



LAR Anxiety Recovery Coaching NCFE Level 4 Diploma

Introduction

Now you can help us to change lives and enable sufferers to reach their true potential by becoming a qualified Linden Anxiety Recovery Coach (LAR Coach) by specializing in:

- Generalised Anxiety Disorder (GAD)
- Panic Disorder
- Agoraphobia
- OCD, Pure O
- Post Traumatic Stress Disorder
- Low Mood

Over the last 17 years we have been approached by many of our ex clients and their loved ones, practitioners working in a variety of health, mental health and wellbeing settings and within educational, corporate and other settings asking about the availability of a programme that would enable them to learn how to create recovery in their patients and to help us to spread the word about the services and programmes we offer. LAR Coaching Accreditation is the resultant solution we have worked very hard to develop.

About Us

Since 1997 TLM has provided self-help programmes of anxiety recovery to over 160,000 people worldwide. The programmes include telephone and email support provided by BACP (British Association for Counselling & Psychotherapy) and BPS (The British Psychological Society) registered anxiety recovery specialists and a wide range of supportive, reassuring and structured online and offline anxiety recovery resources available in printed and downloadable formats and in both adult and junior versions.

In 2010, TLM introduced the TLM Anxiety Recovery Retreats and Workshops, providing anxious people from around the world with residential programmes of recovery. The Retreats attract clients from every corner of the world – we regularly have clients attend the Retreat who have travelled from New Zealand, South America, Asia, South Africa, Canada, Australia and across Europe.

Our in-house team of TLM Specialists provide support and guidance to thousands of sufferers and the testimonials, endorsements and statements we receive from clients underline the incredible curative results the programs and our TLM team produce.

LAR Coaching Accreditation provides you with the opportunity to join a respected, experienced global leader to bring peace and freedom from anxiety to sufferers at an affordable price.

What you can expect from us after Accreditation?

- NCFE 4 Diploma as an accredited Linden Anxiety Recovery Coach
- LAR Practice Licence Certificate enabling you to practice in your country of residence
- Your online profile on the LAR Coaches Directory
- Ongoing Coach support from our Linden Method Specialists
- A simple, structured business model
- A unique, proven and unmatched reputation for fast, curative results
- Immense job satisfaction
- The ability to work flexible hours to suit your lifestyle – you decide how much and when you wish to work
- Membership of a growing global family of LAR Coaches
- Access to all online Coach training events and videos
- Free entry to our Coaches training events
- 250 TLM business cards
- 250 A5 TLM Coaching marketing leaflets
- A templated press release for distribution to your local press

What is the cost of Accreditation?

LAR Coaching Accreditation – NCFE Level 4 **Either** Home Study Course or 3 Day Conversion Course (for appropriately, pre-qualified therapists):
£1,500 plus VAT payable in advance.

This is an introductory offer and this will increase to £2200 after 1st August 2015.
All applicants who have been successful in their application, prior to 1st August 2015 will qualify for this reduced rate.

Three months after accreditation, a TLM Licence fee of £120 plus VAT (if applicable) per month will be payable, allowing you a three month period to establish your practice and your style of working.

What is the TLM Licence fee for?

The licence fee enables our Linden Method Specialists to provide you with email/telephone support should you need to seek their advice or guidance. It also contributes towards the cost of administrative and business costs associated with LAR Coaching.

What can I expect to earn as a Linden Anxiety Recovery Coach?

The more clients you help to recover, the more you will earn.

Seventeen years of experience helping more people than possibly any other anxiety elimination resource in the world, is in itself enormously rewarding. Saying this, we all have to make a living and working hard to provide this incredible solution to the people that need it, can also provide a good income or second income.

The figures below give you an idea of how much money you could be earning with a LAR Coaching practice (based on 48 week financial year and an average hourly rate of £45):

Potential Income:

Clients	Weekly	Monthly	Annually
Hours			
10	£450	£1,800	£21,600
20	£900	£3,600	£43,200

Remember, you'll need to account for overheads such as tax, possible consulting office rental but not any stock as this has already been accounted for.

How much should I charge?

We recommend a minimum and maximum hourly rate that is commensurate with location, qualifications and fees appropriate to your geographic location and level of expertise.

You will be able to set your hourly rate within your Coaches Profile area as well as defining the hours that you wish to work. The suggested range would be £30-£120 per hour. Should you wish to set rates outside of those (i.e., above or below those we recommend) we would ask that you do so at the time of application so this can be considered. This may happen, for example, if you work within a school setting or provide LAR Coaching through a charity.

