IANLP International Association for NLP

Buckstrasse 13, 8422 Pfungen, Switzerland
info@ia-nlp.org   www.ia-nlp.org

Distinction of

NLP

and NLPt

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How the IANLP defines the NLP

The domain of NLP Neuro-Linguistic Programming extends to interpersonal communication, learning/teaching, education, management, coaching, supervision, sales and has been utilized in a wide range of professional activities.

While NLP does indeed offer understanding and techniques to help individuals as they seek to overcome limitation, the scope of NLP is much wider and the certification training standards of the IANLP reflect this original conception of NLP.

Distinction of NLP and NLPt

Relationship between NLP training and psychotherapy

Ever since NLP evolved, the scope of its framework was conceived to be much wider than addressing mental health issues, or alleviating psychological distress, which are the proper domains of psychotherapy and counseling.

But the relationship between NLP training and psychotherapy repeatedly has been subject to deliberations and discussions in the NLP community at large. Consequently the IANLP has frequently been asked questions relating to this issue, as the variety of organizations involved, with differing training standards and certifications are often confusing for those interested in obtaining NLP psychotherapy training.

Over the years, for many psychotherapist and counselors, NLP had become the primary model of their clinical practice to the extent that professional organizations were formed to reflect their orientation.

Recognition in the field of psychotherapy

In fact, the EANLPt (European Association for NLP psychotherapy) seeks to set standards and recognition of this professional approach. Individuals interested in seeking professional recognition for practicing NLP based psychotherapy are advised to contact the EANLPt (www.eanlpt.org) or any other equivalent regional association. [1]

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[1] Please note that with NLPt some readers might think they can get qualified to be an NLP therapist as easily as obtaining an NLP practitioner certificate……say 20 days of training. However within Europe this is not so. EAP standards which are called for in obtaining the ECP (European Certificate of Psychotherapy) are much more stringent and supervision, practice / experience and many more days of inhouse training are called for to obtain this standard. This extension of time and effort is true also to obtain UKCP accreditation as an NLP therapist in the UK.

The IANLP has also noticed that many counselors and psychotherapist who have obtained certification and license for practicing psychotherapy on the basis of their academic training and education, seek to expand upon the clinical focus of their training and enroll in the standard NLP certification trainings in order to gain a wider understanding and additional skills.

Discussion of Distinction

In June 2016 the issue was raised by some of the NLP Leadership Summit members. A consensus on the subject emerged which is also shared by the IANLP.

The following quotes summarize and clarify the issue:

"Just to be clear, my understanding is that the term "NLPt" wasn't devised as a "new label" for NLP but rather as a way of differentiating between NLP and neuro-linguistic psychotherapy." Greta Irving, NeuroLinguistic Psychotherapist (UKCP Reg)

"Hi Greta, my understanding is similar. So to use Grinder language. NLPt is an example of NLP 'application'." Bruce Grimley, B.Sc (Hons), M.Sc. Ph.D. Chartered Psychologist, Master trainer in NLP, C.Psychol. AFBPsS.

"*It is like in the behavioural approach:*
- *Behaviourism (the epistemology behind the model)*
  - *Behavioural analysis (Basic research)*
    - *Behaviour modification (Applied research)*
      - *Behavioural therapy (the use of basic behavioural principles applied in therapy context)*

In NLP:
- *Epistemology of NLP*
  - *Model developments (new filters)*
    - *NLP processes and techniques*
      - *NLPt Neurolinguistic Psychotherapy (the use of basic nlp principles applied in therapy context)*

That has been the criteria we have being using since the Mexican Educational Government approved our Master Degree in NLP in 1999." Dr. Juan Francisco Ramírez Martínez, Dean of Centro Mexicano de Programación Neurolingüística S.C., www.cmpnl.edu.mx, Tel. +52-33-3615-8447
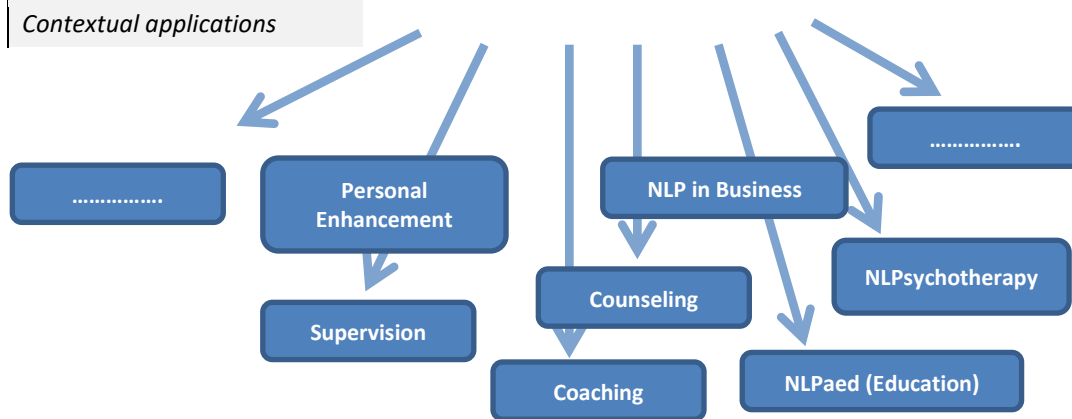
A wide variety of contextual applications

Using Juan Francisco's line of argumentation (above) the question raised may be visualized as follows:

Epistemology of NLP	*A codified set of patterns, (model) created through the process of NLP modelling, which can then be transferred to other people so they achieve the same results as the exemplar.*
Model developments (new filters) are examples of the products of NLP epistemology	*Anchoring, Reframing, Submodalities, Timeline, T.O.T.E., Associated/Disassociated, Milton language, Metamodell of language, and more.*
NLP processes and techniques	*Change History, 6-Step-Reframing, Chaining, Wellformed Outcome, Rapport, Mikroskills (nonverbals)…*
Contextual applications	

Modelling is the methodology of NLP.

Modelling is how NLP practitioners explore the structure of the subjective experience of experts in their field which, through training, can then be transferred to other people.

Diagram boxes: …………… · Personal Enhancement · Supervision · NLP in Business · Counseling · Coaching · …………… · NLPsychotherapy · NLPaed (Education)

Contextual applications define the outcomes of each nlp training. Depending on contextual application and/or official recognition attributed to the respective curriculum, the NLP training standards and guidelines will vary in content, duration and assessment routines.

NLPt (as well as 'Coaching' or 'Counselling') is hence viewed as an important contextual area with its own training and certification standards within the wider field of NLP.

For those seeking training, depending on the individual, differing motivations and different training paths with varying application and certifications co-exist and individuals may chose a path that is most suitable given their background and their aspirations.

Trainers may see themselves as generalists, embracing a wide-angle lens perspective when teaching NLP, or may identify and focus on specific, more narrowly defined contextual applications, such as NLPt and many more (see examples listed above).

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