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Health Happiness & Success

Through Mindfulness with NLP

Karl Nielsen

Summary

I use the NLP mind-set and NLP knowledge to intensify Mindfulness. NLP and Mindfulness have very different approaches for the same goals. Both support people to become master of their thoughts, emotions, perceptual filters, and behavior. Instead of suffering under limiting beliefs, negative emotions, distracted focus and disturbing behavior, both approaches support to deeply connect people with their true positive potential. The combination of NLP and Mindfulness highly amplifies both approaches.

NLP and Mindfulness connect body and soul. Both open with their exercises a deep understanding of who we really are, and what our purpose in life is. Our integration of NLP and Mindfulness highly intensifies the mind-set for health, happiness and success in life. You can use NLP and Mindfulness separately to master your thoughts, emotions, perceptual filters, and behavior. If you combine these approaches, the effects are much stronger and faster.

In this article, I discuss the foundations of both approaches, explain how Mindfulness can be intensified by NLP, and also offer two exercises as examples where the reader can directly experience NLP intensified Mindfulness. This is an excellent chance to intensify your health, happiness, and success with NLP & Mindfulness now. Trainings for Mindfulness are offered through the Mindfulness Association: "Institutes for Mindfulness Evolving (In-Me)" at <https://in-me.world>.

Keywords

NLP, NLPsy, Mindfulness, Exercises, MBSR, Mindfulness Teacher, Mindfulness Master Trainer.

NLP and Magic Moments in Music, in Education, and in Life

Brian Cullen

Summary

This article explores the subjective feeling of being alive and those magic moments when we truly feel alive. The article attempts to understand magic moments and identify a methodology for eliciting these moments. Magic moments are contrasted with more ordinary moments to highlight the differences. Drawing on interviews and research from logotherapy, NLP, and positive psychology, techniques for accessing more magic moments are suggested.

Keywords

Magic moment, feel alive, NLP, subjective experience.

Before reading, let's start with a simple question to help make the suggestions of this chapter more meaningful for you.

Question:

What was a specific moment in your life when you felt really alive?

I have asked this question to hundreds of people of all ages from around the world, researching the commonalities and causes of magic moments. By using the word "magic" here, I am not suggesting the world of Harry Potter, but rather trying to understand how we can reconnect to the magic of life itself by exploring moments when we really feel alive. Like most people, you probably wish for more moments in your life when you felt really "alive," and helping us all to do that is the purpose of this project. Like any skill, if you want more magic in your life, you need to practice, so this chapter includes practice exercises.

Solving dysfunctional cognitions (beliefs) by reversing Pavlovian conditioning (anchoring) by NLP & emotionSync®

Christian Hanisch

Summary

Introduction: Pavlovian conditioning (anchoring) establishes stimulus-response connections. The neural basis is provided by Hebbian learning; an almost forgotten dispute in psychology asks whether this is a gradual build-up of the strength of a connection of an all-or none-learning.

Objectives: This article focuses on dysfunctional cognitions which are stimulus-response connections often learned with one-shot conditioning and investigates the option of reversing this learning within one session, by using a type of Anti-Pavlovian conditioning.

Methods: First a relatively new method, emotionSync®, is introduced and described. It is neurophysiologically based and founded on overexciting existing dysfunctional connections. emotionSync® can involve different representational systems. Here the auditory system is investigated, as lots of dysfunctional cognitions and beliefs rely on auditory representations. I present two studies with different methods to evaluate the emotional state of the subjects before and after the intervention with emotionSync® and NLP.

Results: The data provide evidence for the effectiveness of emotionSync®. Pre-post comparisons show an improvement of the emotional state of the clients regardless of measurement scale. The effect was still stable after three months. Further studies even showed lasting stability.

Conclusions: I suggest that learning can be both – gradual and all-or-one. I further suggest that for effective de-learning single sessions overexciting neural connections through emotionSync® may be more effective than slow gradual replacement of existing connection with new connections, without deleting old memory traces.

Keywords

learning, psychotherapy, neuropsychology, exposure, conditioning, dysfunctional cognitions, beliefs, NLP, emotionSync.

