

Dear Second Week People,

I hope you had a good week-end. My week end including varying amounts of these activities,

October planting late patches (so we have runner beans till mid
 spraying brassica to try and get rid of white fly
 cooking for two meals
 walking with friends
 sea-bathing
 a bit of reading (mainly papers and New Scientist)

Today I hope to give you a taste of Bernard Dufeu's work (you had a reading from his book over the week-end) and then move into the area of NLP.

F.A.Q's

What is NLP?

A theory and practice of human communication which you will find being used in politics, selling, education, therapy, language work etc....

NLP is a synthesis of ideas and insights drawn from:

Chomskyian linguistics
Cybernetics (systems thinking)
Gestalt therapy
Psychodrama
Jungian thought.
Hypnotherapay

Who started NLP and when?

Richard Bandler and John Grinder met in 1972 and began their discussions that led to NLP. Bandler was a Gestalt therapist and had worked with Fritz Perls and Grinder had worked with Chomsky.

Whose work offered the major model for NLP ?

Milton Ericksson, the best known US hypnotherapist of the second half of the 20th century. Grinder and Bandler studied his work with patients in minute detail and much of NLP derives from his practice. NLP deconstructs much of what Milton did through unconscious natural genius, and makes it conscious and therefore available for others to work with.

What do those hostile to NLP say about it?

That NLP is grossly manipulative and that in the wrong hands it can be a disaster. In Austria they mention Haider, who uses NLP fairly expertly.

Other detractors say that NLP has failed to submit its findings to rigorous scientific scrutiny.

How do you, Mario, use it in your teaching?

I use different parts of NLP as perceptual filters to enable me to sort out the huge amount of information my students offer me and to make sense of it.

I use NLP tools in everyday life in dealing with all those around me.

I have found NLP to be a brilliant feeder field to draw on in creating new language learning exercises.

I use NLP procedures, sometimes, in dealing with a person in crisis.

Do you like the concept of FAQ's? Is a frequently asked question likely to be a rich and productive question? I wonder.

Are FAQ's part of the vulgar end of modern thinking?

Yours warmly,

Mario.

