

Unit 01 — Foundations of the method

Weeks 1-2 · Foundational level

Duration	Weeks 1-2
Level	Foundational level
Delivery	Online study, one live lab each week, small-group practice
Assessment	Written work reviewed by Prof. Oprea; unit 08 adds the case study and oral assessment
Tuition	Included in the programme tuition of \$1,799 — or 6 monthly instalments of \$300
Cohort size	Small groups, so every session gets attention

Overview

An orientation to the complete framework. You read the method manual and study one full session before practising any single phase.

Learning objectives

- Name the six phases in order
- Explain what each phase is responsible for
- Describe how the four disciplines relate to one another

Prerequisites

- Enrolment in a current cohort
- No prior training in hypnosis, NLP or coaching is required

Core concepts

The six-phase sequence · integrative practice · order of operations

Applied component

Annotate a complete recorded session, phase by phase.

Founded and taught by Prof. Catalina A. Oprea. The Certificate of Completion is issued by Hermes University Rome and signed by Prof. Oprea. It is a private professional certificate: it is not a government licence and does not replace any registration you need locally in order to practise. Questions: support@thekuremethod.com