



7TH INTERNATIONAL CONFERENCE
Positive Psychology: Developing a Flourishing Community
PRE-CONFERENCE WORKSHOP ON
MENTAL HEALTH
MIND TECHNOLOGIES



at **NATIONAL INSTITUTE OF PSYCHOLOGY** on **FRIDAY NOVEMBER 23, 2018**
CENTRE OF EXCELLENCE
QUAID-I-AZAM UNIVERSITY, ISLAMABAD **09:30 A.M. TO 4:00 P.M.**

The Mind Technologies (Hypnotherapy, NLP etc) are complementary therapies that bring desired positive therapeutic changes in an individual's life by restructuring the impoverished and unhelpful unconscious map of world that restricts choices and causes problems. This workshop intends to teach and train participants the application of various mind technologies (including Hypnotherapy & NLP) interventions and techniques with particular focus as applied in the field of mental health practice.

During this workshop, you will Discover & Learn:

- The intrinsic and unconscious link between thoughts, feelings, physiology and behavior
- The techniques and strategies to communicate, understand and respond to clients in an effective manner
- The strategies and skills to make the communication right between conscious and unconscious.
- The techniques to restructure the impoverished and unrealistic unconscious map of the world
- The practical application of Mind Technologies therapeutic interventions to get rid of mental blocks, toxic thinking, fears, old habits, emotional exhaustion, or hurtful past events

FACILITATORS



Dr. Imran Y. Muhammad, Sitara-e-Imtiaz
Founder & Chairman, Transformation International Society
Mind Sciences Specialist
Board Certified International Master Instructor of
Hypnotherapy (NGH™, USA; 1st in Pakistan & 3rd in Asia)
NLP Master Trainer (Only in Pakistan trained by all the
Co-Creators and Developers of NLP John Grinder, Richard
Bandler, Frank Pucelik, & Robert Dilts)



Sobia Aftab, PhD; Fulbright Post Doc Fellow, USA
Associate Professor of Clinical Psychology
Institute of Clinical Psychology, University of Karachi
Medical & Academic Director (Volunteer),
Transformation International Society
Consultant Clinical Psychologist
Certified Instructor of Hypnotherapy by (NGH™, USA)
Licensed Master Practitioner of NLP (USA)

WHO CAN ATTEND? EDUCATIONISTS, MENTAL HEALTH PROFESSIONALS, DOCTORS, NURSES,
HOUSE OFFICERS, AND RESIDENTS IN THE FIELD OF MEDICINES.

REGISTRATION FEE: Rs. 2500/- FOR PROFESSIONALS
Rs. 2000/- FOR STUDENTS

FOR REGISTRATION, PLEASE CONTACT: DR. RUBINA HANIF (+92-51-90644019), EMAIL: DRRUBINAHANIF@NIP.EDU.PK
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PLEASE VISIT OUR WEBSITE TO DOWNLOAD REGISTRATION FORM AND
FOR FURTHER DETAILS: [HTTP://CONFERENCE.NIP.EDU.PK/PRECONFW.HTML](http://conference.nip.edu.pk/preconfw.html)

LAST DATE FOR REGISTRATION IS NOVEMBER 15, 2018

**** MOBILE PHONES & ANY OTHER AUDIO-VISUAL RECORDING AIDS
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