

## **NLP Therapy (Neuro-Linguistic Programming)**

### **What is NLP?**

NLP, as its name suggests refers to neurology- the functioning of the body's nervous system. This includes other physical aspects of the body such as how we store mental and sensory information and how this creates our unique experience, or 'map of reality'. We use this map to find our way in the world, and this map often shows us the 'quality' of our lives.

The linguistic part of NLP refers to our use of language and words, and other systems we use to give us meaning. It also refers to other ways in which we communicate, such as gestures and sounds. The way we talk to others and the way we talk to ourselves, using words that have particular meaning for us can have an affect upon us in a positive or negative way. We can be enabled or limited by the use of words.

The Programming aspect of NLP suggests the habits, patterns and grooves we find ourselves in. These may serve us well or may not be useful to us at all. These patterns are our individual ways of behaving and most of these are 'automatic'.

When we put these three aspects of our life together, it forms are personal and subjective experience. NLP works within these areas.

NLP is based on the fact that we create our experience by the way we see, what we hear and what we feel and other sensory aspects of our Mind and Body. In NLP we call this 'thinking' so you may sometimes see NLP described as the way we think. Our thinking can often terrorize us or energize us. When we have a specific problem we can explore our thinking and find the key to solving a problem.

### **I haven't heard of NLP Therapy before, where did it come from?**

NLP grew from the study of the mental processes of those people who can do something exceptionally well, or have overcome some very difficult problems. Exceptional skills can be understood and learned and NLP

demonstrates that by applying certain principles we can change our circumstances and experience in exceptional ways. NLP was 'born' out of the exceptional changes that happened in people when they were helped by certain therapists using these principles.

### **How does NLP Therapy work?**

NLP focuses on 'how' you think (how you create and maintain your own 'map of reality'). Our brain constantly makes meanings of things that happen, or things we are think of. What we see, hear and feel form a 'circuit' of thoughts, and patterns in thinking and behaving are forged. This circuit can be, if chosen, re-organised and re-routed to serve us better, and we can respond both in thinking and behaving in a different way to our experience. This can have a positive physiological effect on the body too. Once again, we are working with the Mind-Body connection. **Also see Hypnotherapy information sheet.**

By reinforcing certain helpful beliefs and using our neurology, our language and our physiology we can create alternative meanings and revise our 'map of our reality' for physical and psychological health and well-being.

## **What happens in an NLP session?**

NLP involves using the mind and the body. The use of NLP in clinical care requires the therapist to consider the whole person (physical, psychological, mental, emotional, social and spiritual). A therapist listens very carefully to what you say and how you say it. They will also observe your movements quite closely since these small movements often give clues to how you think. Having this information enables the therapist to design a suitable intervention.

There are many interventions in NLP. However they all share some common features: they foster flexibility, responsiveness and adaptability (biologically necessary for health to be improved, restored and maintained). The technique chosen will create options and increase functioning in the recipient.

The aim of therapy is to develop choices. The possibility of something positive emerging from challenging circumstances or illness can be appealing to many people. This is a useful and helpful belief if faced with the fear and chaos that may be associated with dis-ease. Positive beliefs have an effect on the body. Facing challenges and creating renewal is part of our function as human beings. With useful beliefs in place we can begin to explore possibilities and embark on a journey towards change.

## **What can NLP be used for?**

Its applications are wide ranging. NLP is used in Health, Education, Business, Sport and virtually any other human pursuit. NLP in medical and health care focuses on the imbalance within the Mind- Body system. The mind is constantly working with millions of bits of information coming from inside and outside of us. Much of this information is filtered by your unconscious mind. When imbalance occurs this gives rise to symptoms of distress and dis-ease. These symptoms express themselves in the body cells and the mind.

The requirements for someone wanting NLP Therapy are:

- You have to **WANT** the change
- Understand that you **CAN** change
- Know **HOW** to change
- Notice **WHAT** change is happening

You and your therapist work on this together.

## **Number and Length of Sessions:**

As part of your individual therapy programme. First session usually for 2 hours and subsequent sessions are hourly.