

Neuro-Linguistic Programming (NLP) is a way of understanding how we use language to program our brain.

Through using the techniques of NLP and Hypnosis, we can improve the person's quality of life, and provide them with more independence by removing possible frustrations, anxieties and fears they are experiencing.

NLP helps us understand how we process the information that comes into our brains and how we create a simplified version of our experiences in our minds. This simplified version we may accept is not necessarily an accurate reflection of the actual experience, and is largely determined by what we focus on.

The purpose of our new way of working with people who have dementia, is to improve to the highest possible level the functions that the disability affects.

Once this is achieved, NLP is used to shift the focus and strengthen every other function and resource that the person is using, to compensate for the areas that no longer work to their full capacity.



Training & Coaching Topics also Covered

What is Dementia? Looking at the various conditions which cause the symptoms of Dementia, prevalence, risk factors, new medications.

Promoting positive communication. Why communication is difficult: is communication possible with everyone? alternative forms of communication.

Coping with challenging behaviour. Why do challenging behaviours occur? Behaviour as communication; who does the "problem" belong to?

Common difficulties and how to help

Understanding and dealing with the emotional impact of Dementia

Stress and anxiety management for carers

Assertiveness for carers

To book or for more information

contact *Dee Shipman*
Tel: 01462 442 955
Email: Dee@new-oceans.co.uk

NLP Training & Coaching for Dementia Carers, and for those with Dementia.



What if there was a training and coaching programme that gave you all the skills and tools you might need as a Dementia Carer so that you and your loved one can live well with Dementia?

What if there were some breakthrough approaches to give those with Dementia memory and choices that they thought they had lost?

Well there are..... in New Oceans NLP Training & Coaching specifically designed for living well with Dementia.

Using Neuro Linguistic Programming, NLP, modelling, we have discovered how people with Dementia 'tick' ... when things are going well and not so well.. how they can remember and not remember, how they learn and relearn, how they can get anxious and how they overcome their fears and anxieties.

New Oceans are delighted to present our NLP Trainings & Coaching for living well with Dementia..

On our training and coaching you will learn how to:

- Promote positive communication
- Know what is really being said, or not, and how to respond and give feedback
- Establish rapport quickly and easily even with very difficult behaviours
- Increase your understanding of self and loved one and how to enter their "model" of the world
- Address their fears and anxieties.
- Maintain your own resourceful states of mind
- Change unuseful or limiting behaviours and habits
- Improve your own and loved one's well being
- Make an even bigger difference to them and to yourself



New Oceans UK
New Oceans House
39 Jennings Road,
St Albans, Herts AL1 4NX
Tel: +44 (0)1727 869782
Email: info@new-oceans.co.uk
www.new-oceans.co.uk

Alzheimer's and Dementia

- 800,000 people are living with Dementia across the UK and an estimated 670,000 primary carers of people with Dementia.
- The majority of people with Dementia are cared for at home by a relative or friend and the average age of a family carer is between 60 and 65 years old.

What is Dementia?

- The term “dementia” is used to describe different brain disorders, all of which share a loss of brain function that is usually progressive and eventually can be severe. Different types of dementia have different possible causes — not all of which are fully understood as yet.
- The most common forms of Dementia are Alzheimer's disease, vascular Dementia and Dementia with Lewy bodies, which are caused by the destruction of nerve cells in the brain.
- The symptoms of a person with Alzheimer's disease get progressively worse as more cells are destroyed.

What are the symptoms?

- Symptoms of Dementia include loss of memory, confusion and problems with speech and understanding.
- Memory problems do not necessarily indicate Dementia, as some forgetfulness is part of everyday life. More serious memory problems can be caused by many factors other than Dementia. If you are concerned about problems with your memory, make an appointment with your GP.

What treatments are available?

- Few existing forms of Dementia are curable, but there are drugs available that can alleviate some symptoms.
- HOWEVER now NEW OCEANS, working with Dementia Therapy Specialists, have had very encouraging success using a combination of NLP and Hypnosis to make a difference.

Who are Dementia Therapy Specialists and, what is their person-centred approach?

Dementia Therapy Specialists, was founded by Dr Daniel Nightingale, a leading UK and US Clinical Dementia Specialist; and Kathleen Nightingale, a Clinical Hypnotherapist. Using hypnosis they have developed a **unique, cutting edge therapy for people living with Alzheimer's disease and other Dementias.**

www.dementiatherapyspecialists.com

Their work has found that hypnosis can improve quality of life for Dementia patients in seven main areas:

1. Concentration on daily tasks, thus retaining valued independence
2. Relaxation thereby reducing anxiety which is a common feature
3. Motivation, which helps to avoid depressive states
4. Keeping active daily
5. Short term memory retention
6. Memory for significant life events
7. Socialization, thereby avoiding the tendency for self-isolation and depression.

New Oceans Neuro-Linguistic Programming (NLP) training and coaching for living well with Dementia is led by Paul Jacobs, founder of New Oceans NLP Training, Coaching and Consultancy.

Paul is a Certified NLP Trainer, Master Coach Trainer, Certified Advanced Ericksonian Hypnotist, Associate of the Dementia Therapy Specialist Organisation, and Performance and Health Coach.

Working with Paul is his New Oceans partner Dee Shipman, NLP Master Coach and Health Coach, and NLP author. Their work is supported by GPs Dr Susan Smith and Dr Fairoz Miller.. both NLP Master Practitioners.

Training & Coaching Programme

For carers, a series of half-day trainings covering:

- Promoting positive communications
- Stepping inside the mind of someone with Dementia
- Coping with challenging behaviour
- Understanding and dealing with the emotional impact of Dementia
- Stress management for carers
- Assertiveness for carers

1-2-1 Coaching addressing the topics above and more.

For those with Dementia

1-2-1 NLP Coaching and Hypnotherapy sessions addressing fear and anxiety, memory regain and positive thinking techniques.

See website www.new-oceans.co.uk for more details.



Treatments and Interventions

In our 'live well with Dementia' training and coaching programme we use a range of interventions to make a difference:

- NLP, Neuro Linguistic Programming
- Hypnosis and Ericksonian Hypnotherapy
- Emotional Freedom Technique (EFT)
- Neuroplasticity
- Music Therapy
- Reality Orientation Therapy
- Exercise Therapy

The specialised use of a combination of the above therapies has recently been shown to improve the quality of life of Dementia patients, and is particularly helpful to family support members. aswell