

# Integrative Mindbody Therapy

## Training criteria:

### Basic Skills of IMT

To qualify for the certificate of **Basic Skills of IMT**, you are asked to demonstrate the following:

- 20 training days - including at least one IMT Intensive
- 25 hours of body-oriented psychotherapy OR 25 hours of NLPt/Hypno-psychotherapy
- 3 Essays looking at:

IMT Skill (min 1000 words)

Theoretical Model (min 1500 words)

Practical account (What this training has given me – min 3000 words)

Please click on the relevant essay for guidelines.

- 2 Book reports (min 500 words) on related subject (body-psychotherapy, anatomy, developmental stages, NLPt, Ericksonian hypnosis, archetypes etc).

[Click here for guidelines in writing book reports](#)

- 2 case studies demonstrating how you have implemented IMT training in your practice.

[Click here for guidelines in writing case studies](#)

- At least one of the following:

NLP training to the level of practitioner

Basic Hypnotherapy training (min 120 hours)

Basic Psychotherapy / counselling training (i.e. introductory year - min 120 hours)

Massage course (min 120 hours)