

RESEARCH ON NLP

There is a lot of literature and research about NLP on various scientific levels. In the following you will find studies and abstracts about the efficiency and effectiveness of NLP.

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Young, Gordon (2004): "Hypnotically-facilitated Intervention of Epileptic Seizures: A Case Study." Australian Journal of Clinical Hypnotherapy and Hypnosis Vol 25(1) Mar 2004, 1-11

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Young, Jennifer Ann (1995): "Developing leadership from within: A descriptive study of the use of neurolinguistic programming practices in a course on leadership." (Young, Jennifer Ann: The Ohio State U, US) Dissertation Abstract Dissertation Abstracts International Section A: Humanities and Social Sciences. Vol 56(1-A), Jul 1995, pp. 0080.

USE OF NLP IN PSYCHOTHERAPY

A study of NLP use in Psychotherapy was organised by Martina Genser-Medlitsch and Peter Schütz in Vienna, Austria in 1996 (published in Genser-Medlitsch, M. & Schütz, P. (2004): /Czy neurolingwistyczna psychotherpia jest efektywna/? In: Nowiny Psychologiczne. Warszawa: Polskie Towarzystwo Psychologiczne). The test sample of 55 therapy clients and the control group of 60 clients on a waiting list were matched by pattern of symptoms, age, family circumstances, education level, therapy experience etc. The test group were seen by members of a group of 37 NLP Master Practitioners (22 men and 15 women) who used a full range of NLP techniques (reframing, setting outcomes, parts work, metamodel, metaphor, trance, time line work, anchoring, belief changes, submodality shifts, strategies, and trauma-phobia process). Clients were assessed with a number of questionnaires before therapy, after therapy, and at 6 month followup. The assessments checked occurrence of individual discomforts, clinical psychological symptoms, coping strategies used for stress management, locus of control (whether the people felt in control of their lives), and subjective evaluation of the therapy by the client and the therapist.

Diagnoses (ICD9) ranged from schizo-affective and other psychotic disorders, through alcohol dependence, endogenous depressions, psychosomatic disorders, and other issues to post traumatic stress disorders. These disorders were more severe initially in the test group than in the control group on all scales, and their use of psychiatric drugs was higher. On average, treatments lasted 12 sessions (1-48) over a period averaging 20 weeks.

After treatment 1.9% of clients who had had NLP therapy felt no different, 38.9% felt better and 59.3% felt considerably better. None of those treated felt worse. In the control group meanwhile, 47.5% felt no different, 29.5% felt better and 6.6% felt considerably better. 9.8% of the controls felt worse and 4.9% felt considerably worse. At 6 month followup, 52% of clients who had had therapy felt considerably better, 28% felt better, 12% felt there was no change, and 8% felt worse. Meanwhile, the therapists rated 49% of their treatments as having met objectives well, 47% as having somewhat met objectives, and 4% as of little or no success.

After therapy, the clients who received NLP scored higher in their perception of themselves as in control of their lives (with a difference at 10% significance level), reduced their use of drugs, used more successful coping methods to respond to stressful situations, and reduced symptoms such as anxiety, aggression, paranoid thinking, social insecurity, compulsive behaviours, and depression. The research showed that some positive changes also occurred in the control group and could not be accounted for by the therapy, including some of the reduction in psychosomatic symptoms, social isolation and some paranoid thinking.

Altogether, positive changes in 25 of 33 symptom areas (76%) occurred as a result of the therapy, positive changes in 3 areas occurred in both groups, and no significant changes occurred in 5 areas.

Amongst the group who received therapy, there were some interesting differences. On 63.15% of the symptom scales, changes were more pronounced in those under 36 years than those over 35 years old. On 40% of the symptom dimensions, men improved more than women (especially in the areas of feeling more in control of life, and reducing paranoid thoughts, aggression, depression and anxiety). Clients receiving longer durations of therapy (11-48 sessions, as compared to 1-10 sessions) had more gains (especially in relief from compulsive and psychotic behaviours) at the end of therapy, but also accounted for more of the loss of success at the 6 month followup.

The NLP Model Of Sensory System Use And The NLP Spelling Strategy

One of the most important claims made by NLP is that people think in specific sensory languages, and these types of thought can be accessed by changing the direction the subject's eyes look to. The following experiment supports this notion, and it's application to memorising the spelling of words.

F. Loiselle at the University of Moncton in New Brunswick, Canada (1985) selected 44 average spellers, as determined by their pretest on memorising nonsense words. Instructions in the experiment, where the 44 were required to memorise another set of nonsense words, were given on a computer screen.

The 44 were divided into four subgroups for the experiment.

Group One were told to visualise each word in the test, while looking up to the left.

Group Two were told to visualise each word while looking down to the right.

Group Three were told to visualise each word (no reference to eye position).

Group Four were simply told to study the word in order to learn it.

The results on testing immediately after were that Group One (who did actually look up left more than the others, but took the same amount of time) increased their success in spelling by 25%, Group Two worsened their spelling by 15%, Group Three increased their success by 10%, and Group Four scored the same as previously. This strongly suggests that looking up left (Visual Recall in NLP terms) enhances spelling, and is twice as effective as simply teaching students to picture the words. Furthermore, looking down right (Kinesthetic in NLP terms) damages the ability to visualise the words. Interestingly, in a final test some time later (testing retention), the scores of Group One remained constant, while the scores of the control group, Group Four, plummeted a further 15%, a drop which was consistent with standard learning studies. The resultant difference in memory of the words for these two groups was 61% .

Thomas Malloy at the University of Utah Department of Psychology completed a study with three groups of spellers, again pretested to find average spellers. One group were taught the NLP spelling strategy of looking up and to the left, one group were taught a strategy of sounding out by phonetics and auditory rules, and one were given no new information. In this study the tests involved actual words. Again, the visual recall spellers improved 25%, and had near 100% retention one week later. The group taught the auditory strategies improved 15% but this score dropped 5% in the following week. The control group showed no improvement.

These studies support the NLP Spelling Strategy specifically, and the NLP notion of Eye Accessing Cues, Sensory system use, and Strategies in general. They are reported in: Dilts, R. and Epstein, T., Dynamic Learning, Meta, Capitola, California, 1995

The NLP Model Of Association-Dissociation And The NLP Phobia/Trauma Process

Several small scale studies support the success of the NLP Phobia cure, which is based on the NLP model of Dissociation. Here are a collection. In this case the treatment, which takes about 10 minutes, is the standard one taught on NLP Practitioner courses.

Denholtz M.S., and Mann, E.T., "An automated audiovisual treatment of phobias administered by non-professionals" in the Journal of Behaviour Therapy and Experimental Psychiatry (6, p 111-115), 1975. The first report of the use of the technique, suggesting it may have some merits.

Allen, K., "An Investigation of the Effectiveness of Neuro Linguistic Programming Procedures in treating Snake Phobias" (in Dissertation Abstracts International 43, 861B), 1982. This study of 36 undergraduate students with snake phobias found the NLP process behaviourally as successful as far longer behaviourist Massed Systemic Desensitisation regimes, and more convincing subjectively to the participants.

Einspruch, E. "Neurolinguistic Programming in the Treatment of Phobias" in Psychotherapy in Private Practice, 6(1): 91-100, 1988 Findings from this study from the University of Miami Phobia Trauma Clinic suggest that the technique is successful for symptoms of both anxiety and depression in clients with phobias. 31 phobic patients seen in the group/class treatment program completed a phobia questionnaire fear inventory and the Beck Depression Inventory before and after 8 wks of treatment. 17 patients seen in individual therapy completed part of the phobia questionnaire before and after treatment. Results indicate marked improvement by those who were treated. Findings suggest that NLP holds promise for treating phobias.

Koziey, P., and McLeod, G., "Visual kinesthetic Dissociation in Treatment of Victims of Rape" in Professional Psychology; Research and Practice, 18(3); 276-282, 1987 The study, from the University of Alberta, showed the reduction of anxiety in teenage rape victims, and recommends the use of the process in cases of trauma.

The Use Of Submodalities

Many NLP techniques are based on the changing of specific qualities (called submodalities) of the internal pictures, sounds and body responses a subject uses. Research on these was occurring before NLP developed, and is summarised in the back of the book

Gordon, D., Therapeutic Metaphors, Meta, Cupertino, California, 1978

Studies show, for example, that the submodalities in which a client views a placebo (how colourful the pill packaging is, say) will affect the result.

Other studies show that changes in the submodalities in one sensory system will automatically result in changes in the other sensory systems and in emotional changes (so if you change the way your internal picture looks, you'll feel different). As an example, office workers in a room repainted blue will complain of the cold, even though the thermostat is constant, but will stop complaining if it is repainted yellow. These responses are physiological, so that sounds of about 80 decibels produce a 37% decrease in stomach contractions (similar to the result of "fear", and likely to be perceived as such, as the writers of scores for thriller movies know).

These examples come from:

Buckalew, L.W., and Ross, S., "Relationship of Perceptual Characteristics to Efficacy of Placebos" in Psychological Reports 49, p955-961, 1981

Berry, P. "Effect of Coloured Illumination Upon Perceived Temperature" in Journal of Applied Psychology, 45(4) p248-250

Smith, E.L. and Laird, D.A., "The Loudness of Auditory Stimuli Which Affect Stomach Contractions In Healthy Human Beings" in Journal of the Acoustic Society of America, 2, p94-98, 1930

Anchoring

In orthodox psychological literature, the NLP technique of Anchoring is known as Classical Conditioning, as developed 100 years ago by Ivan Pavlov (who induced dogs to salivate by ringing a bell just before feeding them, and then ringing the bell alone). In one of the earliest studies of classical conditioning, an eleven month old boy (Albert) was introduced to a white rat. Initially, Albert liked the rat and wanted to play with it.

