

ADVANCING THEORY IN THERAPY

Series Editor: Keith Tudor

# Neurolinguistic Psychotherapy

A Postmodern Perspective

**Lisa Wake**

# ***Neurolinguistic Psychotherapy – A Postmodern Perspective***

## ***Book Summary***

Neuro-Linguistic Programming (NLP) is a recognised and established applied psychology in a number of different arenas. It emerged through the work of Erickson, a psychiatrist and hypnotherapist, Satir, a family therapist and Perls, a gestalt therapist. ***Neurolinguistic Psychotherapy*** returns to the work of the original therapists that influenced Bandler and Grinder as the co-developers of NLP and provides a postmodern perspective on an advancing model of therapy.

Lisa Wake brings a depth of knowledge and experience to this work and presents new and developing ideas within psychotherapy. The book places neurolinguistic psychotherapy in context and considers the history of NLP and its relationship to psychotherapy; It also presents a model of the developing personality and the relationship to attachment theory and emerging theories of neuroscience; The book reviews the linguistic components of NLP and the effectiveness of utilising the language patterns offered by NLP; and, challenges neurolinguistic psychotherapists to consider the benefits of including relational approaches to therapy above that offered by a programmatic model of change.

There is a wealth of books on NLP and a few on NLP as a model of brief therapy. This book moves beyond this realm and presents new ideas in the work of neurolinguistic psychotherapy. Presented as an effective model for facilitating neurological change through the therapeutic relationship, this book challenges therapists to incorporate a psychodynamic approach within their work. The book proposes that therapists can work with the internal resources of a client through unconscious processes to facilitate neurological re-patterning to effect therapeutic change, returning the model of therapy to the originators, Erickson, Satir and Perls.

Lisa Wake is a Neurolinguistic Psychotherapist, and an internationally recognised Master Trainer of NLP. She is Director of Awaken Consulting and Training Services Ltd, which offer corporate consultancy, training, coaching and psychotherapy services. She is also Director of Awaken School of Outcome Oriented Psychotherapies Ltd, which provides UKCP accredited psychotherapy trainings. Lisa has also served as Vice Chair and Chair of UKCP.