



Understanding NLP

Peter Young, P. Young

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Many NLP practitioners believe that only techniques matter. Their books and trainings present the student with a mass of useful facts, but with little integration of the material - and this is at a time when we are increasingly overwhelmed by more information, and have less and less time to digest it. As a result we are piling up and compartmentalizing the data we receive, but failing to recognize its underlying principles. This work overcomes this problem by providing a coherent model of NLP. Integrating into its structure tools from other change systems, and from drama, storytelling and mythology, it utilizes the pattern of human learning to produce a completely systematic way of investigating life. In creating a paradigm for understanding change, it examines aspects such as: rapport; the meta mirror; the four realities model; Bateson's levels of learning; the Satir categories; outcome setting; the NLP language model; modal operators; beliefs; timeline therapy TM; and modeling. Exploring four archetypal worldviews and three basic theoretical models, "Understanding NLP" is a useful resource for both NLP beginners and practitioners, presenting a wealth of practical NLP exercises and applications while revealing their underlying significance.

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