

RAPPORT

The Magazine for NLP Professionals

Issue 52

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Growing a
Sustainable
NLP Business
– Passion,
Performance
and People

**David
Shephard**

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The Magazine for NLP Professionals

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APPLICATIONS OF NLP

- 05 **NLP Quick Tips**
Take your Time
- 06 **Education**
You Can Do It! And it's about Time
- 10 **International**
From Oslo with LOVE...with Future Dreams
- 12 **Health & Well-being**
How Changing our Posture can Change our Minds and our Lives
- 16 **Lifestyle**
Going for Gold
- 18 **Business**
Reflections of a Small Business Entrepreneur
Phone a Friend or Ask the Community
- 20 **ANLP News**

NLP FOR PROFESSIONALS

- 22 **NLP People**
David Shephard – Growing a Sustainable
NLP Business – Passion, Performance and People
- 26 **NLP**
Narrative Approach to Coaching
- 29 **Book Reviews**
- 30 **Provoking Debate**
Everything you Know about NLP is Wrong
- 34 **NLP Conference**
2017 NLP International Conference
- 36 **Coaching**
Mastering your Craft: Awareness, Attention and Intention
- 39 **Social Media**
- 40 **Alternative Approaches**
Using NLP to Relieve Stress
Meditation for Stress Relief
Laugh your Stress Away
- 43 **Ambassador News**
ANLP appoint their newest UK Regional Ambassadors
- 44 **NLP**
That's Not My Elephant!

BUSINESS ADVICE

- 48 **Author Interview**
David Hodgson – Like Being Pecked to Death by a Duck?
- 50 **Diary Events**
- 53 **Diary of a Wannabe Researcher**
Part 9
- 54 **Business Development**
NLPt and NLP
- 56 **Research**
Writing Research Proposals
- 60 **NLP Practice Groups**
- 62 **End Note**
Black Belt NLP – Firing on all Neurological Levels

Take your time



By Eve Menezes Cunningham



Our ancient ancestors lived their lives in tune with nature's cycles

Our ancient ancestors lived their lives in tune with nature's cycles. In 2016, we are more likely to live ours according to what advertisers tell us.

By the time this piece is published, we'll probably already be used to all the Christmas merchandise vying for our attention, months in advance of the day itself. And the creme eggs will probably be out by January again.

Obviously, it's up to us what we pay attention to but it can be a challenge. Rather than getting hooked into others' schedules and further tuned out from our own cycles and needs, we can pause. We're all different and taking our own time is empowering.

Knowing whether, in NLP terms, we're more In Time (going with the flow, getting caught up with things and losing track of time) or Through Time (schedule focused) can be helpful.

Personally speaking, I'm very much Through Time (I used to call my desk diary my brain). Most of my nearest and dearest are In Time.

Recognising their propensity to get caught up in things and be late, I no longer get (as) stressed out by this. Similarly, they've mostly learned to not get stressed by my future planning when they're only thinking of today.

My mindfulness practice helps me focus on the present moment a few times a day but I like thinking about the future and having a sense of where various projects fit in.

When you think of your own preference, is it similar or possibly at odds with your loved ones? What might help you be true to your own schedule while honouring their natural style?

Similarly, multitasking, something that it's been presumed women are better at than men (by necessity, I imagine), has been proved to be a myth.

A University of London study found that multitasking affected the brain like smoking marijuana or staying up all night in terms of IQ points dropping. And a Stanford University study found that it affects our memories and concentration.

Some estimate that it takes 20 minutes to get our concentration back after a simple interruption. Yet modern living means taking our own time can be challenging.

When do you feel most at ease in terms of your schedule? For some people, even work is a challenge as it means going against their natural body clocks in terms of 9-5 or changing natural patterns with shift work.

As with all of life, some things aren't

possible to change but getting to know – and recognising that they're ok – our preferences means we can tweak things as much as possible.

Personally speaking, I see a lot of clients in the evenings but wouldn't be doing them, or myself any favours if I offered out of office appointments very early in the day.

You might be the opposite, flagging by early afternoon but full of beans at 6am. How does your practice reflect your own preferences as well as what your clients need and want? How might you make a virtue of your natural body clock?

Similarly, some situations and personalities mean more interruptions than others. How might you minimise the ones that feel intrusive so you don't get resentful?