However, each time he reached for it, the experimenter made a loud noise behind him, frightening him. After five such noises, Albert had anchored fear to the rat, and panicked whenever he saw it. Having induced this phobia by anchoring, the experimenters were then able to remove it similarly (though this is clearly an ethically dubious study both for Albert and the rat!). Research from p 40 in :

Davison, G.C., and Neale, J.M., *Abnormal Psychology*, John Wiley & Sons, New York, 1986

Of the hundreds of examples of anchoring principles applied in an innovative way, without the name "Anchoring", one stands out for me. It is Ellen Langer's study of two groups of elderly men (aged 75-80 years), at Harvard University. For 5 days, these two comparable groups of men lived in a closely supervised retreat centre out in the country. One group was engaged in a series of tasks encouraging them to think about the past (to write an autobiography, to discuss the past etc). The other group was engaged in a series of tasks which actually anchored them back into a past time (1959). They wrote an autobiography only up to 1959, describing that time as "now", watched 1959 movies, had 1959 music playing on the "radios", and lived with only the artifacts available in 1951. Before and after the 5 days, both groups were studied on a number of criteria associated with aging. While the first group stayed constant or actually deteriorated on these criteria, the second group dramatically improved on physical health measures such as joint flexibility, vision, and muscle breadth, as well as on IQ tests. They were anchored back to being 50 years old, by the sights and sounds of 1959.

Langer, E.J. *Mindfulness*, Addison Wesley, Reading, Massachusetts, 1989

The NLP Allergy Process, described below, is an example of a researched NLP technique using this anchoring principle.

The NLP Allergy Process

Here a research base exists outside of NLP. Several studies suggest that allergic responses can be generated (and thus removed) by classical conditioning (which in NLP is called Anchoring). In these studies, an allergy inducing chemical is given to mice, for example, at the same time as a camphor smell is released. In following sessions, the smell of camphor will induce an allergic response. See as an example:

"Pavlovian Conditioning of Rat Mucosal Mast Cells to Secrete Rat Mast Cell Protease II" in *Science*, 6 January 1989, p83-85

Small studies on the NLP technique itself are also supportive. Dr Judith Swack studied ten people who had a variety of allergies (cats, dust, flowers, cigarette smoke etc). Seven of the ten responded to the ten minute allergy process by become completely response-free. Over two years, the results reduced, as three of the seven regained some allergic response.

Interestingly, of the three who initially got no success with the allergy process, two became allergy free once Swack used other NLP techniques (Time Line Therapy, the Compulsion Blowout and the Trauma Process) with them.

The overall success of NLP in treating allergies may be close to 100%, but the success of the 10 minute process itself, with no other interventions, is initially 70% and on long term followup is 40%.

Swack, J.A., "A Study of Initial Response and Reversion Rates of Subjects Treated With The Allergy technique", in Anchor Point, Vol 6, No2, Feb 1992

Hypnosis And Communication With The Unconscious Mind

The research on the results of Hypnosis in general, and Ericksonian Hypnosis in particular amounts to many volumes. NLP Practitioners have contributed to that research, as for example in the study done by Lynn Timpany (of Transformations NLP Consultants Ltd, New Zealand) into the use of a one session hypnosis treatment for morning sickness and anxiety in 12 women who were pregnant. Of those 12 women, two had sleeping problems which disappeared as a result of the session, five of the eight who were vomiting noticed a significant improvement, and two went from being nauseous virtually 100% of the time to feeling ill less than 20% of the time.

Timpany, L., "A Study of The Effectiveness of Single Session NLP Treatment For Pregnancy Treatment" in Anchor Point, June 1996, p18-19

The literature about hypnosis documents some remarkable successes with it's use in a variety of fields. As a reference, see: Crasilneck, H.B. and Hall, J.A. , Clinical Hypnosis: Principles and Applications, Allyn and Bacon, Boston, 1985

Studies show that hypnosis can over-ride what would have been considered "incurable congenital conditions". For example, the British Medical Journal in 1952 published a study of a 16 year old boy with congenital ichthyosis erythroderma, whose skin was covered in a horny layer which weeped fluid at the joints. In a week following hypnosis, small areas of the body were clear, and the results spread to the rest of the body over the second week.(above text, p376).

In one of the clearest demonstrations of the ability to communicate with a person's (literally) unconscious mind, D. Cheek induced 3000 fully anaesthetised patients to produce hand movements as signals for "yes" and "no", obviously without their conscious knowledge.

Cheek, D., "Awareness of Meaningful Sounds Under General Anaesthesia." In Theoretical and Clinical aspects of Hypnosis, Symposium Specialists, 1981

Time Line Therapy® And Treatment Of Medical Conditions Such As Asthma

A one year research study (May 1993-May 1994) into the treatment of asthmatics, using NLP, was done in Denmark. Results have already been presented at a number of European conferences, including the Danish Society of Allergology Conference (August 1994), and the European Respiratory Society Conference (Nice, France, October 1994)

The study was run by General Practitioner Jorgen Lund and NLP Master Practitioner Hanne Lund, from Herning, Denmark. Patients were selected from 8 general practices. 30 were included in the NLP Intervention group, and 16 in the control group. All received basic medical care including being supplied with medication. Most had never heard of NLP before, and many were completely unbelieving in it, or terrified of it. Their motivation to do NLP was generally low. The intervention group had an initial day introduction to NLP and Time Line Therapy®, and then 3-36 hours (average 13) of NLP intervention. The NLP focus was not mainly on the asthma; it was on how the people lived their daily lives.

The interventions used were:

Clear anger, sadness, fear, hurt, guilt and any limiting decisions using T.L. Therapy®

Use the NLP Trauma cure on the origin of the asthma.

Use the NLP allergy cure.

The results affected both the peoples general lives, and their asthma. Patients tended to describe their change subjectively as enabling them to be "more open", get "collosal strength and self confidence" "a new life" etc.

The lung capacity of adult asthmatics tends to decrease by 50ml a year average. This occured in the control group. Meanwhile the NLP group increased their lung capacity by an average of 200ml (like reversing four years of damage in a year!). Daily variations in peak flow (an indicator of unstable lung function) began at 30%-40%. In the control group they reduced to 25% but in the NLP group they fell to below 10% . Sleep disorders in the control group began at 70% and dropped to 30%. In the NLP group they began at 50% and dropped to ZERO. Use of asthma inhalers and acute medication in the NLP group fell to near ZERO.

Hanne Lund points out that the implications of this project reach far beyond asthma management. She says "We consider the principles of this integrated work valuable in treatment of patients with any disease, and the next step will be to train medical staff in this model." Hanne Lund can be reached at: NLP Creative Kommunikationa, Bredgade 11, DK 7400 Herning, Denmark

STUDIES

TI: Wie wirksam ist therapeutische Hilfe mit NLP?

AU: Schnappauf,-Rudolf-A.

AD: Am Fussgraben 26, 65597 Huenfelden-Heringen, Germany

SO: MultiMind - NLP aktuell, 1994, 6, 14-21

AB: Informiert wird im Ueberblick ueber die Grundlagen und Effekte des Neurolinguistischen Programmierens (NLP) in der Psychotherapie. Eingegangen wird dabei besonders auf die Bedeutung der Bezeichnung NLP, die Entstehungs-geschichte, den systematischen Charakter und die Inhalte von NLP sowie die Unterschiede zwischen NLP und anderen Therapieformen. Ausgefuehrt wird ferner, (1) dass NLP Erfolgsstrategien liefert, (2) dass NLP die beste Loesung fuer alle sucht, (3) dass NLP die Selbsthilfekraefte von Menschen belebt, (4) dass NLP Menschen in gute Zustaende fuehrt, (5) dass NLP absolut diskret ist, (6) dass NLP anhand feinsten koerpersprachlicher Signale fuehrt, (7) dass NLP die positive Absicht sucht, (8) dass NLP als Kurzzeittherapie haeufig sehr effektiv ist, (9) dass NLP die Vielfalt schaezt und integrierend wirkt, (10) dass NLP respektvoll und tolerant ist, (11) dass NLP behindernde Konflikte loest, (12) dass NLP Persoenlichkeitsanteile integriert und so Energie freisetzt, (13) dass im NLP 99 Prozent "Verstehen des anderen" und ein Prozent "Intervention" ist sowie (14) dass NLP oft viele positive Nebeneffekte erzielt.

TI: Eine Untersuchung zum Submodalitaetenkonzept des NLP

AU: Weerth,-Rupprecht

AD: Hardinghausstr. 25, 4500 Osnabrueck, Germany

SO: MultiMind - NLP aktuell, 1992, 3, 9-12

AB: In einer Pilotstudie wird untersucht, inwieweit die im Submodalitaeten-konzept des Neurolinguistischen Programmierens (NLP) postulierten Veraenderungen der Submodalitaeten (definiert als formal-qualitative Feinunterscheidungen innerhalb jeder Sinnesmodalitaet) von Vorstellungen, die ihrerseits in subjektiv emotionsrelevanten Situationen fester kognitiver Bestandteil sind, emotions-veraendernd wirken koennen. In vier Seminaren wurden 29 Personen in halb-standardisierter Form theoretisch und praktisch in die Eigenanwendungs-moeglichkeiten des Submodalitaetenkonzepts eingefuehrt. Dabei wurden zahlreiche direkte Wirkungen und ein halbes Jahr spaeter deren Dauerhaftigkeit sowie spontan weitergefuehrte Eigenanwendungen von Submodalitaetsveraenderungen abgefragt. Die deskriptive Auswertung ergab bei allen Seminarteilnehmern emotionsrelevante Wirkungen, wobei sich mehr und weniger wirksame Submodalitaeten zeigten. Weiterhin konnten bei knapp zwei Drittel der Teilnehmer verschiedene erfolgreiche Alltagsanwendungen der gelernten Methodik festgestellt werden. Hieraus laesst sich auf die theoretische und praktische Relevanz dieses Teilkonzepts des NLP schliessen.

