

POST-GRADUATION

Neurolinguistic Programming and Mindfulness



2021/2022

6th edition

Objectives

That students learn the basics of biopsychology and neuropsychology, which will allow for an understanding of the mental processes underlying Mindfulness and NLP; that students acquire the tools needed to use these two techniques in their personal and professional lives.

Who should attend

Graduates in any field of studies, preference given to those holding a degree in Health
Candidates not holding a university degree may be accepted upon analysis of their CV.

Information

 **215 800 952**

academy.autonoma.pt / academy@autonoma.pt

Structure

This program aims to provide students with basic knowledge on biopsychology and neuropsychology that allow them to understand the mental processes underlying Mindfulness and Neurolinguistic Programming.

We aim to provide students with the tools that allow them to use these two techniques, both in their personal and their professional lives.

This program is unique in its joining of the two fields, whose development has been massive in the past few years, as well as in their application in health, whether the health of the individual, of an individual facing an illness, and for health professionals, especially those that deal with a high stress level every day and who, to a great extent, are responsible for patients' therapeutic response.

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DURATION

October 2021

TIMETABLE

Friday 18:00 – 22:00

Saturday 09:00 – 19:00

WORKLOAD

182 hours

FEE

Application	100€
Enrolment	100€
School insurance fee	20€
Certificate	75€ (optional)
Tuition fees	1850€*
Total	2070€

*Fee can be paid in 5 instalments or in full. If payment is in full, a 3,5% discount is applied.

*AUTÓNOMA alumni have a 10% discount on the tuition fee.

Study Plan

> Modules

Stress and Coping

Cleópatra Andrade
12 hours

Neurobiology of Emotions

Isadora Migliori
12 hours

Cognitive Behavioural Psychology

Sofia Lopes
12 hours

Mindfulness and Health

João Pereira Leite
16 hours

Neuro-Linguistic Programming

Eugénia Fonseca
130 hours

PLACE

Friday
Autónoma Academy
Rua Alexandre Herculano, N° 2, 2° Esq

Saturday
Universidade Autónoma de Lisboa
Rua de Santa Marta, N° 56

Partner



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