A few diplomatic conversations? A 'do not disturb' sign on the door or even on a hat, if in an open plan office? How might you support yourself through the inevitable ones? It may be a matter of factoring them in and allowing more time for everything.

We can notice the times we feel rushed (or even thwarted when we're the ones in a hurry) by others' schedules and simply pay more attention to finding ways to do what works better for our own time frames. ●

Going for Gold



By James Sweetman

Seven personal development lessons and insights from the Olympics



I have always been a big fan of the Olympics and Paralympics, the spectacular ceremonies, the inspiring stories and of course the edge of your seat action. This summer I spent many hours glued to the TV watching the best athletes in the world strive to reach the pinnacle of their sports in Rio. Here are seven personal development lessons and insights we can glean from the Olympics.

1 Having an inspiring goal

Every Olympic medal winner emphasises how they've been working towards their success for at least four years and, for many, getting to the Olympics is the fulfilment of a life-long ambition. Even those of us with a results-focused mindset will generally not look beyond a twelve month time frame. Taking a longer term view, an interesting question to ask is – what would be a stretch goal to aim for in 2020? (When we are watching the Olympics in Tokyo.) In

terms of your life or business, what's your equivalent of 'getting to the Olympics' or 'winning a gold medal?'

2 Discipline and dedication

Determination, dedication, resilience and commitment are some of the personal characteristics that come to mind when I think of Olympic athletes. The same qualities propel each of us towards our goals and dreams.

In life, just as in sport, the most successful people are the hardest working. You don't see the work they put in, only the evidence of it. Olympic athletes are rewarded in public for what they do in private. As Michelangelo said, 'If people knew how hard I worked they wouldn't marvel at my genius.'

Top swimmers get up at 5am every morning to train. Those who achieve success in their lives also train hard and make sacrifices. Irrespective of what life throws at them, committed athletes keep

going. As the motivational speaker and author Brian Tracy said, 'The price of success is paid for in full and in advance.'

It's also worthwhile remembering that the word 'discipline' comes from the same root as the word 'disciple', meaning 'to follow'. When you are disciplined, you are disciplined in the pursuit of a noble cause or dream.

What are you disciplined about? How could you demonstrate greater discipline? What would just a little more resilience and commitment get for you?

3 Getting into the 'zone'

In all walks of life success and achievement is a mental game. Top athletes and teams utilise the services of sports psychologists to harness the power of the mind, or at minimum, to ensure they don't self sabotage. When the mind is calm, the body relaxes, we remain alert and agile. We might use the phrase 'in the zone', or 'in flow' to



The most successful people are the hardest working

describe this sweet spot of mental and physical synergy.

Mental focus is about having fewer thoughts, dropping the distractions that serve no purpose. Contingency thinking is replaced by an empowered inner dialogue. 'How can I seize this opportunity?' 'How can I deliver on my potential?' You are focused on the present moment and what is within your control. Olympians know that all the physical preparation in the world means nothing if your thoughts don't align with your desired results. A useful question to reflect on is – what do I need to change about my habitual thought patterns to achieve what I want to achieve?

4 Your support team

Success is rarely achieved in isolation. When Olympic athletes are interviewed they always acknowledge how the support of their families, friends and coaches was essential to their success. In our own lives whatever we wish to achieve, it's going to involve others. This means having new conversations. We should always ensure that we acknowledge the support and encouragement, and maybe even sacrifices, that those close to us make to enable us to achieve our goals? Support

of course is a two-way street, so how could I be more supportive to those close to me, to encourage them in their own endeavours?

5 Digging deep to find our courage

At the Olympics courage is displayed in packed stadiums and heralded by cheers. In our lives courage is not found in such public arenas; we find our courage when we are alone with our thoughts and struggling with uncertainty. It's in those moments, when without fanfare or applause, we make a courageous decision, we draw a line in the sand and say 'no more', or we quietly, yet determinedly decide to 'give it a go'.

One of the simplest ways of accessing our reserves of courage is to recall times in the past when we exercised courage, when we overcame a challenge, when we acted in spite of feeling nervous or worried. It is a cliché but if we are looking to feel differently, we have to approach situations differently. What will enable us to take this new action or to approach an old situation in a new way? You've guessed it – courage.

