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NLPTEA CONGRES AT LJUBLJANA

HUMANIST THERAPEUTIC NLP – HÉLÈNE ROUBEIX

Therapeutic NLP starts with the following statement:

- The tools and models of NLP are very powerful but are insufficient to conduct psychotherapy.

A NLP psychotherapist needs:

- To train himself to manage the therapeutic process in order to acquire a real clinical vision.
- To thoroughly integrate the presuppositions of NLP as to be in his just authority, in other words, in an appropriate inner bonding with himself, with others and with his environment.

Furthermore, he needs to abstain from power struggles (submission and/or domination).

The meta-objective of NLP in Humanistic Psychotherapy

To accompany the patient to be at his right place and at his right time, in his personal and professional life.

In my opinion, the source of the suffering is the rupture of one's inner bonding in the present. The patient suffers as a result of misunderstanding, rejecting, unconsciously setting aside a vital part of himself: his unconscious - his essence – the Self.

His living inner-motion has stopped and a part of himself is as forgotten, buried.

The essential is to start him off on his way again in order to restore the right inner bonding with himself, with others and with the outside reality.

I. THE THERAPIST'S POSTURE

In Humanistic NLP, the therapist's posture is manifested through a constant analogical and digital bond of rapport with his patient and, in the way he relates to his inner bonding.

The therapist is associated with his unconscious:

- Through his own body's feelings
 - Connected to every part of himself
 - Present to his inner-self
- Before being in external consciousness.

1. Beyond technical considerations, establishing the bond of rapport is a 'way of being':

The accuracy of the therapist's positioning with good boundaries – as far as possible from submission or domination – involves his whole being and leads him to a constant evolution and transformation.

2. Establishing a bond of rapport is a major therapeutic act

It is taking the time to do nothing else but to be there, in the presence of himself and as well as of the patient, in the welcoming attitude.

This is not empathy. This is not in the nature of affective.

Rather, the therapist takes action, chooses to invest himself completely and this shows to the patient that he is welcome and accepted as he is, in his own space and time, at his own pace.

Establishing the bond of rapport and the ability to welcome the injured part, the suffering part that bears the symptoms and which is, in the same time, probably the essence, the Self.

- Deep, subtle, crushed, smothered part, desperately seeking help.
- Crushed in the past, crushed also today, also by the Me.

Maintaining the appropriateness of the rapport and the bond will be a determining factor during the tough times of the therapy, particularly when the time has come to set limits and make the patient respect the rules.

II. MANAGING THE THERAPEUTIC PROCESS

1. The triad:

- NLP diagnostic to determine what the limitations and resources are.
- Objective in structure
- Treatment's guidance

2. Guiding the patient to be in connexion with his own unconscious.

The role of the therapist is to constantly stimulate the access to sensorial experience, to rediscover the living motion, the sensorial and the corporal.

3. Constant work with the analogical

4. Frequent use of the PIU: Positive Intention of Unconscious.

This makes the patient aware of his unconscious, of unknown parts of himself and prepares the patient to set his objective in structure, the resolution of conflict, etc.

5. The inside and the outside at the same time

The balanced relation between the internal and the external reality.

Avoid the patient from becoming focused on himself, exclusively on himself!

Always stimulate the appropriateness of his relation with others and with external reality.

Tools used:

- Reference index (it combines the two computation indexes)
- Perceptual positions
- Criteria: one's criteria and others' at the same time.

6. The model of just authority: The Me and the Self

The goal is to work towards the resolution of power struggles (rapport de force) with others (submission and/or domination) and internal power struggles, between the Me and the Self.

- Reversal of the limiting Me into the resource Me and creation of internal parents.
- Rehabilitating the Self
- Alliance of the Me and the Self and their simultaneousness (treatment of the sequential dissociations)

During the awakening work and emerging of life, the therapist foregoes any project, any expectation in relation to the tenor and structure of the patient's life, the therapist being himself in union with his Me and his Self.

7. Using the therapeutic relations and the transference as a major factor of recovery

Looking on the process of therapeutic relation allows a therapist to:

- Decode precisely the patient's limitations in his relation with others (in this case: the therapist), in his relation with external reality (through his reaction towards the rules and the setting) and thus, in his relation between the different parts of himself (which parts of himself does he project on the therapist?)
- This decoding pinpoints the exact location where the patient needs to bring resources.

The patient's reactions towards the setting and the rules can be the unit measurement in his relation to others and with external reality.

It is a major therapeutic tool, as well as the projections or positive and negative transference:

- The therapist welcomes and validates them
- He escorts the patient and helps him to sort out between the past and the present
- Then he responds to the needs of the inner child: building of the internal parents – healing the wounds of the past.

The therapist must uphold firmly the setting and the rules whilst maintaining the bond.
This work will bring to light what the part that the patient would like to express through the rule's transgression and projections/transferences on the therapist.

CONCLUSION

The Humanistic NLP psychotherapy links the 'know-how' and the 'know-how to be' and requires the therapist to be in his just authority.