TI: Erweiterung einschaenkender Glaubenssaetze und Veraenderung von

Verhaltensweisen bei HIV-positiv

AU: Konefal,-Janet

IN: University of Miami, Miami, FL, United States; School of Medicine; Department of Psychiatry

SO: MultiMind - NLP aktuell, 1992, 3, 30-36

AB: Ueber den Einsatz von Techniken des Neurolinguistischen Programmierens in der Arbeit mit Personen, die von einer HIV-(Human Immunodeficiency Virus) Infektion betroffen sind, wird berichtet. Dabei wird die Bedeutung imaginativer Techniken bei der Auseinandersetzung mit der Erkrankung (Aufbau einer positiven Zukunftsorientierung, Dissoziation von Identitaet der Person und Virus) und die Notwendigkeit einer Veraenderung einschaenkender Glaubenssaetze (HIV-Infektion als unausweichliches Todesurteil) betont. Dadurch soll der Stressfaktor, den die Tatsache der Infektion auf die Person ausuebt, gemindert werden. Verschiedene Uebungen (Kommunikation zwischen Teilen, Time-Line-Technik, ein gesuenderes Ich schaffen, Staerkung des Willens um Leben) werden schematisch dargestellt.

TI: Arbeit mit einem HIV-Positiven

NLP-Anwendung "Gesundheitsrad"

AU: Bader,-Birgit

AD: Gustav-Falke-Str. 2, 20144 Hamburg, Germany

SO: MultiMind - NLP aktuell, 1995, 4, 22-28

AB: Die auf der Grundlage der "Logischen Ebenen" von Robert Dilts und dem daraus entwickelten "Gesundheitsrad" von Janet Konefal durchgefuehrte Psycho-therapie mit einem HIV-(Human immunodeficiency virus-)infizierten Patienten wird beschrieben. Es wird deutlich gemacht, wie die Techniken des Neurolinguistischen Programmierens eingesetzt werden, um mit dem Patienten die in seinen Symptomen enthaltene Botschaft zu erkunden.

TI: Pruefungsangst ...wegankern in nur einer Sitzung?

Eine empirische Untersuchung

AU: Reckert,-Horst-W.

AD: Koenigsbergerstr. 3, 72280 Dornstetten, Germany

SO: MultiMind - NLP aktuell, 1994, 6, 22

AB: Die Effektivitaet der Technik des "Anker-Kollabierens" aus dem Neuro-linguistischen Programmieren (NLP) bei der Kurzzeittherapie von Pruefungsangst wird untersucht. Zwölf Studenten wurden in einer ungefaehr 45minuetigen Sitzung mit NLP-Anker-Kollabieren vorbereitet: Die Problem- und Ressourcephysiologien wurden an den beiden Handgelenken kinaesthetisch geankert und zum kollabieren gebracht. Im Vergleich zu einer Kontrollgruppe von 13 Studenten, die sich die Pruefungssituation im Sinne eines mentalen Trainings in allen Repraesentations-systemen vergegenwaertigen sollten, belegen vor und nach dem Training bzw. der Pruefung erhobene Fragebogendaten die Effizienz der Anker-Kollabieren-Technik. Die waehrend des Trainings erfassten Herzratendaten lieferten dagegen wider-spruechliche Befunde.

TI: Using an imaginary scrapbook for neurolinguistic programming in the

aftermath of a clinical depression: a case history.

AU: Hossack-A; Standidge-K

SO: Gerontologist. 1993 Apr; 33(2): 265-8

AB: We employed neurolinguistic programming (NLP) principles to develop a positive self-identity in an elderly male patient in England recovering from clinical depression. This novel technique encouraged recall of intrinsically rewarding past experiences. Each experience was conceptualized in an image and compiled chronologically in an imaginary book, providing continuity to what were chaotic and fragmented recollections during the immediate postdepressive stage. The patient's anxiety and depression were alleviated and his own functional goals largely realized. The scrapbook approach to alleviating depressive symptoms combines NLP principles, sensory modality preference in information processing, guided reminiscence and recall therapy, and the lifebook method.

TI: Neurolinguistic programming as an adjunct to other psychotherapeutic/

hypnotherapeutic interventions.

AU: Field-ES

SO: Am-J-Clin-Hypn. 1990 Jan; 32(3): 174-82

*LHM: ZBMed-100 Zentralbibliothek für Medizin in Wien, Währinger

Gürtel 18-20 1097 Wien Tel.40400/1085

AB: The therapeutic dissociative techniques of "anchoring" and "three-part dissociation," neurolinguistic programming (NLP) treatment paradigms incorporating the idea of division into ego states, are effective in crisis intervention and as a stimulus for catharsis. Using the anchoring technique in the first session, a 23-yr-old male patient with severe anxiety, manifested by episodes of hyperactivity, was able to superimpose inner resources upon the situations which led to the episodes. Utilizing three-part dissociation, the patient experienced the hyperactive episodes "for the very last time" and terminated them permanently. Hypnotic exploration and ideomotor signaling were used with a 32-yr-old male patient presenting with uncomfortable feelings associated with intense anger. After the origin of the anger was determined, a three-part dissociation produced an

abreaction and catharsis. Interaction at a cognitive level integrated the feelings and knowledge into personal consciousness.

TI: A simple hypnotically based NLP technique used with two clients in

criminal justice settings.

AU: Curreen,-Merlin-P.

IN: Psychological Services Div, Auckland, New Zealand

JN: Australian-Journal-of-Clinical-and-Experimental-Hypnosis; 1995 May, Vol 23(1) 51-57

AB: Much of the language of neurolinguistic programming (NLP) derives from Ericksonian hypnosis and the techniques utilized in both can be successfully integrated to facilitate effective therapeutic change, particularly in cases where clients have poorer verbal and social skills, or are resistant to behavior change in therapy. This paper describes the use of NLP and Ericksonian techniques in hypnosis with clients in the criminal justice system. In Case 1, a 28-yr-old Maori man who was charged with assault on a female became violent and depressed and assaulted and harassed a married woman with whom he had an affair when he realized that she was not taking the relationship seriously. In Case 2, a 30-yr-old part Maori man began to experience panic attacks soon after he was sentenced to prison for aggravated robbery. In both cases, a basic NLP technique, enhanced by hypnotic language patterns, worked effectively to bring about successful outcomes.

TI: Brief treatment for adult children of alcoholics: Accessing resources for self-care.

AU: Crandell,-John-S.

JN: Psychotherapy; 1989 Win Vol 26(4) 510-513

AB: The case of a 57-yr-old female adult child of an alcoholic (ACA) illustrates that brief treatment may be all that is necessary to help many ACAs who possess the requisites for effective self-care but who have been blocked from using them. The case shows how therapy can find a way around the inhibition of the resource of self-care by mobilizing existing internal resources so that emotional needs can be responded to in the self. In this case, the techniques of accessing resources and anchoring were drawn from neurolinguistic programming.

TI: Neuro-linguistic programming in the treatment of phobias.

AU: Einspruch,-Eric-L.; Forman,-Bruce-D.

IN: U Miami, Phobia & Anxiety Disorders Clinic, FL, US

JN: Psychotherapy-in-Private-Practice; 1988 Vol 6(1) 91-100

AB: Evaluated a program for treating phobias based on R. Bandler and J. Grinder's (1979) neuro-linguistic programming (NLP) and Ericksonian approaches to psychotherapy within the context of a multifaceted treatment program. 31 phobic patients seen in the group/class treatment program completed a phobia questionnaire fear inventory and the Beck Depression Inventory before and after 8 wks of treatment. 17 patients seen in individual therapy completed part of the phobia questionnaire before and after treatment. Results indicate marked improvement by those who were treated. Findings suggest that NLP holds promise for treating phobias.

TI: Sexual abuse of males by females: The problem, treatment modality, and case example.

AU: Shelden,-Virginia-E.; Shelden,-Randall-G.

IN: Behavioral Medicine Assoc, Las Vegas, NV, US

JN: Family-Therapy; 1989 Vol 16(3) 249-258

AB: Reviews literature on the sexual abuse of males by females, focusing on the sexual abuse of a male child by his mother. A treatment model known as neurolinguistic programming (NLP) is described. The primary focus in NLP is outcome. The task of the therapist is to identify behavior in which clients no longer wish to engage and to have clients state in specific positive terms their desired state. NLP, biofeedback, and other methods may be used to expose early sexual abuse as an underlying source of adult dysfunction; this discovery may be used to gain access to a disturbed family system. A case study is presented of a 42-yr-old male patient who was sexually abused by his mother and in which NLP was the treatment of choice.

TI: Self-empowerment and the 15-minute solution

AU: Stanton-HE

SO: AUST-J-CLIN-EXP-HYPN. 24/2 (137-144) 1996

CP: Australia

AB: Rapid-change therapeutic techniques are becoming increasingly popular and in this article four of these, deriving from the work of the neuro-linguistic programmers - the switch, anchoring a positive feeling, installing belief, and rapid trance induction - are linked in order to provide a treatment intervention occupying a time period of 15 minutes. Three case studies involving examination anxiety, weight loss, and fear of public speaking are used to illustrate how the techniques might be applied.

TI: Treating phobias rapidly with Bandler's theatre technique.

AU: Stanton,-Harry-E.