6 Visualisation

We all visualise. All worry is visualisation

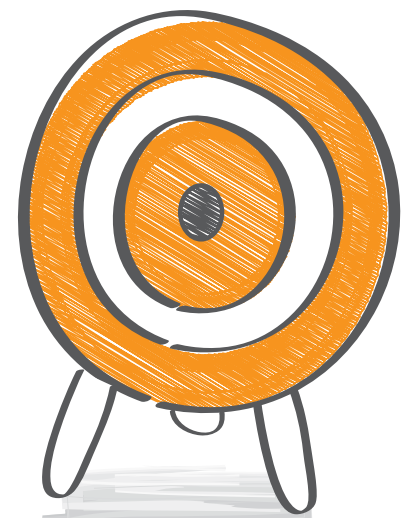
where we imagine the worst possible outcome. Olympic athletes visualise, but they visualise their desired result, crossing the finishing line first. They also preplan how they intend to perform and how they will respond in specific scenarios. All behavioural habits are preceded by thinking habits and positive visualisation creates and embeds new thinking habits. We also know that the unconscious mind cannot process negatives (try not thinking of a yellow door!). We can emulate Olympians by ensuring our visualisations focus on what we want, not what we want to avoid.

7 Success is learning from the journey

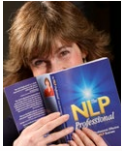
Of course, the Olympics and Paralympics are not just about winning, only a small fraction of athletes go home with a medal. Every competitor endeavours to achieve a personal best which is a reminder to us to focus on our own unique accomplishments, our own standards.

For every gold medallist there are thousands of others who train just as hard and sacrifice just as much.

It is about competing, trying your best and of course getting into the game in the first place. ●



2017 NLP International Conference



By Karen Moxom

This is THE International Conference for NLP Professionals, whether you are a newly qualified practitioner or an experienced trainer.

In April 2016, the Conference was in danger of being the last one ever held. Michael Hall, Co-Leader of the NLP Leadership Summit said at that point '...there was a consensus that this Conference is one of the few English-speaking Conferences left and too important to stop. It is one of the few places that offers a gathering place for NLP...Encourage everyone you influence to attend next year.'

For 2017, the Association for NLP (ANLP) has taken over from Anglo American Books as the organisers of the event. Anglo American have done a fantastic job over the past 6 years, in difficult economic times and have now handed over the reins to ANLP. ANLP's task is to build on the solid platform they have been given and to generate awareness and interest in the NLP Community and to motivate everyone within that community to help shape how NLP evolves for the next generation.

The Conference is not just a place to come and listen. It is a place where people can exchange ideas, discuss areas of collaboration and make new business and personal connections. Many long-standing friendships have been born during the Conference and it is ANLP's intention to encourage these feelings of camaraderie and bonhomie whilst giving delegates what they want to see and hear – how NLP is making a difference.

The tagline for the 2017 Conference is just that: 'NLP is making a difference...and the difference is YOU.' Whether you are a just-qualified Practitioner in NLP or have been a Master Trainer for 30 plus years, this applies to you, because we all communicate with others, therefore, we all have an opportunity to make a difference. And more importantly, all of us have a right to say that we are part of a community that is building a better world.

Can we be even more effective though? The Conference is an opportunity to find out if there are other techniques we can use in different situations. Some techniques we will have heard of and others will be new to us. Some situations will be personal whilst other will be from a business perspective. All will be valid in the context in which they are given and all can add to our existing toolkit and enhance how we interact with the world. So we can all add value to the Conference and we can all gain too!

We are delighted to announce that **Julie Silverthorn**, world renowned NLP & Hypnosis Master Trainer, co-author of *Training Trances* and innovative co-developer of Humanistic NLP (HNLP) will be presenting her experiential Masterclass, '**Training Trances: The Power of Trance in Training... You**', on Friday 28 April 2017.

Saturday and Sunday promise a varied programme over 6

NLP
INTERNATIONAL
CONFERENCE
28 – 30 APRIL 2017
The Park Inn by Radisson, Heathrow
L O N D O N
www.nlpconference.com



Julie Silverthorn

streams and some new features, including a stream entitled 'Conversation Starters', where you have the opportunity to get involved, question and debate with seasoned NLP Professionals. Confirmed speakers include David Shephard, Michael Hall, Peter Freeth, Andy Coley, Neil Almond and Shelle Rose Charvet, with more being added as we write.

