

The Peiffer Foundation



*a life skills course*

## POSITIVE THINKING

A correspondence course in ten parts written by  
Vera Peiffer BA (Psych) FAPHP MNRPC  
Best-selling author of 'Positive Thinking'



**WELCOME!**

## COURSE STRUCTURE

The *Positive Thinking* correspondence course has been carefully structured to enable you to improve the following areas:

### RELAXATION

- Better concentration
- Staying calm under pressure
- Overcoming negative thinking
- Sleeping better
- Ability to switch off worries

### CONFIDENCE

- ┘ Being relaxed in social situation
- ┘ Feeling comfortable with people in authority
- ┘ Performing better at work
- ┘ Learning to say 'no' when you feel you ought to say 'yes'
- ┘ Embracing challenges
- ┘ Overcoming fears and phobias

### HABITS

- Eating sensibly
- Stop smoking
- Stop biting your nails
- Stop worrying

### GENERAL

- Feeling more in control of your life
- Dealing constructively with difficult people and situations
- Improving your self-esteem
- Building courage and determination
- Becoming motivated

The **Positive Thinking** correspondence course will help you make constructive and effective moves forward in your personal development. In order to ensure that you get maximum benefit from the course material, each unit contains exercises and tasks for you to carry out. These will not only help you deepen your theoretical understanding of each unit, but they will also allow you to make faster progress with the issues you want to resolve in your life.

Each unit carries an assignment, which you complete and send in to your personal tutor at **The Peiffer Foundation** before the next unit is despatched to you. In this way, you will have feedback on how you are doing all along the way, and questions can be answered while the relevant unit is still fresh in your mind.

## COURSE CONTENTS

- UNIT 1** Mind over matter: the pendulum experiment  
The function of the conscious and subconscious mind  
What is Positive Thinking?
- UNIT 2** Find out how you speak to yourself in your mind  
Converting negative thoughts into positive self-talk  
The golden rules of Positive Thinking
- UNIT 3** Getting in touch with your subconscious mind  
Correct Breathing  
Progressive Muscle Relaxation
- UNIT 4** Establishing your personal success programme  
Setting realistic goals and checking progress  
Taking responsibility
- UNIT 5** Visualisation  
Seeing the successful outcome  
The Screen Technique: overcoming phobias
- UNIT 6** How to stay optimistic when things go wrong  
How to deal with pessimistic people  
Letting off steam: The Anger Room Visualisation
- UNIT 7** How fear comes about  
Different degrees of fear  
Overcoming fear: gradual desensitisation  
The Advanced Screen Technique: overcoming past trauma
- UNIT 8** Beliefs and how they influence our behaviour  
Dealing with habits  
Coping with change
- UNIT 9** Self-sabotage and how to prevent it  
Negotiating a better deal with your subconscious mind
- UNIT 10** Positive Thinking scripts for
- a) Confidence
  - b) Losing weight
  - c) Passing tests and exams
  - d) Stopping smoking

There are three levels of qualification which you can reach within the Positive Thinking course offered by the Peiffer Foundation.

### **1. CERTIFICATE OF SUCCESSFUL COMPLETION**

You will be awarded the Certificate when you complete all the units and all the assignments.

The Certificate is for people who just want to do the course for their own benefit, without using their knowledge professionally.

### **2. TEACHING DIPLOMA**

Should you want to teach Positive Thinking to groups in evening classes or give talks about Positive Thinking, you will be required to pass a written exam in four parts after you finish the last assignment for Unit 10. This exam is free of charge and you can do it at home in your own time. You will also be required to attend two weekend courses of practical training. These can also be conducted via Skype.

### **3. COUNSELLING DIPLOMA**

Should you want to become a professional *Positive Thinking* counsellor, you will need to pass the written exam successfully, and you will also be required to attend three weekend courses of practical training. These weekend can also be conducted via Skype.

Once you have completed these weekends, you will be required to work under supervision (further details on application).

### **PRACTICAL WEEKENDS**

Practical weekends are held in Chichester, West Sussex (UK), depending on number of participants.

If you live outside the UK, the practical weekends can also be held via Skype.



**Vera Peiffer** holds a degree in psychology and has studied hypnosis and psychotherapy with the Hypnothink Foundation in Cheltenham, the International Association of Hypno-Analysts in Bournemouth and the Atkinson-Ball College of Hypnosis and Hypnohealing in Southport. As well as being the Principal of the **Peiffer Foundation**, Vera is a Fellow of the Association of Analytical and Cognitive Therapists (FAACT) and Member of The National Register of Psychotherapists & Counsellors (NRPC).

Vera has been in full-time practice as analytical hypnotherapist since 1986. She is also a qualified health kinesiologist, Thought Field therapist, and runs Positive Thinking and stress management seminars for the general public and for companies in England, Germany, Italy and the USA.

Vera is a best-selling author of a great number of books. Amongst them are:

- *Positive Thinking*
- *More Positive Thinking*
- *How to Cope with Splitting Up*
- *Positively Fearless*
- *Principles of Hypnotherapy*
- *The Energy Technique*
- *How to Say No If You Feel You Ought to Say Yes*
- *Positive Living*
- *Inner Happiness*
- *Total Stress Relief*



## APPLICATION FORM

Please enrol me for the *Positive Thinking* correspondence course.

Mr / Mrs / Miss / Ms

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Contact tel. no. \_\_\_\_\_

E-mail address \_\_\_\_\_

There are ten units in the course. The course is only available via e-mail.

### **Fees and reductions**

Each unit is £39, but there is a reduction if you pay for all ten units in advance in which case the ten units are only £250.

Please **tick** to indicate whether you want to pay for only one unit at a time or for the whole course.

- I would like to pay £39 for the first unit via **PayPal**.  
Please send me a PayPal invoice.
  
- I would like to pay £250 for the entire course via **PayPal**.  
Please send me a PayPal invoice.

Please print out this page, scan it and e-mail it to **positive@peiffer.co.uk**

or

send it by post to:

**The Peiffer Foundation  
49 The Broadway  
Chichester PO19 6QR  
GREAT BRITAIN**