NLP and positive coaching strategies

AS A REMEDY FOR ENHANCING TEACHERS' AND STUDENTS' WELL-BEING IN THE COVID REALITY

Alicja Gałazka

Summary

This article explores how NLP and positive coaching can enhance students' and teachers' well-being in the COVID reality. Schools and the educational systems need to be transformed and adapted to the new reality. In the paper the positive education based on the positive psychology is discussed and practical exercises – ready to be used in the classroom given.

Keywords

NLP techniques, educational coaching, well-being.

Introduction

The emergence of the COVID 19 pandemic has brought worldwide anxiety, causing lots of stress, and has forced organizations to embrace remote work. It has influenced most sectors and occupations, but education was one of the most affected. The impact of COVID 19 on education is multidimensional and is being widely researched. Teachers and students have had to face high level of uncertainty and constant reinforcement of messages of the crisis; extra demands on their time; implementing new health protocols; dealing with the anxiety of parents. It caused lots of stress and tension among teachers and also students. The coronavirus pandemic has turned out to be the biggest challenge the modern educational systems across the world have ever faced. From one day to the next, all teachers had to change their physical classroom environment to online, remote and home-based instruction. Many teachers observed as their well-being plummeted as they started to overwhelmingly worry about the health of their families, as they were facing confusing instructions, unclear expectations or never ending

The 7C's of coaching and therapy

A model to come out of NLP, Neuro-Linguistic Programming

Bruce Grimley

Summary

This article is about the 30 year journey of a chartered psychologist who for the majority of his career drew heavily on the presuppositions and techniques of NLP. His PhD journey asked the question "What is NLP?" His answer was: "NLP is a human development activity which is primarily commercial, controversial, and unproven. It borrows from psychology and other disciplines in an eclectic way to provide perceived gains in a short period." (Grimley, 2015). The 7C's model is the authors attempt to take what he has learned from NLP and create greater construct validity than that which he found within NLP. Construct Validity is the extent to which scores in a questionnaire or behaviour in the world represent the theoretical construct from which they are derived. (Grimley, 2019a)

Keywords

NLP, 7C's Model, Context, Excellence.

Introduction. Different states for different contexts

7C's has as its fundamental theory if we want to be the best version of ourselves in life we need to factor in the context in which we wish to be excellent. As we pass through different contexts during the day we notice we need different skills. In order to be the best driver we can be we need to focus on the behaviour of driving. Even when we are unconsciously competent in this task research has shown, if we introduce a 2nd task like talking to a passenger, then the task of driving is undermined and impoverished (Robbins et.al. 2021).

Task switching in the modern multimedia age is a popular research topic currently. Given that researchers have shown we cannot do two complex

Impact of NLP and Hypnosis Coaching Tools to Support Medical Staff

Mental Health during COVID-19 First Wave

Habiba Zmerli Triki and Sehil Triki

Summary

This article is about a new coaching program supporting mental health and well-being for medical staff during the global health pandemic Covid-19. This program was developed using effective tools from brief therapy, in particular NLP (Neuro-Linguistic Programming), hypnosis and mindfulness-focused NLP. The coaching strategy used was designed to combine one-to-one online coaching and group workshops, from April to December 2020. We focused our work on three basic elements: limiting beliefs generated from previous experiences, emotional intelligence and the structure of the subjective experience that medical staff were living through during the Covid-19 pandemic. This coaching program highlights the effective impact of psychic support for medical staff during the Covid-19 pandemic and also the need to care about their mental health and well-being during the stressful experiences they face during their daily work. This intervention led to the emergence of better cognitive skills thanks to a better emotion managing system and also reenforced team building and communication skills. In the beginning of the Covid-19 epidemic, it was essential for them and reassuring to know that they were not alone in that critical period, and they can get relief from pain, stress, fear, and negative emotions after the hard work of the day, in a secure environment using effective tools.

Keywords

NLP, mental health, hypnosis, coaching, medical staff, covid-19, Mindfulness.