The event has moved away from central London to the Park Inn by Radisson, a purpose built conference venue at Heathrow, making it more accessible for local, national and international delegates. The NLP Conference has been given the Orbiter

The tagline for the 2017 Conference is: 'NLP is making a difference... and the difference is YOU.'

Conference building in its entirety so that we are completely self-contained. This includes our own reception and exhibition area, our own dining room and our own exclusive meeting rooms where we can host up to 500 people in a single space.

Ticket prices include:

- EXCLUSIVE conference centre space with ground floor access to all streams over the 3 days
- FREE parking (worth £105 over 3 days)
- FREE 3-course buffet lunch in our own exclusive dining room (worth £75 over 3 days)
- UNLIMITED tea and coffee, plus mineral water and snacks during breaks
- FREE bus travel from Heathrow Airport to the Park Inn by Radisson
- FREE Wi-Fi in the Orbiter Conference Building for the duration of the event
- EXHIBITION stands and the ever popular Crown House Book stall.

In addition, Park Inn by Radisson has a limited number of rooms available at a DISCOUNTED rate for delegates.

With Super Early Bird ticket prices starting at £240 for the 3 days, and given the benefits (above) that are included, these prices represent the lowest ever offered. In addition, there are 3 and 6-monthly payment options available so you can spread the cost of attending.

Super Early Bird Ticket Prices are available until **30 November 2016**. Only 75 tickets are available at each rate, so book yours now.

Super Early Bird Conference Tickets	
1 day*	£120 Or £40 deposit and 3 monthly payments of £30 each Or £40 deposit and 6 monthly payments of £15 each
2 days*	£180 Or £50 deposit and 3 monthly payments of £50 each Or £50 deposit and 6 monthly payments of £25 each
3days*	£240 Or £60 deposit and 3 monthly payments of £70 each Or £60 deposit and 6 monthly payments of £35 each

Super Early Bird Tickets are available online now at www.nlpconference.com or by calling the dedicated conference number +44 20 3384 3217.

Contact us on event@nlpconference.com for details of our promotional affiliate scheme.

For details of the programme, presenters and more information, please visit www.nlpconference.com.

* Early Bird Rates are available from 1 December to 31 March 2017: 1 day = £150; 2 days = £240; 3 days = £330.

Full Rate applies for all tickets booked after 31 March 2017: 1 day = £210; 2 days = £340; 3 days = £450.

NLP International Conference Dates and Venues

2017: Friday 28 – Sunday 30 April
The Park Inn by Radisson, Heathrow, London

2018: Friday 18 – Sunday 20 May
Venue to be announced

Empowering NLP Professionals

Alternative Approaches

Continuing our series on Alternative Approaches, this issue we asked about different ways for coping with stress: NLP; Meditation; Laughter.



Using NLP to relieve stress

By Reb Veale

I often find it helpful to redefine terms when I am exploring them and a mentor of mine defines stress as 'when our perceived ability to cope and resources is outweighed by the perceived level of pressure'. As an NLPer, I am immediately drawn to the words 'perceived', which NLP sees as a subjective construct. And this explains how two people will find the same situation variously stressful or take it in their stride.

So, the first thing to relieve stress is to stop talking about stress! By focusing on building our perceived resources and ability to cope instead, we are tipping the scales back in our favour. This is a simple reframe, but is at the heart of resilient thinking.

NLP takes this further still, for example, through the Meta Model pattern of denominalising. If we start looking at 'how am I resilience-ing?', although it's a clunky phrase, we can begin to build a helpful process towards more situationally appropriate and resourceful ways of being, such as calm, self-compassionate, aware. By recognising the *process*, we unfreeze 'stress', take away much of its power and recover our ability to do something else. If what you're doing is helping you achieve what you want: awesome! If not, no drama; just do something different.

As illustrated by the cybernetic loop (often referred to in NLP as the Mercedes Model), our thinking affects our emotions, behaviour and our body and vice versa. So, by leveraging this, we can become aware of the effect of our thinking patterns (e.g. imperatives such as *should*, *got to*, *must* cropping up in our internal dialogue) and change our self talk to create more resourceful

states. Talking with clients, I often encourage them to replace a harsh self critic with the appreciative words and tone of voice for themselves that they reserve for their loved ones, people they respect and cherish. The result can be astonishing and instant.