Each client you assist using LAR Coaching sessions must be processed as a new client at Linden Tree Education Centre head office, in order that The Linden Method programme materials can be dispatched to you to give to your client on the first appointment.

Linden Tree Education Centre do not benefit financially from the sessions you carry out with your client.

What will your client receive?

- The Linden Method membership and registration at The Linden Centre
- All learning materials and access to our online member's area
- A free 30 minute consultation with you, to determine the suitability of LAR Coaching.
- Five hours of one on one LAR Coaching from you, their LAR Coach.

(Please note that you will not be expected to offer counselling support. Instead you will be providing coaching in how to apply and comply with the Linden Method program to lead your client to anxiety freedom.)

Working as part of an Organisation or Corporation

You may wish to set yourself up as a LAR Coach operating within an independent business. Having a dedicated stress and anxiety coach in the workplace can benefit both employees and employers.

Licensing Terms

LAR Coaches will be licensed to treat their clients using only Linden Method resources and support facilities.

Each Coach will be responsible, under licence, for providing their clients with our Client Charter booklet explaining what to expect and outlining the LAR Coaching Code of Conduct rules developed in order to maintain the high quality of service for which we have become known.

Protection of both your and our reputation is paramount and we expect all of our Coaches to act appropriately and respectfully at all times.

All Coaches will need to provide evidence of the appropriate indemnity insurance prior to commencement of practice.

LAR Coaches agree to use the TLM Coaching structure for clients suffering with high anxiety conditions. Whilst clients may have other issues/conditions, these will be dealt with separately in private sessions under separate cost. LAR Coaching will be carried out for the agreed 5 hours within each client membership. The fee for the Coaching will be paid directly to you, the LAR Coach.

Between sessions and after the 5 sessions have been completed, clients will be able to access central support from our Linden Method Specialists by telephone or email for the period of their TLM membership.

The LAR Coaching structure is a tried and tested system, which maximises curative benefits, minimises client dependency, optimises Client/Coach interaction and promotes appropriate interaction between the Coach, Client and central support. However, failure to comply with these structures can result in a significant decrease in curative benefits.

Anxiety Recovery Coaching in Practice

Our TLM Specialists will support coaches as they set up their new TLM Anxiety Recovery Coaching Practice. Coaches can operate from their own home or from a dedicated office or consulting room.

Coaches may wish to create a multi-Coach practice with another local LAR Coach.

Study Method

There are Two Options:

Option 1: Suitable for Current Practitioners with appropriate qualifications/experience:

Three Day Conversion Course at The Linden Centre, Worcestershire, UK. (more locations to follow later in 2015)

Arrival: Saturday 10 am Depart: Monday 4pm.

Courses will run Monthly from March 2015.

(A list of available, local accommodation can be provided on request)

The three day course will take place at The Linden Tree Education Centre in Worcestershire. Learners will also receive The Course material, The Linden Method manual, Linden Method audio, Linden Method Workshop DVD set and additional video content. Our Course Leader and Linden Method Specialist will guide you through a structured three day course during which you will learn the programme in detail, learn how to effectively deliver the materials, how to respond to specific questions and how to overcome the inevitable objections every sufferer presents during sessions. The focus will be on effective administration of the LAR ethos and effective use of the LAR toolbox of CDs, DVDs, written material and support resources. During the three day course you will be assessed through professional discussion and continual assessment throughout the duration of the course.

We have received many enquiries from around the world from Therapists who simply cannot get to our training facility and are therefore going to complete the home study programme. The home study option is open to all. (Please note that all applicants will be interviewed either in person or via Skype).

Course Outcomes

At the end of this course, successful learners will receive an LAR Anxiety Recovery Coach Diploma certificate of achievement and will receive (in the post) an NCFE Level 4 Diploma in LAR Coaching. If the standard achieved within the 3 day course requires further work/time to reach an NCFE Level 4 pass grade, additional time will be given after the course in order to complete the qualification. In this instance you would be assigned a course tutor.

Option 2: Open Learning study from Home (equivalent to UK 'A' level or First Year of a Degree)

The training courses have been designed specifically to meet the needs of learners who prefer to study from home. The course's measurable learning outcomes have been benchmarked at Level 4 (using Ofqual's QCF level descriptors) to allow you to consider the depth of study, difficulty, and level of achievement involved. This course has been accredited under NCFE IIQ Licence by Open Study College, which has been approved as an NCFE Investing in Quality (IIQ) centre to give formal recognition to courses.