IN: U Tasmania, Hobart, Australia

JN: Australian-Journal-of-Clinical-and-Experimental-Hypnosis; 1988 Nov Vol 16(2) 153-160

AB: Describes R. Bandler's (1985) theater technique, which makes use of mental imagery and dissociation to treat phobias. Working within the neurolinguistic programming tradition, Bandler, rather than treating phobias over a protracted time period as decreed by conventional wisdom, uses an approach that removes phobias rapidly. Case examples of a 47-yr-old female agoraphobic, a 36-yr-old male social phobic, and a 29-yr-old female simple phobic illustrate the treatment of each Diagnostic and Statistical Manual of Mental Disorders (DSM-III) category of phobia with this technique.

TI: Combining hypnosis and NLP in the treatment of telephone phobia

AU: Stanton-HE

AD: Centre for Learning and Teaching, University of Tasmania, GPO Box 252C,

Hobart, Tas. 7001, Australia

SO: AUST-J-CLIN-EXP-HYPN. 24/1 (53-58) 1996

AB: Two neuro-linguistic programming techniques which have proven to be therapeutically effective are those of the 'theatre' and the 'collapsing of anchors.' As both have produced good results when used individually, their combination is likely to provide a very powerful therapeutic intervention. When a hypnotic induction is also brought into play as a means of increasing patient expectancy of success, the combination can provide a vehicle for effective single-session therapy. The manner in which this approach to therapy might be applied is illustrated in the treatment of an insurance agent afflicted with telephone phobia.

TI: Using the power of belief in acupuncture and holistic medicine:

Case studies

AU: Vachon-D

SO: AM-J-ACUPUNCT. 21/1 (33-40) 1993

AB: Drawing on his experience in acupuncture, psychoneuroimmunology and Neuro-Linguistic Programming, the author provides practical techniques and case studies on how to help patients discover unhealthy beliefs and how to empower them to create healthy alternatives. The techniques can be easily integrated into the therapeutic routine and are useful for enhancing the patient's general ability to meet life's challenges.

TI: West meets east : the art of subconscious healing in traditional Chinese medicine and acupuncture

AU: VACHON D, 1214 Spruce Street, Berkeley CA 94709, USA

SO: Journal: American journal of acupuncture, 1991, 19 (1) 37-57

AB: This paper discusses therapeutic intervention within the framework of some of the latest advances in psychoimmunology. It describes the healing process as a matter of establishing a dialogue with the patient's

subconscious mind. In this regard, the author analyzes the sequence of events leading to the satisfactory resolution of any type of disease - from the original interview to the final assessment of the results - from two different perspectives: 1) Traditional Chinese Medicine and 2) Neuro-Associative Conditioning (NAC SUP T SUP M), a form of Neuro-Linguistic Programming (NLP SUP T SUP M) English Descriptors: Acupuncture; Review; Folk medicine; Western medicine; Human; Oriental medicine

TI: Glaubenssysteme und der Glaube daran

AU: Leinhos,-Holger

AD: Tuebingerstr. 105, 70178 Stuttgart, Germany

SO: MultiMind - NLP aktuell, 1995, 5, 31-36

AB: Ausgehend von einer Darstellung des konstitutiven paradoxen Charakters der Leitideen, die im Neurolinguistischen Programmieren als Glaubenssysteme gekennzeichnet sind, wird ein Beschreibungs- und Interventionsmodell vorgestellt, das der Komplexitaet dieser subjektiven Systeme Rechnung tragen soll. Dabei wird auf die von G. Guenther entwickelte Polykontexturale Logik als Basismodell zurueckgegriffen, deren selbstreferentieller Charakter die widerspruchsfreie, nicht-zirkulaere Modellierung reflexiver Strukturen erlaubt. An einem Fallbeispiel wird ein komplexes Handlungsmodell illustriert, dessen vier logische Positionen selbstreflexive Interventionen in Glaubenssystemen ermoeeglichen. Auf weitere Anwendungsmoeglichkeiten in nicht-klinischen Feldern wird hingewiesen.

TI: Die Zeitlinie - eine Moeglichkeit zur erlebnisintensiven systemischen

Therapie mit EinzelklientInnen

AU: Schindler,-Hans

AD: Wielandstr. 13 a, 28203 Bremen, Germany

SO: Systema, 1995, 9 (1), 53-60

AB: Die Arbeit mit der aus dem Neurolinguistischen Programmieren abgeleiteten Technik der Zeitlinie wird als eine fruchtbare erlebnisaktivierende Methode der systemischen Psychotherapie mit Einzelklienten beschrieben. Dabei werden die Klienten gebeten, auf einer Zeitlinie im Raum mit Hilfe von Gegenstaenden zu markieren, wo sich ihre Vergangenheit, Gegenwart und Zukunft befinden, sich an diese Orte zu begeben und ihren Gefuehlen nachzuspueren. Moeglichkeiten der Arbeit an der Zeitlinie (Zielfindung, Entwicklung von Teilzielen, Entscheidungs-findung, Verabschiedung alter Muster und Eroeffnung neuer Handlungs-moeglichkeiten sowie symbolische Vergangenheitsbewaeltigung) werden an kurzen Fallbeispielen verdeutlicht. Die Arbeit mit der Zeitlinie wird als Methode zur Unterstuetzung von Selbstorganisationsprozessen charakterisiert.

TI: Das Konzept "Widerstand" in der Psychotherapie Milton Ericksons, in der

Kommunikationstherapie und im Neurolinguistischen Programmieren, Teil 1

AU: Stahl,-Thies

AD: Eulenstr. 70, 22763 Hamburg, Germany

SO: MultiMind - NLP aktuell, 1994, 2, 49-55

Note: Teilabdruck aus: Petzold, H. (Ed.) 1981. Widerstand. Ein strittiges

Konzept in der Psychotherapie. Paderborn: Junfermann

AB: Im ersten Teil einer Arbeit ueber den Umgang mit "Widerstand" in der Hypnotherapie nach Milton H. Erickson, in der Kommunikationstherapie und im Neurolinguistischen Programmieren werden epistemologische Implikate des Ansatzes von Erickson dargestellt und hinsichtlich ihrer Abweichung von traditionellen psychotherapeutischen Modellen diskutiert. Es wird deutlich gemacht, dass Erickson Manipulation als unvermeidlichen Bestandteil therapeutischen Handels betrachtete und daher von einem Therapeuten gute Beobachtungsfahigkeiten, einen breiten Handlungsspielraum sowie die Bereitschaft, selbst Verantwortung fuer die Veraenderungen des Klienten zu uebernehmen, forderte. Verschiedene Vorgehens-weisen und Konzepte von Erickson (Verzicht auf einsichtsfoerdernde Inter-ventionen, Utilisationsprinzip, Konzentration auf Symptomveraenderung, Einbeziehen des sozialen Kontextes, Verwendung analog-metaphorischer Kommunikation) werden erlaeutert.

TI: Das Konzept "Widerstand" in der Psychotherapie Milton Ericksons, in der

Kommunikationstherapie und im Neurolinguistischen Programmieren, Teil 2

AU: Stahl, Thies

AD: Eulenstr. 70, 22763 Hamburg, Germany

SO: MultiMind - NLP aktuell, 1994, 3, 50-58

Note: Teilabdruck aus: Petzold, H. (Ed.) 1981. Widerstand. Ein strittiges

Konzept in der Psychotherapie. Paderborn: Junfermann

AB: Im zweiten Teil einer Arbeit ueber den Umgang mit "Widerstand" in der Hypnotherapie nach Milton H. Erickson, in der Kommunikationstherapie und im Neurolinguistischen Programmieren (Teil 1 in MultiMind - NLP aktuell 1994, 2, 49-55) wird deutlich gemacht, dass fuer Erickson Widerstand ein interpersonales Phaenomen in der Therapie darstellte. Unterschiede zu traditionellen, insbesondere psychoanalytischen Psychotherapieverfahren, die den intrapersonalen Aspekt von Widerstand betonen, werden herausgearbeitet und am Beispiel der Depersonalisation des Therapeuten durch den Klienten waehrend einer hypnotisch induzierten Altersregression erlaeutert. Drei Kommunikationsstrategien von Erickson fuer den Umgang mit Patienten im Widerstand werden differenziert und anhand von illustrativen Fallbeispielen diskutiert: (1) Techniken zur Vermeidung von Widerstand (therapeutische Bindungen bzw. Doppelbindungen, indirekte Suggestionen per Implikat, Verwendung von Metaphern), (2) Techniken zur Utilisation von Widerstand, (3) Techniken zur Provokation und anschliessender Utilisation von Widerstand.

TI: Das Konzept "Widerstand" in der Psychotherapie Milton Ericksons, in der

Kommunikationstherapie und im Neurolinguistischen Programmieren, Teil 3

AU: Stahl, Thies

AD: Eulenstr. 70, 22763 Hamburg, Germany

SO: MultiMind - NLP aktuell, 1994, 4, 47-52

Note: Teilabdruck aus: Petzold, H. (Ed.) 1981. Widerstand. Ein strittiges

Konzept in der Psychotherapie. Paderborn: Junfermann

AB: Im dritten Teil einer Arbeit ueber den Umgang mit "Widerstand" in der Hypnotherapie nach Milton H. Erickson, in der Kommunikationstherapie und im Neurolinguistischen Programmieren (Teil 1 und 2 in MultiMind - NLP aktuell 1994, 2, 49-55 bzw. 3, 50-58) wird deutlich gemacht, wie die Konzepte von Erickson in die Kommunikationstherapie bzw. in das Neurolinguistische Programmieren ein-geflossen sind und dort weiter entwickelt wurden. Dabei wird auf therapeutische Doppelbindungen durch paradoxe Kommunikationsformen und Symptomverschreibungen sowie auf einen den Widerstand des Klienten vermeidenden Sprachgebrauch eingegangen. Darueber hinaus werden "Pacing" und "Leading" sowie die Techniken des Angleichens und Ueberlappens von Repraesentationssystemen, der visuell/ kinaesthetischen Dissoziation und des Reframings mit Bezug auf widerstands-phaenomene diskutiert.