Our autonomic nervous system does not distinguish between imagined and real and hence, if we imagine stress; we will produce hormones such as cortisol. These micro-changes can be measured by biofeedback devices to help training resilience. This is why practices such as visualisation and submodality change processes work; not simply on a cognitive basis, but at our very hormonal level, neuropeptides such as dopamine, serotonin and oxytocin will be released into our system, causing us to feel happier, more secure, calmer, resilient.

Thus, by changing submodalities to make the source of stress smaller or more distant for example (and whatever combination is favourable for each individual client) will not only relieve

The first thing to relieve stress is to stop talking about stress!

the stress in the short term, but as the Research and Recognition project found can be used effectively to positively address serious conditions, such as PTSD. These changes are beneficial mentally and emotionally and will also have physically altered the client's neurology.

Whilst much publicity about NLP focuses on the techniques (the 'what') and certainly, there are many that will be so effective in relieving stress; it is 'how' a person is currently doing stress that is key for NLP. Help them to change how they think, feel or practice this and they will gain a different result – deceptively simple and sustainably powerful.

Lastly, a wise person once shared with me that, whenever a potentially stressful situation arose, she would ask herself calmly and generatively, 'For what purpose have I created this in my life – what is there for me to learn here, such that it can pass?'

I think this learning frame has been one of the most helpful aspects of NLP for my own resilience-ing. ●





Meditation For Stress Relief

By Mark Zaretti

With almost 20 years of teaching, including running workplace meditation courses, I can say that 'I need to deal with stress' is one of the main reasons people start learning meditation.

Meditation is well known for being a good stress-buster with lots of research showing breathing meditation can calm the nervous system.

Although I teach a range of meditation techniques from simple beginners breath meditation through to advanced energy based meditation, it is the beginners breathing techniques that often provide the quickest benefits for stress relief.

First aid for stress

Practising breath meditation or listening to a guided meditate can lower stress levels within moments. This is what I call *Meditation First Aid*, getting someone quickly from a stressed state into a more relaxed state.

It's wonderful to watch this rapid transformation and I provide a free guided meditation download on my site, which people already use for stress management. When first learning meditation people often find it easier to be guided because listening to another person's voice seems to help people let go of stress and relax quicker. With practice you can do it on your own without guidance.

Building your stress buffer

As people meditate regularly, even if just 10 minutes a day they often feedback that they feel 'less affected by life's ups and downs' or that they 'feel more centred and in control'. This is what I call *building up the buffer*.

Regularly meditating can create a buffer of inner stillness, which seems to really help people detach from unwanted stresses. The more you meditate, the more you strengthen your natural ability to access inner stillness, that place where you are less likely to be touched by or respond to the usual stress triggers.

Get some perspective

Meditation has the potential to reveal



Practising meditation can lower stress levels within moments

to you more about how your thoughts, emotions and body are all entwined. Importantly, you can discover that you are more than just your mind, feelings and body.

This *bigger perspective* can really help people to get more perspective on situations and triggers that, up till then, would have caused stress. It does not

magic away the issues but it can help you to choose whether to allow those challenges to generate stress or not.

Personally I describe it as like 'being in the world but less influenced by it', which makes life a lot more enjoyable.

From my own experience as a meditator, teacher, therapist, and NLP master practitioner what I really enjoy about meditation is that it's completely content free and ultimately self-empowering putting you, the meditator in control of your emotional, physical and mental welfare. It does not remove life's stresses, but it can give you a lot more control, choice and freedom to respond or simply let it pass. ●



Laugh your stress away

By Caroline Hart

Have you ever had one of those moments when life just really hasn't gone the way you thought it would go? You've just made a mistake? You know, one of those mistakes that send you into an absolute panic thinking of all the possible consequences, wondering why you did it.

Fearful of what may happen; your mind whizzes around in a whirlwind of anxiety, imagining all the potential worst case scenarios that could come from this one misplaced action.

In short – stress!

I know, I know, you are a coach / NLP'er, however, I also know that at your inner core you are human and at some point you will have experienced this. I would like to share with you a story about a time when I was just overwhelmed with stress and worry over one little error, but overcame the stress by using laughter. Yup, you heard right, laughter.

