

Neuro–Linguistic Psychotherapy

Neuro Linguistic Psychotherapy (NLPT) draws on a number of established philosophical and psychological backgrounds to support the application of NLP skills tools and techniques. As an experiential constructivist approach NLPT has four key elements:

OUTCOME FOCUS

Facilitating the client to identify and define their desired outcome and assisting them to connect with it at a conscious and unconscious level.

MODELLING

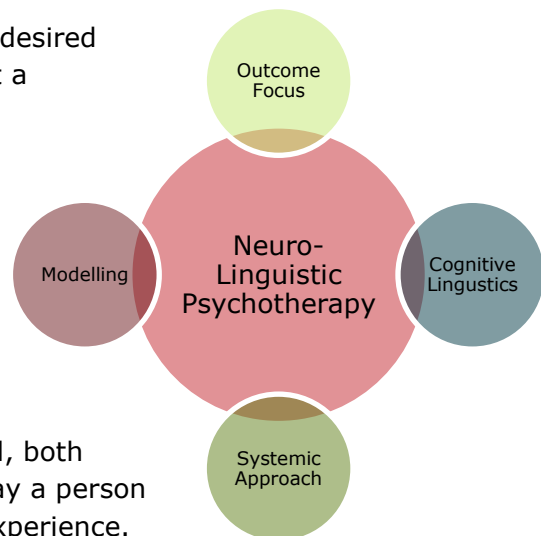
Working with each clients' presenting thinking processes, emotional states and behaviour to build a model of their current "map of the world" from which to approach the therapy.

COGNITIVE LINGUISTICS

Recognising how language, verbal and nonverbal, both describes and has the ability to transform the way a person codes meaning and structures their subjective experience.

SYSTEMIC APPROACH

Recognising that people both operate as part of a system in their life, and are also made up of many parts that function together as a system. NLPT focusses on integrating the different parts within the system and making changes in the here and now that lead to the desired outcome.



UNDERPINNING THEORIES

The European Association for Neuro-Linguistic Psychotherapy identifies six key theories

The cybernetics of the Theory of the Mind by Gregory Bateson, including the logical levels of learning.

The social-cognitive theory of learning by Albert Bandura together with the modelling approach, improved in practice by Richard Bandler and John Grinder.

Transformational Grammar from Noam Chomsky and the General Semantics approach of Alfred Korzybski, which served as a basis and influenced the linguistic models developed by Bandler and Grinder.

The assumption of a fundamental orientation of human action towards goals (Pribram, Galanter, Miller, TOTE, 1960)

The theoretical writings of William James emphasizing the inherent sensory representation systems as basic elements of information processing and of subjective experience.

The assumption of the existence of functional and independent parts of one's identity encompassing conscious and unconscious process elements, resulting from modelling the works of Fritz Perls, Virginia Satir and Milton H. Erickson.

FURTHER INFORMATION AND ADVICE

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Neuro Linguistic Psychotherapy and Counselling Association – www.nlptca.co.uk