

WORKSHOP – APPLIED INTEGRATED MENTAL TRAINING

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Integrated Mental Training (IMT)

A systematic, longterm and scientifically evaluated self-hypnotic training of mental processes with the goal of developing individuals, teams and organisations.

Life Goal Areas

IMT works with 3L (lifelong learning) and continous growth, activated by the creation of an "attractive future", which is integrated in the "inner mental room" (self-hypnosis). The growth model and the training model is focused on the "Mission" area (work-relations) and Health areas.

Peak Performance and Wellness

Analysis of Peak Performance are made in Sport, on Stage and in Work areas. Health development is based on the WHO definition of "optimal physical, psychological and social wellbeing".

Ideal States

One part of the "better Life concept" is "the Ideal States" which are identified for areas like Learning, Decision making, Creativity, Performance, Relations, Healing etc.

Alternative Systems of Control

The Dominant System of Control (DSC or "voluntary effort") is complemented or replaced with effective and more effortless control systems like images, triggers etc.

Basic Mental Training

The reduction of basic tension levels saves energi and opens up for the ideal muscle state, characterized by optimal tension in synergistic muscles and relaxation of the antagonistic muscles ("relaxense")

The second part of BMT focus on the learning of the "inner Mental room" (operational definition of Self-Hypnosis) and various techniques to be used in this room.

Self-Image training

Ego-strengthening techniques improves the self-image (esteem, confidence, inner talk, a.s.o.) and serves as a base for personal growth

Goal-Programming

Visions and overall goals are translated to situation related images, which then are programmed in the mental room. "Memories of the future" are created, which then give energy and inspiration to the "daily work" but also serves as the steering mechanism of the daily automaticity.

Mental toughness training

Reduction or removal of "fear of future" is combined with the change of attitude from "problem avoidance" to a positive activation by challenges and difficult tasks.

Concentration training

Focusing on relevant stimuli (triggers) is combined with dissociation from irrelevant stimuli.

Life Quality training

Systematic training of "optimism", inner security and balance is combined with "humor training" (laughing, humorous attitude and inner joy).

The ABC of Teamtraining

The personal training are complemented by programs for teams and organisations. The team programs contains programs for "common goalimages", "optimal cooperation" and "creative and flexible teams"

The "new Lifestyle"

The Mental training programs have been complemented with a coaching philosophy, where solution based, and "future oriented" methods replace the old "problem oriented and clinical" Life model.

Application areas

IMT is today used by 25% of the Swedish population. The four main application areas are:

1. Sport- and Stage performance
2. School and education (from first grade to University)
3. Business and Public Administration (used by most major international and national companies)
4. Health and Clinical Areas

XVIIth International Congress of Hypnosis

IMT – INTEGRATED MENTAL TRAINING
Systematic and longterm self-hypnotic training
for all aspects of Life

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MENTAL TRAINING

APPLIED TO

SPECIAL GROUPS AND SPECIAL AREAS

UNIVERSITY COURSES

University Education to Certification as

- StressCoach (6 month)
- Self Coach (1 year)
- Mental Trainer (2 years)
- Life Coach (3 years) (incl. certification as Mental Trainer, ICC-Coach & NLP Master)

TRAINING FOR SPECIAL GROUPS

Children

Seniors

Athletes

Managers

SPECIAL AREAS

Sport and Performing Arts

School and Education

Business and Public Administration

Health and Clinical Areas

AREAS OF MENTAL TRAINING

BASIC MENTAL TRAINING (incl. training in Self-Hypnosis)

MENTAL SKILLS AND STRENGTH TRAINING

LIFEQUALITY TRAINING

STAGES OF MENTAL TRAINING

- Self-Hypnosis
- Relaxed effectiveness (body)
- Relaxed effectiveness (mind)
- Self-image training
- Goal-images training
- Training of mental skills
- Training of Attitude
- Emotional training
- Social skills and Communication training
- Training of Relationships
- Team Training

A. MENTAL TRAINING PROGRAMS – SPORT

I. TRAINING OF MENTAL SPORTS SKILLS DAY

Muscular Relaxation and Tension regulation	1 – 10
Mental Relaxation	11-17
The “Mental Room” (Self-Hypnosis)	18-24
The tough Self-Image	25-31
Tough Goal-images	32-38
Technique development	39-43
Optimism	44-51
The tough Attitude	52-58
The tough self disciplin	59-65
Concentration training and “Flow”	66-72
“Sport Joy” and “Joy Sport”	73-80

II. MENTAL PREPARATION PROGRAMS

Mental Preparation for Carreer, Next season, Next match, Next Competition

III. MENTAL PROGRAMMING OF STRATEGIES DURING PERFORMANCE

B. LIFE SKILLS TRAINING IN SWEDISH SCHOOLS

- I. BASIC MENTAL TRAINING
- II. MENTAL STRENGTH TRAINING – The 7 C:s
- III. TRAINING OF LIFE STYLE 1 – HEALTH HABITS
- IV. TRAINING OF LIFE STYLE II – NORMS – VALUES – ATTITUDES
- V. TRAINING OF RELATIONSHIPS, COOPERATION AND COMMUNICATION
- VI. TRAINING OF CREATIVITY AND DECISION MAKING
- VII. LEADERSHIP- AND PARENTHIP-TRAINING

C. GENERAL PERSONAL DEVELOPMENT (Example)

1. Goalsettings
2. Tension regulation
3. Self-Hypnosis
4. Goal images and Goal Programming
5. Motivational Training
6. Attitude Training 1 – Distance to Life
7. Attitude Training 2 – Mental Toughness training
8. Attitude Training 3 - Optimism
9. Attitude Training 4 – The humorous attitude
10. Problemsolving 1 – Psychocybernetics
11. Problemsolving 2 – Work while you are sleeping
12. Problemsolving 3 – Your inner advisor
13. Mental Skills Training 1 – Concentration Training
14. Mental Skills Training 2 – Learning- and memory skills
15. Mental Skills Training 3 – Creativity Training
16. Stress Management Training
17. Training of Positive emotions and Additional “Life Quality” Training
- 18-21 Training of Relationships and Communications