On this occasion, one mishap caused me to feel as though this was going to affect everything negatively. I experienced all the physical symptoms of stress, increased heart rate, feeling nauseous and my mind was jumping from one worst case scenario to the next, worrying about the catastrophic impact this could have on me, my life, my business and my relationships, everything. My head was whirring and I couldn't think straight. I was stressed!

Woah, stop there! Then I got cross with myself because as a coach / NLP'er I should know how to shift state. So I thought...right, what would I say to my clients? I would say 'Move' because motions shift emotion.

I got my dogs and went for a brisk walk in the woods but still

I could not stop the negative thoughts whirling around in my head. You know the feeling! What is happening?

Then, I thought to myself, well, I am a Life and Laughter Coach. I should not be feeling like this. What can I do?

Laugh? Well, err...why not I thought, so I did.

Standing there in the middle of the woods I laughed. This was involuntary

Laughter is a powerful tool to have in your "state shift" toolkit

simulated laughter; and it started with stamping my feet and saying 'ho, ho, ho, ha, ha, ha, hee, hee, hee' repeatedly until I was able to simulate a more natural sounding laughter; and I kept this going for at least 5 minutes.

Yes, I am sure I did look a little crazy but an amazing thing happened! When I stopped laughing I suddenly had clarity about the whole situation. I was able to think rationally again. I reflected and thought well it was just one small error. I have done all I can do to rectify it. If anything comes of it I will address it and

move on, and of course nothing may come of it. Ok, so; there is nothing more I can do now.

Wow...what a state shift! This was such a quantifying moment for me. Experiencing in such a dramatic way how powerful laughter is.

The wonderful thing is, laughter makes a whole lot of difference; even when faked it can release tension, remove anxiety and put us in a far more helpful and productive state. Laughter is a powerful tool to have in your 'state shift' toolkit. Try it yourself. Go on; try it now!

Laughter can:

- Reduce stress (cortisol – the stress hormone)
- Improve your immune system
- Relieve pain
- Boost your circulation
- Encourage positive thinking
- Enable you to use your lungs more effectively
- Develop your emotional well-being.

Laughter is most effective though when practised daily as it can have a very powerful effect on your general well-being due to the way (even if faked) it releases all those wonderful feel good hormones. Laughter helps to rebalance and rejuvenate us both physically and

emotionally, combatting the low level stress that is part of day to day life.

Find reasons to laugh more in your world and wake up those chuckle muscles. The more you laugh, the more you will laugh. Even thinking about laughing makes you smile and often when you simulate laughter that in itself puts a smile on your face and it is funny. So, before you know it you are laughing at your own laughter.

It's fun and very contagious – try it! ●



NLPt and NLP



By Sharon Rooke

Neuro-linguistic psychotherapy and neuro-linguistic programming – what’s the difference?

Neuro-linguistic programming is defined as ‘the study of the structure of subjective experience’ or ‘an attitude, a methodology, that leads to a trail of techniques’ or ‘modelling excellence’.

You may have your own definition because that’s part of the beauty of NLP – it’s flexible and personal!

Neuro-linguistic psychotherapy is a specialised context of the application of NLP skills, knowledge with the backdrop of understanding change, systems and people. It is applied psychology in a therapeutic setting, assisting clients to achieve their outcome.

Some years ago I decided to become fit. ‘What does that mean to you, how will you know?’ My husband has learnt a great deal of NLP through osmosis! I wanted a holistic level of fitness, an outcome that covered different elements.

So I signed up for a triathlon! Receiving many learnings about ecology within outcomes, and also very practical experience of the Bandura Curve.

Beginning the training meant buying certain equipment; a bike (essential); swimming hat and goggles (again essential); a tri suit (reluctantly but open to other’s expertise). Some advice given was better than others; waterproof mascara was not purchased.

But the biggest shock and realisation was swimming. OMG! But I had been swimming for years – since I was that high! I was quickly discovering that I didn’t know how to swim, I simply knew how not to sink!

A minimum of a 4-year journey, including the 2 years’ diploma training to become a qualified Neuro-linguistic Psychotherapist, was a similar realisation. A Master Practitioner and Trainer of NLP, I thought I knew it all and able to help anyone, unaware of what was to follow. The reality was that I had only learnt how



Within the origins of NLP lie three distinct models of psychotherapy

to swim, feeling comfortable in the deep end. We were now moving into open water, deep sea diving, exploring new frontiers!