TI: NLP in der Zahnarztpraxis: Gebisse, die im Kopf nicht passen

AU: Windhorst,-C.; Kirschner,-T.

AD: Egerlandstr. 35 c-d, 8266 Toeging, Austria

SO: MultiMind - NLP aktuell, 1994, 5, 32-33

AB: Ueber den Einsatz des Neurolinguistischen Programmierens bei einem Patienten mit psychogener Unvertraeglichkeit der Zahnprothese wird berichtet. Bei dem Patienten konnten Zusammenhaenge zwischen psychogenen Schmerzen und seinen unerfuellten Wuenschen hinsichtlich der Aesthetik des Gebisses aufgedeckt werden. Entsprechend wurden die Probleme des Patienten durch eine minimale Groessenkorrektur der Zaehne geloest.

TI: NLP in der allgemeinaerztlichen Praxis

AU: Mast,-Karl

AD: Altensteigerstr. 11, 71034 Boeblingen, Germany

SO: MultiMind - NLP aktuell, 1994, 3, 22-25

AB: Ueber Erfahrungen, die mit der Anwendung des Neurolinguistischen Programmierens (NLP) in der allgemeinaerztlichen Praxis gemacht wurden, wird berichtet. Dabei wird auf Grundfertigkeiten, die prinzipiell bei allen Arzt-Patient-Begegnungen anwendbar sind, autorisierte und nicht autorisierte Kurzzeitinterventionen und therapeutische Interventionen im Rahmen psycho-somatischer Erkrankungen eingegangen. Darueber hinaus wird der Beitrag von NLP in der "Kleinen Psychotherapie" und professionellen Lebenshilfe (Coaching) diskutiert.

TI: Die sprechenden Organe - Format und Einzelbeispiele zur Versprachlichung

koerperlicher Symptome

AU: Hickey,-Birgit

AD: Ippendorfer Allee 55, 53127 Bonn, Germany

SO: MultiMind - NLP aktuell, 1994, 2, 22-24

AB: Die Versprachlichung koerperlicher Symptome wird als eine Technik des Neurolinguistischen Programmierens zur Behandlung psychosomatischer Beschwerden vorgestellt. Dabei wird der Klient in einem leichten Trancezustand aufgefordert, das mit der Beschwerde zusammenhaengende Koerperteil zu identifizieren und in verbalen Kontakt mit ihm zu treten. Vier Fallbeispiele illustrieren das Vorgehen.

TI: Umfassende Trauma- und PTSD-Therapie-Interventionen mit NLP

AU: Goetzen,-Ulrich

IN: B.I.S. Concept GmbH, Bonn, Germany

SO: MultiMind - NLP aktuell, 1994, 2, 25-27

AB: Der vom Bonner Institut fuer Spezialseminare (B.I.S. Concept GmbH) entwickelte kurzzeittherapeutische Ansatz zur Behandlung von Trauma-Opfern und Klienten mit posttraumatischen Stressreaktionen wird vorgestellt. Das Konzept, das im Zusammenhang mit dem Krieg im ehemaligen Jugoslawien in einem Intensivtraining an 21 Trauma-Therapeuten vermittelt wurde, beruecksichtigt insbesondere systemtheoretische Aspekte und Techniken des Neurolinguistischen Programmierens.

TI: Glaube versetzt Berge - Zum Wesentlichen in der Arbeit mit Glaubenssaetzen

Die kinaesthetische Ableitungssuche zur Identifikation relevanter Glaubenssaetze

(K.A.S.I.G.) als Diagnoseinstrument fuer die Arbeit an emotional relevanten

Glaubensinhalten

AU: Schmidt-Tanger,-Martina

AD: Am Milhhornsberg 12, 51429 Berg.-Gladbach, Germany

SO: MultiMind - NLP aktuell, 1994, 3, 13-16

AB: Die kinaesthetische Ableitungssuche zur Identifikation relevanter Glaubenssaetze (K.A.S.I.G.) wird als Technik des Neurolinguistischen Programmierens zur Diagnose emotional relevanter Glaubensinhalte vorgestellt. Die sechs Schritte des Modells (Gefuehlfokussieren; spontane Erinnerung induzieren; erinnerte autobiographische Szene komplettieren; Erzaehlung protokollieren und Generalisierungen abstrahieren; Resonanztest; Weiterarbeit mit dem Material durch Techniken zur Veraenderung von Glaubenssaetzen) werden skizziert und an einem Fallbeispiel illustriert.

TI: Sexueller Missbrauch und Rheuma

Ein Therapiebericht

AU: Lenk,-Wolfgang

AD: Wartburgstr. 17, 10825 Berlin, Germany

SO: Hypnose und Kognition, 1994, 11 (1-2), 127-137

AB: Ueber die Therapie einer 40jaehrigen Frau, die in ihrer Kindheit zwischen dem dritten und elften Lebensjahr von ihrem Vater sexuell missbraucht wurde, wird berichtet. Im Alter von 17 Jahren entwickelte sie Gelenkrheuma, das ihre Hand- und Fussgelenke stark verkrueppelte. Darueber hinaus litt sie an massiven Problemen in ihrer Familie. Um die Schmerzen zu reduzieren und neue Lebens-perspektiven zu entwickeln, wurden Interventionen aus der klinischen Hypnose und dem Neurolinguistischen Programmieren erfolgreich angewandt.

TI: Behandlung von Sprachproblemen eines bilingualen Griechen

AU: Lenk,-Wolfgang

AD: Wartburgstr. 17, 1000 Berlin 62, Germany

SO: Hypnose und Kognition, 1990, 7 (2), 34-42

AB: Die Therapie eines 27jaehrigen bilingualen Griechen, der in bestimmten Situationen Worte und Wortgruppen so stark verwechselte, dass der Sinn seiner Aussagen nicht mehr verstaendlich war, wird beschrieben. In den acht Sitzungen in meist dreiwoechentlichem Abstand wurden Interventionen aus Hypnotherapie, Neurolinguistischem Programmieren und Systemischer Therapie eingesetzt, die zu einem veraenderten Verstaendnis seiner Familiengeschichte, neuen Einstellungen und Verhaltensweisen, einer Verbesserung seiner Kurzsichtigkeit und schliesslich zur nahezu vollstaendigen Behebung der Sprachstoerungen fuehrten.

TI: Psychotherapeutische Behandlung eines Lipoms im Eigenversuch

AU: Lenk,-Wolfgang

AD: Wartburgstr. 17, 1000 Berlin 62, Germany

SO: Hypnose und Kognition, 1988, 5 (1), 45-52

AB: Es wird von einer "Selbsttherapie" mit den Techniken der Hypnose und des Neurolinguistischen Programmierens zur Behandlung eines rezidivierenden Lipoms ohne operativen Eingriff berichtet. Der Therapieverlauf wird anhand von Tagebucheintragungen skizziert.

TI: Generative Imprinting - Die schoepferische Praegung

AU: Fraser,-Roye'-; Gardner,-Ann-M.

AD: 2 Grace Ct. No. 5D, Brooklyn, NY 11201, United States

SO: MultiMind - NLP aktuell, 1993, 1, 19-22

Note: Bereits in englischer Sprache erschienen in: Anchor Point 1990, 4 (11)

AB: Die Technik des "Generative Imprinting" (Schoepferische Praegung), die auf dem Hintergrund der Arbeit von R. Dilts entwickelt wurde, wird vorgestellt. Waehrend Dilts seine Aufmerksamkeit auf traumatische Erfahrungen in der Vergangenheit (negative Praegungen) richtet, geht das "Generative Imprinting" von der schoepferischen Wirkung positiver Frueherfahrungen aus. Die Schoepferische Praegung ist dabei eine Imagination der hoechsten Werte eines Individuums und der kreativste Zustand auf spiritueller Ebene. Sie spiegelt die unbewusste, innerste Quellenerfahrung (Source experience) wieder. Es wird deutlich gemacht, wie die Schoepferische Praegung - ausgehend vom Generalisierten Wunschzustand und mit Hilfe der Analyse der Submodalitaeten - zugaenglich gemacht und therapeutisch angewendet werden kann. Ein Fallbeispiel illustriert das Vorgehen.

TI: Die Schoepferische Praegung und der Function Mode

AU: Fraser,-Roye'-; Gardner,-Ann-M.

AD: 2 Grace Ct. No. 5D, Brooklyn, NY 11201, United States

SO: MultiMind - NLP aktuell, 1993, 2, 10-13

Note: Bereits in englischer Sprache erschienen in: Anchor Point 1991, 5 (3)

AB: Im zweiten Teil einer Arbeit ueber die Anwendung des "Generative Imprinting" (Schoepferische Praegung) im Neurolinguistischen Programmieren (Teil I in Multi Mind - NLP aktuell 1993, 1) werden Verbindungen zwischen der Schoepferischen Praegung und den sechs Phasen im "Function Mode"-Modell (Glaubenssaetze/Absicht, Motivation, Zusatzdaten, feste Ueberzeugung, Entscheidung, T.O.T.E./Action) deutlich gemacht. Die Schoepferische Praegung dient dabei als Katalysator, um die innerste Quellenerfahrung und die

damit verbundenen Glaubenssaetze und Absichten offenzulegen. Weiterhin werden die mit jeder weiteren Phase des "Function Mode" verbundenen Submodalitaeten und Strategien herausmodelliert. Es wird betont, dass dabei die einzelnen Strategien in den Phasen des "Function Mode" kongruent mit der Befriedigung der Absicht einhergehen muessen. Ein Fallbeispiel illustriert das Vorgehen.