NCFE is recognised as an Awarding Organisation by the qualification regulators for England, Wales, and Northern Ireland. These are Ofqual (the Office of the Qualifications and Examinations Regulator in England); the Welsh Government and CCEA (the Council for Curriculum, Examinations and Assessment) in Northern Ireland. An NCFE qualification is also recognized in many countries around the world.

Linden Tree Education has been granted status as an approved centre to run NCFE programmes and we have been through exactly the same selection process by the NCFE as any centre or FE college running NCFE qualifications. We are continually assessed and are visited twice a year by the NCFE to inspect our files and to speak to students regarding delivery etc.

The Award

It is important to realise that the validity of this award, the level set, the quality assurance and the certification has not been made up by Linden Tree Education. The NCFE as an awarding body have approved everything we have written to be equivalent to Level 4 and will be responsible for quality control and assurance and will issue certificates to successful students using their logo together with our own. A certificate from the awarding body – NCFE – will be sent to you within 10 working days of the successful completion of the course along with a stamped TLM Coaching certificate within the same timeframe. Both certificates should be displayed and available for inspection by your clients.

What does this mean to you?

If successful you will leave the course with a certificate of competence at Level 4 from a national awarding body. We have decided that formalising the award in partnership with NCFE was the only way to make the qualification valid in the outside world and one which is recognized internationally.

Acceptance

ALL applicants are required to complete an online application process.

ALL successful applicants will be required to attend an interview, either in person or via Skype. This interview will be approximately 45 minutes in duration.

Once you have attended your interview then you will be advised as to the success of your application. If you have been successful in your application, Linden Tree Education will request an Enhanced DBS check (police clearance) in the UK or the equivalent in your country of residence. At this juncture you will be required to pay a £150.00 non-refundable deposit to secure your place. If your DBS check fails then Linden Tree Education will reject your application and the deposit will not be refunded. Upon successful application, the DBS certificate will be posted to your home address for you to retain.

Prerequisites

Students must be over the age of 21 on the first day of the course.

Qualification Structure

The qualification will be gained through the successful completion of five assignments which will be submitted in five modules to your course tutor via email or postal service.

The final module of the course will require you to take part in a 'role play' where you will be the LAR Coach and your tutor plays the role of Client. The successful completion of this role-play will form 15% of your overall mark. This session will be recorded.

Study Time

We recommend you spend approximately 110 hours of your time studying for the Level 4 Diploma. The pace of study is completely up to you. To give an example, if you dedicate 2 hours a week to the course it would take you a year to complete but if you could spare 4 hours a week you could complete it in six months and studying for 8 hours per week would mean that you would complete it in approximately 3 months. Remember though that this course is designed so that you can complete it at your own pace – there are no time constraints to completing the course.

After each submission of an assignment you can expect your course tutor to reply within 10 working days. Linden Tree Education work to a policy of positive assessment and if the assignment is unsatisfactory, your course tutor will provide guidance and advice about which areas require improvement. You will be given a further 10 working days to re-submit the marked assignment where necessary.

Payment

Please note that this is not a funded course. Payment can be either made in full, or in 3 separate payments. There will be an initial deposit of £150 required to secure your

place when you are successful at interview, which is held by us and contributes towards the last month of your course. Please note that continuation of the course will not be permitted if each payment has not been received in advance.

If you have any questions regarding this programme, please let us know as soon as possible.

Course Delivery

All course materials will be delivered to you by post or via email, so it couldn't be easier. Our experienced and friendly tutors will help you every step of the way by phone and email.

There is no time limit for completing this course, so you can work at your own pace. Completed coursework can be delivered by post or via email, so handing in an assignment is simple.

Our Assessors will mark any single assignment and respond within 10 working days of the date each assignment is received.

Course Content:

1. Introduction to The Linden Method

- History of The Linden Method Anxiety Recovery

- An overview of CBT

- The Use of Medication for Anxiety Disorders

2. The Linden Method Ethos

- How LAR Coaching is different to other anxiety treatment options

- The Importance of Structure

- The Ten Pillars

- Neuroplasticity

3. The Anatomy of Anxiety

Creative Intellect
The Physicality
The Five Anxiety 'Disorders'

4. Stopping the Cycle of Anxiety

Self Help Techniques
Diversion and Relaxation Tactics
Breathing
Prescription Drugs
Diet
Smoking and Alcohol

5. Practitioner Session Structure

Using the support and material effectively

6. Final Role Play Scenario

This will be approximately 45 minutes in duration and will be conducted by your Assessor/Tutor. You will play the role of the Coach and your assessor will play the role of the end user (your client).

