session into parts, with part 1 being the Detailed Personal History.

All sessions will be tailored to the individual needs of the client, not just in terms of interventions but also the number, duration and timing of sessions.

Not all presenting problems will require a full Detailed Personal History, and sessions for these will on average be much shorter than the durations quoted above. Again sessions will be tailored to your own individual needs.

We are here to make your own personal breakthrough session just right for you and you can be guaranteed of our full support, care and attention.

Personal Statement - Giselle Cara

Languages: Portuguese (Native); English (Fluent); Spanish (Fluent); French (Intermediate)

Giselle is committed and can work in demand, confidential environments. Develop her skills effectively in a team and varied settings including leadership abilities. Demonstrates advanced problem-solving skills and thrive under pressure. Drive and ambition ensure a valuable addition to patient and enterprise.

Extensive experience in the field of Psychotherapy, Life/ Business Coach and Counsellor. Including Trainer, Support Groups Facilitator, Consultant and Skills for Human Development. Experience in many different countries. In 2007, I returned to Brazil and set up her own practice, where developed her client base, volunteer services and projects for the community; with which developed a very good and highly professional relationship. The different therapies practiced include: Cognitive Behavioral Therapy, Family Constellation (systemic and organizational), Person Centered Approach, Integrative Therapy, Ericksonian Hypnotherapy, Coaching. Giselle also practiced Intensive Meditation. The services provided are both personal and organizational in nature also individuals and groups. Experience in travelling for work congresses, integrating and respecting different cultures and environments.

Throughout career able to demonstrate time management skills in a variety of ways. Brought projects to conclusion, met deadlines. Last year have not only successfully completed a masters dissertation within the time limit, attended seminars, followed classes, but also given trainings in Brazil, simultaneously, as well as being part of International congress working as Interpreter. Ability to multi-task and be highly organised is a considerable asset. Has given a number of training seminars and presented both nationally and internationally. Giselle has been part of a growing network of people in the field. believes that personal development is thus a crucial factor. Consequently serving the present moment and the future of individuals and systemic groups generation developments. Integrating health, peace and a balanced life.

I am looking forward to hear from you soon

Kind Regards, Giselle Cara