TI: Beziehungen heilen durch Timeline-Interaktionen

AU: Karlson,-Eric

SO: MultiMind - NLP aktuell, 1996, 5 (2), 34-37

Note: Bereits in englischer Sprache erschienen in: Anchor Point 1992, 6 (10)

AB: Der Einsatz von Timeline-Techniken des Neurolinguistischen Programmierens zur Veraenderung der Gefuehle und Einstellungen von Klienten gegenueber einem Beziehungspartner wird erlaeutert. Die Techniken koennen sowohl in Beziehungen mit gegenseitiger Abhaengigkeit als auch in Beziehungen, in denen ein Partner vom anderen ausgenutzt wird, angewendet werden. Verschiedene Fallbeispiele illustrieren das Vorgehen.

TI: Ein NLP-Format fuer Double-binds

AU: Krauthauser,-Helmut

AD: Kaiser-Wilhelm-Ring 44, 55118 Mainz, Germany

SO: MultiMind - NLP aktuell, 1995, 5, 37-39

AB: Auf dem Hintergrund des Neurolinguistischen Programmierens wird eine Technik zur Bearbeitung von "double-bind"-Erfahrungen entwickelt. Das therapeutische Vorgehen wird beschrieben und anhand eines Fallbeispiels erlaeutert.

TI: NLP und Schmerz

AU: Burghard-Eckstein,-Kirstin; Gerhardt,-Kathrin

IN: Besser-Siegmund-Institut, Hamburg, Germany

SO: MultiMind - NLP aktuell, 1993, 5, 10-13

AB: Ueber die Anwendung der psychotherapeutischen Techniken des Neuro-linguistischen Programmierens (NLP) bei der Schmerzbehandlung am Besser-Siegmund-Institut in Hamburg wird berichtet. Anhand eines Fallbeispiels einer Patientin mit chronischen Schmerzen wird das Vorgehen erlaeutert. Die positiven Behandlungsergebnisse von 20 schmerzkranken Patienten, die im Institut mit einem interdisziplinaeren Ansatz und unter besonderer Beruecksichtigung des NLP behandelt worden waren, werden dargestellt.

TI: Praesuppositionen im Rahmen der Fast-Phobia-Cure

AU: Toivonen,-Veli-Matti

AD: Vehkatie 25 as. 23, 04400 Jaervempaae, Finland

SO: MultiMind - NLP aktuell, 1993, 5, 14-16

Note: Bereits in englischer Sprache erschienen in: Anchor Point 1992, 6 (8)

AB: Ueber den Einsatz von praesuppositionalen Sprachmustern bei der Behandlung von Phobien mit der "Fast Phobia Cure" des Neurolinguistischen Programmierens wird berichtet. Es wird gezeigt, wie in therapeutischen Fragen Praesuppositionen beim Elizitieren von dissoziierten, mit der Phobie verknuepften inneren Bildern und bei der Veraenderungsarbeit der Submodalitaeten genutzt werden koennen. Darueber hinaus wird auf die Anwendung von Praesuppositionen beim Mapping-Across eingegangen. Zwei Fallbeispiele demonstrieren das Vorgehen.

TI: Loesungsorientierte Kurztherapie: Konzepte, Praemissen und Stolpersteine

AU: Loth,-Wolfgang

AD: Steinbrecher Weg 52, 5060 Bergisch Gladbach 1, Germany

SO: Systeme, 1992, 6 (2), 3-22

AB: Ausgehend von einem Fallbeispiel aus der Praxis werden verschiedene loesungsorientiert-kurztherapeutische Konzepte (Mental Research Institute; Neurolinguistisches Programmieren; Ansatz von Steve de Shazer am Brief Family Therapy Center; Single Session Therapy) skizziert. Es wird deutlich gemacht, dass die emanzipationsfoerderlichen Praemissen kurztherapeutischer Ansaetze nicht auf den Nutzen-Effekt reduziert werden duerfen. Die erhoelte Wahrscheinlichkeit fuer eine kuerzere Behandlungszeit ergibt sich aus den Rahmenbedingungen der Therapie (Absprachen und konstruktives Zusammenarbeiten von Anbietern und Kunden in Richtung vereinbarter Ziele). Sie ist somit nicht als formal normierende Behandlungsvorgabe aufzufassen.

TI: Beliefs schnalzen

AU: Hurst-Prager,-Christina; Waller,-Urs

SO: NLP-Journal, 1991, 3, 28-31

AB: Die Technik des "Beliefs schnalzen", mit der negative Glaubens-ueberzeugungen veraendert werden koennen, wird vorgestellt. Das Vorgehen wird am Beispiel einer Klientin mit einer Essstoerung illustriert.

TI: Sterbebegleitung

AU: Gruber,-Frank-W.

AD: 143 Orleans Circle, Norfolk, VA 23509, United States

SO: NLP-Journal, 1991, 4, 20-21

AB: Am Fallbeispiel einer im Endstadium krebserkrankten Patientin werden Möglichkeiten der Sterbebegleitung durch Techniken des Neurolinguistischen Programmierens (NLP) beschrieben. Im Prozess werden Zeitlinien und Übergangsmuster der Sterbenden evoziert, in Verbindung mit ihren Werten gebracht und in Verabschiedungsrituale integriert.

TI: Durch bildnerisches Gestalten zur Sprache? Neue Wege in der Aphasiebehandlung

AU: Becker,-Eva

IN: Geriatriches Krankenhaus Elbroich, Duesseldorf, Germany

SO: Geriatrie & Rehabilitation, 1990, 3 (2), 67-75

AB: Auf der Grundlage systemtheoretischer Denkansätze und Erkenntnisse des Neurolinguistischen Programmierens wird ein Netzwerkmodell der Sprachspeicherung vorgestellt. Ausgehend von diesem Modell wird darauf hingewiesen, dass bei Aphasikern häufig der Zugang zum visuellen Repräsentationssystem gestört ist. Anhand von Patientenarbeiten wird gezeigt, wie durch Mal- und Toepferarbeit mit Aphasikern versucht wird, das innere Bild aussen sichtbar zu machen, und dadurch das innere Bild zu verdeutlichen oder auch zu korrigieren. Es gibt Hinweise darauf, dass sich diese Arbeit am inneren Bild auch in grösserer sprachlicher Kompetenz auswirkt.

TI: Neurolinguistisches Programmieren (NLP) in der Kurzzeittherapie

AU: Geck,-Karl-A.

AD: Poststr. 11, 7886 Murg-Haenner, Germany

SO: Psycho, 1988, 14 (10), 750-758

AB: Das neurolinguistische Programmieren wird als prozessorientiertes psychotherapeutisches Verfahren im Rahmen der Kurzzeittherapie beschrieben. Wesentliche Techniken dieses Ansatzes werden beschrieben: Matching, Pacing, Leading, Reframing, Phobietechnik. Zur Illustration werden vier Fallberichte (Asthma, Naegelhauen, Abdominalsymptomatik, Klaustrophobie) vorgestellt.

TI: Information exchange between client and the out-side world from the NLP perspective.

AU: Hoenderdos,-H.-Th.-W.; van-Romunde,-L.-K.-J.

JN: Communication-and-Cognition; 1995 Vol 28(2-3) 343-350

AB: Explains the Neurolinguistic Programming (NLP) as a method of communicating subjective experiences of human beings. NLP originates largely from studies on hypnosis. Central in the NLP-model is the finding that memory and recall are based on sensory-based representational systems in the brain. As a highly sensitive method, NLP application is at the level of psychotherapy and at the level of business and governmental health organizations. In these circumstances NLP-techniques are known to significantly improve sensor-mediated communications.

TI: Belief change and neurolinguistic programming.

AU: Davis,-Donald-I.; Davis,-Susan-L.

IN: Family Therapy Inst of Alexandria, VA, US

JN: Family-Dynamics-of-Addiction-Quarterly; 1991 Jun Vol 1(2) 34-44

AB: Discusses limiting beliefs and ways to change them in therapy. The basic elements of a belief change process included at least some of the following: eliciting and installing appropriate, resourceful states in the client; a procedure for going back in memory with these new resources; an objective assessment of the new generalizations formed; consolidation and integration of the new beliefs; mental rehearsal of the future; and testing the new beliefs. A case illustration involving a woman in her 30s is presented.

TI: Neuro-Linguistic Programming and family therapy.

AU: Davis,-Susan-L.; Davis,-Donald-I.

IN: Family Therapy Inst of Alexandria, VA

JN: Journal-of-Marital-and-Family-Therapy; 1983 Jul Vol 9(3) 283-291

AB: Presents 2 types of intervention for facilitating communication in family therapy that are based on the neurolinguistic programming (NLP) technique developed by R. Bandler and J. Grinder (1975) and Grinder and Bandler (1976). These interventions deal with identifying and bridging sensory differences between family members and with anchoring responses to contexts in which they would be desirable. Two clinical examples illustrate how NLP can be used to identify behavioral sequences, use this information to evoke the desired response in the patient, and bypass conscious resistance.

TI: Neurolinguistic programming in orientation and mobility

AU: Williams-MF; Jacobson-WH

AD: Department of Rehabilitation, University of Arkansas,

2801 South University Avenue, Little Rock, AR 72204, United States

SO: J-VISUAL-IMPAIRM-BLINDN. 83/9 (454-456) 1989

AB: Neurolinguistic programming is a communication model whose basic principles are that human beings process information through the five senses (representational systems), tend to favor one of the primary representational systems (visual, auditory, or kinesthetic) over others, and display how they are thinking in subtle ways. This article describes this model in detail and discusses how orientation and mobility instructors can implement it to teach congenitally totally blind students, who have access to only the auditory and kinesthetic primary systems, to use a cane or a dog guide more effectively.

TI: Bitte sprechen Sie ... jetzt!

