

Unit 06 — Turn — the change itself

Weeks 11-12 · Applied level

Duration	Weeks 11-12
Level	Applied 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

The intervention phase, where hypnosis and NLP are used together: the shift, the rehearsal, the anchor and the cue.

Learning objectives

- Sequence a change intervention
- Rehearse the new response in context
- Install a usable cue the client can carry

Prerequisites

- Enrolment in a current cohort
- Unit 05 — Meet — inward work, including its written work
- Signed intake and consent forms reviewed in Unit 02

Core concepts

Shift · future rehearsal · anchoring · cue design

Applied component

Deliver the Turn phase twice and compare what changed between attempts.

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