A Modelling Methodology for Therapy

Overview / An outline of the topic that we can use in marketing

Traditionally using NLP in therapy has included the behavioural skills, models and techniques of NLP along with the presuppositions. Modelling has been the source of many of these. In the early years of NLP professionals added NLP to their professional field, for example Gestalt, TA, and were guided in their practice by these fields. As NLP began to be applied as a stand-alone therapy the lack of theoretical and ethical basis resulted in a number of challenges. The presuppositions, while useful were not a complete basis for Professional practice. In Europe and the UK a number of groups were formed and developed different models for NLP Psychotherapy.

Another option is the application of modelling as a single methodology for therapy. Over the last 30 years John McWhirter has created the field of Developmental Behavioural Modelling DBM®. One of the main applications of DBM® is as a universal modelling methodology for therapy.

In this presentation John will summarise how he created DBM®, initially so that he could develop his own understanding and skills in therapy and then to help others, and how his understanding and skill in NLP developed greatly through his applying DBM® to re-model NLP. He will guide participants through new experiences, creating and testing new distinctions and models. John will build on these new distinctions and models to guide participants in how to apply modelling to help the client to re-model their model of the world as well as how to create a new model. He will then demonstrate how the holistic methodology integrates the processing of the client, therapist and modelling methodology as a developmental, client-centred therapy field.

A "what you will learn" summary

The difference between the modelling methods in NLP and a universal modelling methodology.
The application of modelling 'AS' therapy rather than 'IN' or 'ALONG' with therapy.
The limitations in the traditional NLP model for therapy, including limitations in the Meta Model and Change Model and major changes that overcome these limitations.
Some examples from Re-Modelled NLP to develop a deeper level of knowledge and skill in traditional NLP.
Some examples from Developmental Behavioural Modelling DBM® including an Advanced Language Model and Self Management Model, including:
        How therapy relates to all the other major change roles as part of an integrated Consultancy Model.
        How supervision and ethics are integrated within the holistic methodology as part of the DBM® Field Model.
        A number of new and deeper understandings of our "Natural Modelling" including Mythical Modelling, Magical Modelling, Metaphoric Modelling and Formal Modelling.

My outcome is for the delegates on the day and what you hope we will take away.

An enriched understanding of themselves and a new understanding and enthusiasm for modelling and how modelling can be a holistic client-centred methodology for therapy.

<u>Top 5 reasons to attend</u>

- To deepen your understanding of yourself and others.
- To learn how modelling can be used as therapy.
- To learn how therapy relates and integrates with fifteen other main change roles, including Counselling, Coaching, Teaching, Mentoring, and Consultancy.
- To understand NLP in more depth, dispelling myths and mistakes and adding greater precision.
- To learn a number of useful new distinctions and models that can improve the scope and effectiveness of therapy.