Psychopathology for NLP Master Practitioners

Academic Knowledge Through the Lens of NLP Models

IN NLP Certification Programme
Duration: 20 hours - 10 lectures of 2 hours each.

About the Programme

This programme develops a deeper understanding of personality characteristics, psychopathological phenomena, and patterns in the organisation of subjective experience. It combines an academic overview of psychological and clinical concepts with the instructor's approach to examining these profiles through Neuro-Linguistic Programming models.

The programme focuses on patterns of thinking, emotional responses, perceptions of oneself and others, relationships, and communication. It explores how these characteristics can be described in terms of beliefs, values, internal representations, strategies, metaprogrammes, and language patterns.

The course distinguishes between several levels of description: individual personality traits, character types, clinical disorders, and research constructs. Comparing these perspectives is intended to develop precision in professional thinking and help participants avoid simplistic conclusions about individuals.

Programme Aim

To broaden the professional perspective of NLP Master Practitioners by connecting knowledge of psychopathological profiles with skills for describing subjective experience in a structured way.

Particular attention is given to distinguishing observations from interpretations, developing tentative working hypotheses, ethical communication, and recognising the limits of one's professional competence.

Methodological Approach

Each topic is explored from two related perspectives.

Academic foundations: definitions and historical development of concepts, characteristic psychological features, distinctions between related phenomena, and their status in psychology and clinical practice.

NLP modelling: exploring possible ways of organising experience through beliefs, values, representational systems, submodalities, cognitive and behavioural strategies, metaprogrammes, and language structures.

The NLP descriptions presented are the instructor's conceptual models and tools for generating hypotheses. They are not presented as validated diagnostic profiles or established explanations of the causes of mental disorders.

PROGRAMME CONTENT / LECTURES 1-5

1. Hysteria

Academic foundations. The historical development of the concept of hysteria and its changing meanings. Distinguishing demonstrative personality traits, emotional expressiveness, and the clinical phenomena historically grouped under this term. The need for recognition, patterns of self-presentation, and interpersonal interaction.

NLP models. Exploring representational systems, strategies for obtaining attention and external validation, and beliefs about self-worth. Examining internal images of social recognition and language patterns used to communicate and evoke emotions.

2. Paranoia

Academic foundations. Suspiciousness and vigilance in interpersonal relationships. Distinctions between personality traits, overvalued ideas, and delusional beliefs. Patterns in interpreting other people's intentions and responding to ambiguous information.

NLP models. Exploring threat-related perceptual filters, selective attention, generalisations, and cause-and-effect constructions in language. Examining how beliefs influence interpretations of events. Using the Meta Model to analyse language structures while considering context and the limits of its application.

3. Psychopathy

Academic foundations. Historical and contemporary meanings of the term "psychopathy," including distinctions between its broader use in character typologies and contemporary research approaches. Dissocial traits, empathy, responsibility, adherence to social norms, and relationship patterns.

NLP models. Exploring values hierarchies, decision-making strategies, attention to consequences, and beliefs about other people. Analysing communication strategies, patterns of influence, and respect for personal boundaries.

4. Obsessive-Compulsive Disorder - OCD

Academic foundations. Obsessions and compulsions and their relationship with anxiety and the pursuit of certainty. The cycle of intrusive experiences and rituals. Distinctions between OCD, meticulousness, perfectionism, and obsessive-compulsive personality traits.

NLP models. Describing sequences of internal images, internal dialogue, bodily sensations, and actions. Exploring subjective criteria for certainty, checking strategies, experiences of doubt, and beliefs about responsibility and control.

5. Schizoid Personality Disorder

Academic foundations. Interpersonal detachment, preference for solitude, and patterns of outward emotional expression. Distinctions between schizoid traits, introversion, and schizophrenia. Individual differences in the need for closeness and autonomy.

NLP models. Perceptual positions, internal representations of relationships, and ways of organising psychological distance. Exploring strategies for autonomy, personal boundaries, and beliefs about interacting with others.

