

NLP definition

NLP (neuro linguistic programming) is an extremely effective way of making lasting rapid change in your life. It is interested in how to make change as simple as possible, focusing on HOW the PRESENT & FUTURE can be different rather than spending too much time asking WHY we have issues and dragging up the PAST, so it makes change an intriguing and often fun process.

It's concerned with:

- *Neuro – the way our brains and minds work
- *Linguistic – the way language affects the way our brains and minds work
- *Programming – how our brain often seems to be working, sometimes against us, in very automated ways

NLP Origins:

Developed in the 1970s at University of California Santa Cruz by Dr. Grinder and Dr. Bandler it began as a research endeavour to try and discover why some experts in the field of creating personal change seemed to be more effective than others, and what was similar about their very different approaches.

Using the process of 'modelling' – identifying the most important parts of someone's behaviours, language, choices, actions and thought processes – they evaluated key figures in the world of psychology and change, including Fritz Perls (the founder of Gestalt therapy), Milton Erickson (one of the most influential psychiatrists of the last century, and founder of the modern approach to clinical hypnotherapy) and Virginia Satir (founder of family therapy) and from their findings developed a model of what made for effective change – the so called Meta Model. Much of this work was done with the assistance of Gregory Bateson, an anthropologist on the faculty of UCSC, who's wide ranging work spanned psychology, cybernetics, linguistics and systems theory.

NLP Applications:

Due to the success of this initial project into understanding and modelling what makes for effective change, other projects followed. Initiated by the idea of considering talents as something that could be identified and adopted- summarised in the NLP phrase, “what if we presupposed that if one person can do something then it should be possible for another individual to reproduce that behaviour, if they could only work out how?”, many other skills have since been modelled, and many more examples of human brilliance continue to be explored and modelled to this day.

These include considering how some people:

- *get over phobias
- *become more motivated
- *resolve their allergies
- *lose weight
- *stop smoking
- *become happy
- *deal with loss
- *recover from serious illness
- *can speak in public easily

If you'd like to acquire these or some other skills that have eluded you so far, then NLP could provide the answers.

NLP training courses:

Learning these skills is therefore both exciting and life changing; taking the starter NLP courses for personal development or the more in depth professional certified practitioner NLP, the certified master practitioner NLP or the Clinical Diploma in NLP and coaching courses will provide you with skills to positively influence your own life and the lives and futures of others, in a way which is skillful ,compassionate and effective.

If you feel you're ready for the next phase in your life, then join one of our training programmes and train in great NLP with Phil Parker, one of the world few Master Trainers in NLP and get started now.

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