Training to become an accredited neuro-linguistic psychotherapist covers NLP, human development, psychopathology, psychopharmacology, psychotherapeutic theories and modalities; completing a research project and a mental health placement. The robust accreditation process for NLPtCA, leading to UKCP registrant means rigorous levels of competence, integration, qualitative and quantitative criteria which felt strangely reassuring.

In his encyclopaedia, Dilts defines psychotherapy as being ‘the practice of helping people to regain and maintain mental health’. Within the origins of NLP lie three distinct models of psychotherapy – Gestalt therapy, Family therapy, Clinical Hypnotherapy – from

the creators, exemplars, leaders of these models; Perls, Satir and Erickson respectively.

At their time, they were pushing the boundaries of the field of psychotherapy. Each could be viewed as a maverick, because of the difference to the norm of that time. And that time was rich pickings for doing something different. Moving away from the rigidity and prescriptiveness of psychoanalysis, focusing on the person, their process and outcome. Formulating beliefs about people and change that develop and merge into NLP presuppositions.

NLP and NLPt are empowering models, providing means and methods of assisting people to become more empowered in their thoughts, feelings and behaviours.

Learn about Submodalities and you can become the director of your own mind, changing the characteristics of

the picture and the soundtrack, thereby changing the meaning. Understanding the principles of systems and process questioning an internal map can be tracked to influence with integrity, leading them to their outcome.

Lingering with linguistics enables language to be ambiguously vague or the frame to be switched; offering alternative meanings or contexts. And the difference that makes the difference: modelling. With all of this and much more available how could we not become empowered and empowering. Dislikes, limiting beliefs and bad habits or un-useful strategies can become transformed.

So where are the boundaries? The lifeguards, the guide rope or the shark net that need to exist to support practitioners to stay safe and not go out of their depth, especially when working alongside a non-swimmer. What exists to keep the client safe? What is your boundary of safe practice? How do you make sure that you are working appropriately for your training?

NLPtCA is a member organisation of UKCP, part of the Constructivist and Existential College, that provides a route to UKCP and PSA registration. UKCP is the quality mark for high standards in psychotherapy. It holds a national register of psychotherapists and psychotherapeutic counsellors, listing members who meet standards and training requirements. They also hold a specialist register for psychotherapists qualified to work with children and young people.

NLPtCA, the home of NLP therapy, has 100 members that are supported and guided by ethics, policies and procedures. A community of NLPt professionals that offer neurolinguistic psychotherapy and counselling; training and development to become and maintain the title of Neurolinguistic Psychotherapist; clinical supervision to ensure personal and professional development that is educative, supportive and managerial.

The supervisory relationship is one of the most important relationships for the trainee neurolinguistic psychotherapist. With a current requirement of 150

supervision to 450 client hours, a good working alliance is essential.

An NLPt supervisor is a qualified and experienced NLPt psychotherapist, who has had additional and specialised training in supervision. They provide support, exploring how the therapist is impacted or affected by their work. The therapist becomes consciously aware of the constructs within the therapeutic relationship. A managerial role in supervision explores ethical dilemmas and ensures standards of competence and scope of practice.

The scope of practice or range of issues is a defining line between NLP and NLPt. At a NLP practice group there was

NLP and NLPt are empowering models

some shared learning of NLP experience and working with others. Excitedly they shared their story of working with their friend (any flags of boundaries yet?).

This person had just completed a 30-hour NLP Diploma and was very keen to utilise their new found skills. Their friend

wanted to stop taking drugs, completely off the scale in terms of scope of practice and training qualification.

Scope of practice boundaries exist to protect the therapist and the client. All therapists can go out of their depth, sometimes without knowing, sometimes being caught in the rip tide and finding themselves pulled along by a current that they weren't aware of, but that was much stronger than them. Knowing what to do when we're out there keeps us safe and it also keeps our clients safe too.

Seeing a new client with a new problem may be really exciting and great experience for you, using your second positioning skill you can future pace whether this would be a great experience for them.

Utilising your third positioning skills you are able to perceive how this situation would be considered from an independent perspective or maybe at a complaints hearing. This is empowering.

An experienced NLPt supervisor says that because NLP is so empowering we can lose sight of boundaries.

Changing limiting beliefs is a skill; maintaining limits is skilful. ●





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