

Integrative Mindbody Therapy

Training criteria:

Intermediate Skills of IMT

To qualify for the certificate of **Intermediate Skills of IMT**, you are asked to further 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:

Assessment of own practice – strengths and areas requiring cultivation (min 1500 words).

How can I make IMT mine? (min 2000 words)

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

[Click the specific essay for guidelines](#)

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

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

- 20 hours of supervised practice integrating IMT.
- 2 case studies demonstrating how you have implemented IMT training in your practice.

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

- At least two 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)