Sprachtherapie mit NLP aus der Sicht eines angehenden NLP-Practitioners

AU: D'-Hondt,-Sabine

SO: MultiMind - NLP aktuell, 1994, 1, 24-26

AB: Anhand von zwei Fallbeispielen wird gezeigt, wie die Techniken des Neurolinguistischen Programmierens in der stationaeren neurologischen Sprachtherapie von Erwachsenen eingesetzt werden koennen. Dabei wird insbesondere auf das Wechselspiel von "Pacing" und "Leading" zur Herstellung von Rapport in Gespraechssituationen mit den Patienten sowie auf die Prinzipien des "Well formed outcome" eingegangen.

TI: The NLP swish pattern: An innovative visualizing technique.

AU: Masters,-Betsy-J.; Rawlins,-Melanie-E.; Rawlins,-Larry-D.; Weidner,-Jean

IN: Cowden-Herrick Schools, Cowden, IL, US

JN: Journal-of-Mental-Health-Counseling; 1991 Jan Vol 13(1) 79-90

AB: Describes the swish pattern visualizing technique developed within the neurolinguistic programming (NLP) framework. A brief overview of NLP is followed by an explanation of the basic theory and expected outcomes of the swish. Specific steps for using the swish include identifying the context, creating a desired self-image, checking ecology, swishing, and testing. Two case studies using the swish technique to alleviate stress and help a batterer are presented to illustrate its versatility and effectiveness.

TI: The effect of matching primary representational system predicates on hypnotic relaxation.

AU: Yapko,-Michael-D.

IN: Hypnosis Ctr & Counseling Alternatives, San Diego, CA

JN: American-Journal-of-Clinical-Hypnosis; 1981 Jan Vol 23(3) 169-175

AB: The newly-emerging and rapidly growing neurolinguistic programming model of communication states that conversational language reflects a favored sense for processing information, the "primary representational system," (PRS). Using similar language structures while interacting is thought to increase rapport and influence. The present study tested that assumption. 30 undergraduates were exposed to 3 different hypnotic inductions varying in sensory language structure according to major representational systems. Ss were evaluated by EMG for relaxation obtained from compatible and noncompatible inductions. Ss objectively obtained greatest relaxation when experiencing hypnotic inductions containing predicates corresponding to their PRS. Matching PRS predicates increased the relaxation level of Ss exposed to matching and nonmatching hypnotic inductions. Identifying and matching PRS language structures appears to enhance rapport and influence.

TI: Treating Symptoms of Post-Traumatic Stress Disorder with Neuro-Linguistic

Programming.

AU: Gregory,-Peter-B.

IN: Veterans Administration Center, Fort Harrison, MT

BK: Magic in Action (Richard Bandler), pp. 205-228. Meta Publications, Cupertino, CA

AB: This case study describes, in systematic detail, the therapeutic use of selected neuro-linguistic programming techniques as they were successfully applied in the desensitization of a Vietnam combat veteran suffering from a variety of Post-traumatic Stress Disorder symptoms. A total of 6 hours of actual therapeutic treatment interaction with the veteran were required to modify his maladaptive responses that were directly related to his wartime experiences. At the end of therapy, a 22-month follow-up period demonstrated that the veteran had effectively readjusted to civilian life and no longer manifested pre-treatment symptoms.

Neuro-linguistic programming modelers have recently been describing a variety of therapeutic techniques that they claim rapidly and permanently modify not only phobic, but other maladaptive behaviors that have resulted from traumatic events. Among these techniques are: 1) visual-kinesthetic disassociation, (VKD) that is claimed effective in rapidly and permanently desensitizing clients to traumatic incidents and phobias, 2) change history, (CH) that reputedly enables clients to quickly learn to access or re-access adaptive behavioral resources and integrate them into specific situations when and where they are needed, and, 3) reframing; a process by which, in part, clients are given new perspectives with which to perceive specific problem situations differently than previously and turn these into positive and adaptive learning resources. These therapeutic techniques rely heavily upon the use of anchors; an anchor being any stimulus that, when presented to a person, evokes a consistent conditioned paired response.

RELATED STUDIES

TI: Aus der Praxis fuer die Praxis: Marmelade heute: das Selbstvertrauen

Self-confidence

AU: Spangenberg,-Brigitte; Spangenberg,-Ernst

AD: Karl-Marx-Str. 3, 64404 Bickenbach, Germany

SO: MultiMind - NLP aktuell, 1996, 5 (3), 20-21

AB: Ueberlegungen zum Aufbau von Selbstvertrauen aus der Perspektive des Neurolinguistischen Programmierens werden mitgeteilt. Dabei wird hervorgehoben, dass Selbstvertrauen einerseits durch Anerkennung durch andere Personen entsteht (Fremdreferenz), andererseits sich aber auch durch die Entwicklung von Selbstreferenz von dieser Anerkennung abloesen muss. Ein Fallbeispiel illustriert das Vorgehen einer therapeutisch induzierten Steigerung von Selbstvertrauen durch Timeline-Interventionen.

TI: Behebung von Legasthenie/LRS mit NLP-Methoden

AU: Karig,-Franz

SO: MultiMind - NLP aktuell, 1996, 5 (1), 15-17

AB: Anhand von zwei Fallbeispielen wird gezeigt, wie das Neurolinguistische Programmieren zur Therapie von Legasthenie bei erwachsenen Personen eingesetzt werden kann. Ein drittes Fallbeispiel verdeutlicht Besonderheiten im Vorgehen bei Kindern mit Legasthenie.

TI: Was wir ohne Worte sagen...

Ueber Koerpersprache und Persoenlichkeitsentwicklung

AU: Rebel,-Guenther

SO: MultiMind - NLP aktuell, 1996, 5 (2), 40-42

AB: Ein Ueberblick ueber nonverbale Kommunikation mittels Koerpersprache wird gegeben. Dazu wird Koerpersprache definitorisch umschrieben, die Bedeutung von Gestik und Mimik skizziert und eine Uebersicht der Gesten gegeben. Die Themenbereiche eines Koerpersprachetrainings und seine Wirkungen auf die Persoenlichkeitsentwicklung werden angesprochen. Bezuege zum Neurolinguistischen Programmieren werden diskutiert.

TI: Die Vasco-da-Gama-Strategie

AU: Struwe,-Gerhard

SO: MultiMind - NLP aktuell, 1995, 6, 28-30

AB: Auf der Grundlage des Neurolinguistischen Programmierens wird die Strategie, nach der der Entdecker Vasco da Gama im 15. Jahrhundert seine Seereise nach Indien geplant hat, herausgearbeitet. Es wird deutlich gemacht, wie die Schritte dieser Strategie sowohl fuer Zielplanungen in Teams als auch fuer persoenliche Ziele angewandt werden koennen.

TI: Was nuetzt NLP?

Beispiele praxisbezogener Forschung

AU: Blickhan,-Daniela

IN: Inntal Institut, Grosskarolinenfeld, Germany

SO: MultiMind - NLP aktuell, 1992, 1, 23-24

AB: Die Ergebnisse von zwei Studien von Robert Duncan ueber die Auswirkungen eines intensiven Ausbildungstrainings im Neurolinguistischen Programmieren (NLP) auf die Teilnehmer werden dargestellt. In der ersten Untersuchung beantworteten 54 Teilnehmer der Ausbildungsgruppen vor und nach einem dreiwöchigen NLP-Training das "Personal Orientation Inventory" von Shostrum. Es zeigte sich, dass durch die Arbeit an persoenlichen Erfahrungen, die ein wesentlicher Bestandteil der Ausbildung darstellt, eine Steigerung der Selbstaktualisierung erreicht werden konnte. Eine zweite Studie konnte eine Reduktion von Trait-Angst (erfasst mit dem State-Trait Anxiety Inventory) und eine Steigerung der internen Kontrollueberzeugungen bei Teilnehmern des Trainings "NLP-International" 1989 in der Schweiz nachweisen.

TI: NLP und Medizin

Ein Plaedoyer fuer eine neue und wirkliche Humanmedizin

AU: Dyckhoff,-Bernd

AD: Nettekoverer Str. 1, 53347 Alfter-Witterschlick, Germany

SO: MultiMind - NLP aktuell, 1994, 2, 20-21

AB: Fuer die Entwicklung einer Humanmedizin, die sich nicht nur auf die Diagnose und Behandlung von Organstoerungen beschaenkt, sondern sich auch als Zuwendungsmedizin versteht, wird plaediert. Es wird deutlich gemacht, inwieweit die Methoden des Neurolinguistischen Programmierens einen Beitrag zur Gestaltung effektiver Kommunikation zwischen Arzt und Patient leisten koennen.

TI: Burnout bei Heilberufen

Nuetzliche Hinweise, die in allen helfenden Berufen Anwendung finden koennen – hier

am Beispiel des Arztberufes

AU: Hickey,-Birgit

AD: Ippendorfer Allee 55, 53127 Bonn, Germany

SO: MultiMind - NLP aktuell, 1994, 4, 45-46

AB: Besonderheiten des Burnout-Syndroms in bezug auf den Arztberuf werden aus Sicht des Neurolinguistischen Programmierens aufgezeigt. Hinweise zur Ueberwindung und Vermeidung des Burnouts werden gegeben.

TI: NLP in der hausarztlichen Praxis

AU: Mueller,-Joachim

SO: MultiMind - NLP aktuell, 1993, 3, 30-33

AB: Ueber Erfahrungen mit dem Einsatz des Neurolinguistischen Programmierens (NLP) in der hausarztlichen Praxis wird berichtet. Es wird deutlich gemacht, wie durch NLP der Umgang mit dem Patienten durch die Beachtung nonverbaler Signale, die positive Wertschaetzung der Widerstaende der Patienten und die Verbesserung des Rapports veraendert werden kann. Ebenso erweist sich die Vermittlung von Grundannahmen des NLP (positive Funktion von Symptomen) an den Patienten als nuetzlich. Die Anwendung der NLP-Techniken bei einzelnen Erkrankungen (Allergien, Bluthochdruck, psychosomatische Beschwerden, Suchtkrankheiten, Phobien, depressive Symptome, Infektanfelligkeit, Autoimmunerkrankungen, Krebs) wird erlaeutert.