Course Duration

This course typically takes around 110 hours to complete, but there is no time limit for submission of each assignment.

What skills are needed to enroll onto the open learning course?

No previous knowledge or skills are required to enroll onto this course. (A level 4 NCFE Diploma is slightly more challenging than a UK 'A' Level and is equivalent to the first year of a Degree).

What is included in the open learning course?

All learning materials
Personal tutor support

Assignment marking and feedback

Accreditation

What do I do if I still have questions?

For further information please contact Julie Farrington-Griffiths on 00 44 + (0)1562 742004 or email Julie@thelindencentre.co.uk

Centre Address:

26 Comberton Road, Kidderminster, Worcestershire, UK, DY10 3DL.

Telephone number:

From UK: 01562 742004

From overseas: +44 1562 742004

Some Testimonials & Endorsements

"The Linden Method creates a full and successful recovery using targeted and supportive resources that are only available through this Method. The Linden Method is, in my opinion, the solution to anxiety, panic attacks, phobias, OCD and all their associated symptoms. Other therapies don't produce these results, that is for sure."

Jenny Saunders BSc, MSc Consultant Psychologist

"As a Psychologist that has been treating anxiety and depression for over 25 years, I can espouse the effectiveness of the Linden Method."

Dr Romulo Valdez Jr. Ph.D. Psychologist. Harvard Medical School

Some comments from ex clients on Facebook...



Helen Green I suffered terribly from anxiety attacks and had had therapy, hypnotherapy, medication tried just about everything this method finally put everything into perspective and helped me understand and overcome my anxiety this was 14 yrs ago. I was sceptical but I can hand on heart say it gave me back my life.

26 October 2014 at 09:21 · Like · 3



Kerry Shanley I'm an ex client and followed the method to the core. I feel great now

Unlike · Reply · 4 · 23 December 2014 at 07:38



Yug Ayles I did this method years ago when it wasn't heard of. I went from being housebound agoraphobic full of panic and fear, to travelling the world, I've lived and taught in Spain and Singapore, I'm a qualified primary school teacher and I'm now returning to the UK to start my own business. This man changed my life, do it and you won't regret it.

17 August 2014 at 14:14 · Edited · Like · 7



Julie Halton This was wha I bought years ago when I was at rock bottom....its brilliant!

Like · Reply · 3 hours ago



Stephanie Carter I brought the whole package back in 2008 ish Maria Angelina O Neil and it changed my life!! Charles Linden Is the best!! xxx

Unlike · Reply · 1 · 29 December 2014 at 19:59



Hollie Tatlow It's not on the NHS because pharmaceutical companies would go bust! x

1 January at 19:52 · Like · 1



Matthew Langley Charles I think this highlights the amazing affect you have on real peoples lives! I still don't understand why this method is not the first choice prescribed by GP's all over the land ahead of any suppressant medication. Good work butty 😊

30 April 2014 at 08:03 · Edited · Like · 1



Michelle De Campos Kok Changed my life!! Living a more in-control life with a much happier me!! TLM is amazing and I thank God for it!

18 August 2014 at 06:48 · Like · 2



Suzanne Carr Your method saved my friend. He nearly lost everything but thanks to you, he is back at working and hasn't had any attacks. X

13 December 2014 at 15:53 · Like · 1



Emma Danby Your method has made me be me again thankyou Charles Linden and your amazing team 😊 xx

20 June 2014 at 14:08 · Like · 1



Patricia Campbell It saved my life!!! Thankyou.x

20 June 2014 at 20:55 · Like · 1



Wendy Myers Charles I couldn't agree more, I have reached a huge milestone in my recovery. I am so proud of myself, after 15 years of severe panic attacks I managed to go on a two hour train journey ALONE!!!! last week. I am still smiling, and know that I can do it again. Thank you, thank you. 😊

29 April 2014 at 17:32 · Like · 🔄 8



Joanna Roberts I am an ex client and ex teacher. I attended the retreat last May and it changed my life after suffering with crippling anxiety for 7 years. I would love to help others and be a LAR coach.

Like · Reply · 🔄 1 · 23 December 2014 at 23:26

We have thousands of testimonials and recommendations on file. If you require more, please contact us.