The systemic concept of Mixurative Psychotherapy

Hamid Reza Yousefi

Summary

The combination of ›supporting psychotherapy‹ (SPt) and ›neuro-linguistic psychotherapy‹ (NLPt) forms the basis of a ›mixurative psychotherapy‹, which incorporates partial approaches of both models. This variant of psychotherapy is resource- and solution-oriented, operates in a systemic-complementary manner and is based on a comprehensive hermeneutics of the living environments in the therapist-client relationship. It has the active consciousness in mind and makes use of linguistic-neuronal processes. The time categories of personality types with regard to the evaluation of past, present and future play a fundamental role. The aim is to restore the psychological balance and to deal with psychological stress in a systemic way. Mixurative psychotherapy is based on the interaction of consciousness functions of Feeling and Thinking as well as Sensation and Intuition. The techniques of the square model and the time-category model of personality types show how man can change a condition with which he is dissatisfied by strategizing.

Keywords

Mixurative Psychotherapy, Neuro-Linguistic Psychotherapy, Contextual Psychotherapy, Supporting Psychotherapy, Encyclic Hermeneutics, Conversational Psychotherapy, Square Model, NLP.

1. Neuro-Linguistic Psychotherapy (NLPt)

The psychotherapeutic approach of Neuro-Linguistic Psychotherapy (NLPt) makes complementary use of the techniques of Neuro-Linguistic Programming (NLP). The (NLPt) assumes in particular the changeability of unloved or pathological human conditions (Witt, 2005, p. 87 f.). In the following, the basics of (NLPt) are presented, followed by an introduction to the nature of supportive psychotherapy (SPt). Finally, both approaches are merged into the so-called ›mixurative psychotherapy.‹

Anxiety Disorder

Concepts and Aspects the NLP method

Reza Omraei

Summary

The feeling of fear is a constant within human instincts. As such, it fulfils a necessary guiding and protective function against actual or perceived threats. Differentiated from it, anxiety disorder is a long-term mental illness whose destructiveness experiences different manifestations. Anxiety disorder can be distinguished from a variety of phobias, which represent different gradual and structural impairments to a person's quality of life. These are briefly explained and presented with their most well-known symptoms. There are several therapeutic methods and models available for their treatment, some of which are mentioned and presented. A selection of these therapy methods allows a sketch of therapeutic application areas, which in turn have different help and practices. These are used differently in patients, depending on the severity and duration of a phobia. This is followed by a description of personal experiences in psychological-psychotherapeutic practice and provides a broad perspective insight into current therapeutic and methodological fields that are included in psychological-therapeutic practice.

Keywords

Anxiety Disorder, NLP, Panic disorders, Agoraphobia, phobia, Acrophobia.

What are anxiety and anxiety disorders?

Fear is a natural feeling that warns people of dangers and threats (Jüttemann, 2013). The feeling of anxiety alerts the body and is subject to a normal stress reaction, which increases the adrenaline excretion. Man begins to weigh the danger of a situation and his options for action in order to be able to take appropriate defensive measures. These typically consist of reactions such as flight, waiting or attack. Once the threat situation is over, the fear

How Virginia Satir influenced NLP

Variations of Parts Party

Nandana Nielsen

Summary

The following article describes reinterpretation as NLP reframing. Reframing was described in the books of Bateson, Jackson, Haley and Weakland (1956) and Watzlawick u.a. (1967) in communication research and therapy. Reframing means, among other things, to decide oneself about a meaning. Thereby a new frame is set around impressions, experiences or assessments, and to consider different choices in which the meaning takes on a different significance. In psychology it is used in systemic therapy. Virginia Satir started it (Moskau, G., 1992), Erickson enriched and enchanted it with his contributions in hypnotherapy (Haven, 2005), and in NLP reframing is an important field. How do you deal with the “good intentions“ of internal parts? Parts Party and Six-step-reframing inspire many people who are open to personal growth. They can discover the wonderful opportunities and potentials behind rejected behavior that are waiting for them to be discovered and lived. Parts Party can be conducted with one person and with many people.

Count your blessings, not your problems.
Never be afraid to try something new.
And remember,
ordinary people built the ark -
experts built the Titanic
Unknown

Keywords

NLP, Parts Party, Reframing, Six-Step, Satir, Unconscious personality part, systems of all parts, changing disruptive behaviour, contacting the unconscious, positive intention, growth.