

# NLPt - neuro-linguistic psychotherapy

***NLPt or Neuro-Linguistic Psychotherapy has a solid base in theory, backed up with practical experience of at least three generations of psychotherapists. Peter Schutz sums up the situation of NLPt in Europe.***

**N**euro-Linguistic Psychotherapy is a systemic imaginative method of psychotherapy with an integrative-cognitive approach.

In the center of the Neuro-Linguistic Psychotherapy (NLPt) the targeted work is located under special consideration of the representation systems, metaphors and relation systems of a person.

In the course of the therapeutic work in NLPt the verbal and analogue shaping and the integration of the expressions of one's life and digital information processes is given an equal share of attention.

The goal of this method is to accompany and support persons in reaching ecological compatible goals. NLPt method helps to position the subjectively good intentions underlying the symptoms of illness and/or dysfunction so that old fixations about inner and outer

unproductive behaviour and beliefs can be dissociated and new subjectively and intersubjectively sound behaviours and beliefs can be established and integrated.

Neuro-Linguistic Psychotherapy (NLP) as a method of personal development and communication training (NLP) is of course to be found in many other fields: education, counselling, supervision, coaching, management training, sport and health psychology. But as a method of psychotherapy it has a clearly distinguished, theoretically and methodologically elaborated core and wide application scope even though it originally was established in an "anti-psychotherapeutic subculture".

NLPt is delivered in a single, pair or group therapeutical setting. Within the framework of the psychotherapeutic contract, a protective frame, and professional discretion, the focus is turned to the achievement of goals in health and well-being.

NLPt developed independently with reference to the basic elements created by



Milton Erickson, Virginia Satir and Fritz Perls in the 60s and 70s. NLP and NLPt concepts were widely integrated by other psychotherapy schools in the 1990s, parallell a holographically integrative NLPt theory evolved. So NLPt was successfully passed

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The formation of the Neuro-Linguistic

Psychotherapy (NLPt) is based on five traditional theories that were created at different historical moments, which are complementary to each other, and it is based on an assumption resulting from the modelling process:

1. The Cybernetics of the Theory of the Mind by Gregory Bateson, in particular of the logical levels of Learning and of the Unified Field Theory as a further development by Robert Dilts.
2. The social-cognitive Theory of Learning by Albert Bandura together with the Modelling Approach, improved in practice by Richard Bandler and John Grinder.
3. The Transformational Grammar established by Noam Chomsky and the postulates advanced by Alfred Korzybski's concept of time binding, and Glasersfeld's, which served as a basis and influenced the

linguistic models developed by Bandler and Grinder.

4. The assumption of a fundamental orientation of human action towards goals (Pribram, Galanter, Miller, TOTE, 1960).
5. The theoretical writings of William James emphasizing the inherent sensory representation systems as basic elements of information processing and of subjective experience.
6. The assumption of the existence of functional and independent parts of one's identity encompassing conscious and unconscious process elements, resulting from the practice of modelling the works of Fritz Perls, Virginia Satir and Milton Erickson.

On the basis of these theories and assumptions as well as of the generatively designed modelling processes the NLPt range is laid out as an open architecture that may becomes wider because of new develop





ments from ongoing practical work. (Definition by Helmut Jelem and Peter Schutz, 1997).

**Within the four main paradigms of psychotherapy (psychodynamic, cognitive, humanistic and systemic) NLPt regards itself as a systemic modality.**

NLPt has gone a long way since the happy-go-lucky US-selfreferential-hypno-behaviourist-narcissistic marketing games of the 1970s and 1980s.

Starting from various locations in Europe, qualified psychotherapists, well trained in NLP had independently come to the understanding that a more serious approach, that includes profound relationship work and long term ethics was needed to base a good NLP psychotherapy methodology on. Without this networking would have not been possible.

One main step was the enrichment

of NLP from self reference to qualified external reference which encompassed the following steps:

- trainer teams of at least 4 instead of single gurus,
- videos of practical coaching and therapy for testing all levels ,
- hard-core statistically valid control group research,
- practitioner course for 37 instead of 15 days
- assessment procedures before admittance to the training to filter out unstable persons
- requirement of a college degree before admittance
- a structured 4 year metacurriculum for NLP Therapist

This went along with the requirements of the EAP [www.europsyche.org](http://www.europsyche.org). So around

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1996 the European Association for NLPt [www.eanlpt.org](http://www.eanlpt.org) was started, by a group of highly experienced European NLP psychotherapists.

Since 2000 the hypnotic, cognitive, systemic, and psychodynamic implications of applied interventions and techniques have become important topics in the NLPt expert discussions.

By 1998 EA NLPt was a member and 1999 an accredited modality awarding organisation (EWAO) of the EAP [www.europsyche.org](http://www.europsyche.org). So it is possible to obtain the prestigious ECP European Certificate for psychotherapy through EA NLPt.


EA NLPt as an active cross-european NLP organisation today has 15 member country working groups of different size

and structure (Austria, Croatia, Belgium, Denmark, England, Finland, France, Germany, Hungary, Latvia, Poland, Serbia, Slovenia, Roma-

nia, Russia) and currently seven accredited institutes with several more to come in the near future.

In Italy and Austria there are government recognized NLPt training centers.

Two scientific conferences a year – 24 conferences since 1999 – in most European capitals have stimulated constructive dialogue.

Several good research articles projects have furthered this development. Sometimes there is 4 – 8 years of delay between the actual research and publication. 





**\* Research**

1 „Czy neurolingwystyczna psychoterapia jest efektywna.” . Genser Medlitsch, Schütz P. Nowiny Psychologiczne. Warszawa: Polskie Towarzystwo Psychologiczne 2004

2: „Tampere NLP-Studie”, Markku Ojanen. Finnish Journal Psykologia 2006.

3 “Neurolinguistic Psychotherapy (NLPt) can modulate the reaction in pollen allergic humans and their state of health”, Klaus Witt. International Journal of Psychotherapy 2008

4 “Control Pain in the first phase of orthodontic treatment with Neurolinguistic Programming Revista Colombiana de Investigación en Odontología publicado en 2009

5 “Effects of Neuro-Linguistic Psychotherapy on psychological difficulties and perceived quality in life”, Stipancic, Melita et al. Publikation in: RCPR: Counselling and Psychotherapy Research, March 2010

6 “The Effectiveness of Neuro-Linguistic Psychotherapy: the changes of symptoms, styles of coping with stress and level of self-focused attention”. Mirosława Huflejt-Lukasik , probable publication End of 2010

7 “The Brooklyn Program: Innovative Approaches to Substance Abuse Treatment.” Federal Probation Quarterly Vol. 66.. Gray, Richard M. (2002).

All the research shows the good psychotherapy does not have to be long, most clients can be supported within 5-35 sessions. To reach that ability, a profound training, comprising of theory, self experience, methodology, and supervision seems necessary.

**WRITER**

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