PROGRAMME CONTENT / LECTURES 6-10

6. Epileptoid Character

Academic foundations. Epileptoid character as a concept within historical character typologies. Rigidity, orientation towards order and control, experiences of accumulated tension, and responses to disruptions of familiar routines. Distinguishing a characterological description from a neurological diagnosis: this typological term does not imply the presence of epilepsy.

NLP models. Exploring metaprogrammes related to rules and procedures, strategies for maintaining predictability, and beliefs about correctness and fairness. Examining perceptions of change, unmet expectations, and loss of control.

7. Schizophrenia

Academic foundations. Major groups of manifestations: positive and negative symptoms, changes in thinking and perception, and difficulties in everyday functioning. Diversity in the course of the disorder and in individual experiences. The importance of specialist care and respectful, non-stigmatising communication.

NLP models. The possibilities and limitations of describing subjective experience through representations and language structures. Distinguishing a person’s statements, observable manifestations, and the practitioner’s interpretations. Limits of applying NLP models in the context of psychotic disorders.

8. Bipolar Affective Disorder

Academic foundations. Depressive, manic, and hypomanic episodes. Changes in activity, mood, self-appraisal, and everyday functioning. Distinctions between clinical episodes and ordinary fluctuations in mood.

NLP models. Exploring how evaluations, expectations, and strategies vary with a person’s current state. Subjective perceptions of time, the future, goals, risks, and personal capabilities. Distinguishing descriptions of a state from conclusions about the person’s overall personality.

9. Borderline Personality Disorder

Academic foundations. Emotional instability, sensitivity to rejection, difficulties with identity, and interpersonal relationships. Experiences of closeness, distance, and uncertainty. The importance of consistent communication and professional boundaries.

NLP models. Exploring polarised evaluations, shifting representations of oneself and others, and beliefs about closeness and safety. Analysing perceptual positions, meanings attributed to events, and sequences of emotional responses.

10. Dark Empathy

Academic foundations. Dark empathy as a research concept rather than a clinical diagnosis. Examining the combination of empathy with Dark Triad traits. Distinctions between cognitive and affective empathy, understanding another person’s experiences, and responding with compassion.

NLP models. Calibration, perceptual positions, understanding another person’s perspective, and strategies of interpersonal influence. Analysing language patterns and the use of information about another person’s experiences. Ethical limits of influence, respect for autonomy, and personal boundaries.

LEARNING OUTCOMES / INSTRUCTOR / CERTIFICATION

Expected Learning Outcomes

Upon completing the programme, participants will be able to:

• Distinguish the clinical, characterological, and research concepts covered in the programme in terms of their main features and conceptual status.

• Describe patterns of thinking, emotional responses, and communication more precisely, separating observations from interpretations.

• Use NLP concepts to structure descriptions of subjective experience and formulate working hypotheses.

• Recognise the limitations of typologies and account for individual differences.

• Identify the limits of their professional competence and situations requiring the involvement of mental health specialists.

• Consider the ethical dimensions of modelling, communication, and psychological influence.

Intended Participants

The programme is primarily intended for NLP Master Practitioners, NLP Trainers, psychologists, and other helping professionals who wish to deepen their understanding of personality profiles and critically examine the possibilities of describing them through NLP models.

Programme Instructor

Borislav Khomulenko is an NLP Master Trainer and holds an academic degree in psychology. He has taught psychopathology for many years, initially at a higher education institution and subsequently at his own psychotherapy school.

The programme draws on his teaching experience and his work relating academic descriptions of psychological profiles to NLP models.

Format and Certification

Total duration: 20 hours.
Structure: 10 thematic lectures of 2 hours each.

Participants who successfully complete the programme receive a **certificate bearing the international seal of IN - the International Association of NLP Institutes**, confirming completion of this training.

The programme is educational. The certificate confirms participation in the training and does not confer a separate clinical qualification or authorisation to diagnose or treat mental disorders.