

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](mailto:academy.autonoma.pt) / [academy@autonoma.pt](mailto: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



[www.h-partners-for-life.com/](http://www.h-partners-for-life.com/)