TI: Anmerkungen zur Supervision in den NLP-Ausbildungen

AU: Bergner,-Ingo

AD: Wunstorfer Str. 76, 30453 Hannover, Germany

SO: MultiMind - NLP aktuell, 1993, 5, 34-37

AB: Auf dem Hintergrund des radikalen Konstruktivismus und Aspekten der allgemeinen Systemtheorie werden Merkmale eines teilnehmerorientierten Ausbildungs- und Supervisionskonzeptes des Neurolinguistischen Programmierens (NLP) entworfen. Es wird dafuer plaediert, dass bei der Supervision in der NLP-Ausbildung mit dem Instrumentarium des NLP Selbstbezogenheit und Selbstreflexion von Beratungssituationen bei den angehenden Beratern bearbeitet werden sollen. Weitere Ziele, Methoden und Strategien der Supervision sowie Aufgaben des Supervisors werden dargestellt.

TI: Neurolinguistisches Programmieren in der Arzt-Patient-Kommunikation.

Grundzuge des Verfahrens--Beispiele zur Anwendung aus der Chirurgie.

AU: Graf-U

SO: Fortschr-Med. 1995 Sep 20; 113(26): 368-71

AB: Neurolinguistic programming (NLP) is a means of improving physician-patient communication that can be learned by any doctor. The present article first describes some of the fundamentals of NLP and then provides examples taken from the field of surgery-in the first instance dealing with the treatment of painful conditions by means of trance or dissociation and, secondly, on the influencing of expectations and the restructuring (reframing) of doctrines in a patient with malignant disease.

TI: Interkulturelle Kommunikation

Ein Spiegelbild des NLP

AU: van-der-Horst,-Brian

AD: P.O. Box 286, Franktown, CO 80116, United States

SO: MultiMind - NLP aktuell, 1992, 6, 13-18

Note: Bereits in englischer Sprache erschienen in: Anchor Point 1992, 6 8)

AB: Anhand eigener Erfahrungen werden Verbindungen zwischen dem Forschungsfeld der interkulturellen Kommunikation und dem Neuro-linguistischen Programmieren (NLP) deutlich gemacht. Die Bedeutung von NLP fuer die Entwicklung von Konzepten der multikulturellen Erziehung und Therapie bzw. des multikulturellen Managements wird aufgezeigt. Auf ein Projekt zur Modellierung multikultureller Kompetenz wird eingegangen.

TI: Neuro-linguistic programme as practised by an educational psychologist.

AU: Beaver,-Rick

JN: Educational-Psychology-in-Practice; 1989 Jul Vol 5(2) 87-90

AB: Provides some examples of an educational psychologist's practice using neurolinguistic programming (NLP). The author outlines case studies of work with a 9-yr-old girl and 4 boys aged 7, 10, 10, and 14 yrs when NLP was particularly effective. Cases are preceded with a brief description of the major elements of NLP used with the client (rapport building, swish pattern anchor chaining, visual/kinaesthetic dissociation, and spelling strategy).

TI: Representational systems in counselling.

AU: Gillam-T

SO: Nurs-Stand. 1993 Nov 24-30; 8(10): 25-7

AB: The theories of neuro-linguistic programming are becoming more popular in shaping the approaches of nurses to counselling. The use of one facet of these theories, primary representational systems, is explored here. Examining the case of an imaginary patient, the author shows how the primary representational systems of patients and health workers can create problems if in disharmony, and how a proper understanding can lead to increased empathy and more constructive dialogue.

TI: Using rapid change techniques to improve sporting performance.

AU: Stanton,-Harry-E.

IN: U Tasmania, Hobart, Australia

JN: Australian-Journal-of-Clinical-and-Experimental-Hypnosis; 1989 Nov., Vol 17(2) 153-161

AB: Suggests that brief therapeutic interventions can produce successful outcomes; in particular, neurolinguistic programming (NLP) can achieve considerable success with single session interventions. Three rapid change techniques (ego-state reframing, changing personal history, and symptom prescription) are described. Case studies are used to illustrate how each of these has been used to facilitate improved sporting performance.

TI: Multi-Identity-Rebalancing

Das M.I.R.-Modell

AU: Haberzettl,-Martin; Schneider,-Anette

AD: Straubinger Str. 14, 90480 Nuernberg, Germany

SO: MultiMind - NLP aktuell, 1995, 2, 30-31

AB: Das in Anlehnung an Robert Dilts "Re-Imprinting" entwickelte M.I.R.-(Multi-Identity-Rebalancing-)Modell wird vorgestellt. Bei diesem Modell werden durch eine Kombination von Time-Line Techniken mit der Arbeit mit neurologischen Ebenen miteinander konfligierende Persoenlichkeitsanteile oder Teil-Identitaeten in Kontakt zueinander gebracht und veraendert.

TI: Was kann NLP im Gesundheitstraining leisten?

Eine Moeglichkeit in der persoenlichen Gesundheitsfoerderung

AU: Engel,-Monika; Unterberger,-Gerhart

IN: Fachhochschule Hildesheim, Germany; Institut fuer Therapie und Beratung

SO: Praevention, 1995, 18 (1), 23-24

AB: Moeglichkeiten des Einsatzes des Neurolinguistischen Programmierens (NLP) im Rahmen der Gesundheitsfoerderung werden eruert. Dabei wird insbesondere auf Grundannahmen des NLP und auf Moeglichkeiten der Anregung notwendiger Verhaltens- und Einstellungsaenderungen sowie der gezielten Heilungsfoerderung eingegangen. Die bisherigen Erfahrungen mit Methoden des Neurolinguistischen Programmierens (NLP) lassen darauf schliessen, dass NLP zur Gesundheits-foerderung besonders geeignet ist. Die schnelle und wirksame Anregung von notwendigen Verhaltens- und Einstellungsaenderungen ist genauso moeglich wie auch gezielte Heilungsfoerderung. Auf dieser Basis wurde mit dem Hildesheimer Gesundheitstraining HGT ein Konzept zur persoenlichen Gesundheitsfoerderung entwickelt. Das HGT ist vorrangig nicht an Krankheiten, sondern an Gesundheit, an Zielen und Ressourcen orientiert.

TI: Sterbebegleitung

AU: Gruber,-Frank-W.

AD: 143 Orleans Circle, Norfolk, VA 23509, United States

SO: NLP-Journal, 1991, 4, 20-21

AB: Am Fallbeispiel einer im Endstadium krebserkrankten Patientin werden Moeglichkeiten der Sterbebegleitung durch Techniken des Neurolinguistischen Programmierens (NLP) beschrieben. Im Prozess werden Zeitlinien und Uebergangsmuster der Sterbenden evoziert, in Verbindung mit ihren Werten gebracht und in Verabschiedungsrituale integriert.

TI: Looking at yourself through loving eyes.

AU: Childers,-John-H.

IN: U Arkansas, Fayetteville, US

JN: Elementary-School-Guidance-and-Counseling; 1989 Feb Vol 23(3) 204-209

AB: Presents a modified version of L. Cameron-Bandler's (1985) neurolinguistic programming technique for building self-esteem in elementary school students. This technique is a form of dissociation that allows children to internally generate the experience of being loved rather than relying only on external verification. Steps for implementing this technique in classroom settings are outlined. This approach has been found to be useful in working with elementary school students and in preparing elementary school counselors.

TI: Neurolinguistic programming training, trait anxiety, and locus of control.

AU: Konefal-J; Duncan-RC; Reese-MA

SO: Psychol-Rep. 1992 Jun; 70(3 Pt 1): 819-32

AB: Training in the neurolinguistic programming techniques of shifting perceptual position, visual-kinesthetic dissociation, timelines, and change-history, all based on experiential cognitive processing of remembered events, leads to an increased awareness of behavioral contingencies and a more sensitive recognition of environmental cues which could serve to lower trait anxiety and increase the sense of internal control. This study reports on within-person and between-group changes in trait anxiety and locus of control as measured on the Spielberger State-Trait Anxiety Inventory and Wallston, Wallston, and DeVallis' Multiple Health Locus of Control immediately following a 21-day residential training in neurolinguistic programming. Significant with-in-person decreases in trait-anxiety scores and increases in internal locus of control scores were observed as predicted. Chance and powerful other locus of control scores were unchanged. Significant differences were noted on trait anxiety and locus of control scores between European and U.S. participants, although change scores were similar for the two groups. These findings are consistent with the hypothesis that this training may lower trait-anxiety scores and increase internal locus of control scores. A matched control group was not available, and follow-up was unfortunately not possible.

TI: Effect of neurolinguistic programming training on self-actualization as measured by the Personal Orientation Inventory.

AU: Duncan-RC; Konefal-J; Spechler-MM

AD: Department of Oncology, University of Miami School of Medicine, FL.

SO: Psychol-Rep. 1990 Jun; 66(3 Pt 2): 1323-30

AB: Neurolinguistic programming training is based on principles that should enable the trainee to be more "present"-oriented, inner-directed, flexible, self-aware, and responsive to others, that is, more self-actualized. This study reports within-person changes on self-actualization measures of the Personal Orientation Inventory following a 24-day residential training in neurolinguistic programming. Significant positive mean changes were found for 18 master practitioners on nine of the 12 scales and for 36 practitioners on 10 of the 12 scales. Findings are consistent with the hypothesis that training increases individual self-actualization scores.