



You're an NLP Professional... Why consider Therapy?

The need for psychotherapists

Life can be tough for some people. It seems we're living in a time when 1 in 3 will experience mental health problems. This means that either you or someone you know well will experience, or have already experienced, problems.

We're regularly updated by the media and reminded: how many productive hours are lost to industry through absence due to work-related stress; how the NHS is being crushed by the demand for counselling with waiting lists that are anywhere from weeks to months; and how the Child and Adult Mental Health Service (CAMHS) is struggling to keep pace with demand from children and young people.

From the field of neuroscience we read about *how* the body responds to elevated levels of stress and the health conditions that are likely to arise – co-morbid conditions.

Pressure on the NHS looks set to increase in order for our society to address these conditions.



The need for qualified, competent, ethical and safe counsellors and psychotherapists is clear. While NICE, the body that recommends to the NHS which services to offer people in the UK, does not cover many modalities in its IAPT (Improved Access to Psychological Therapies) Service, other modalities thrive in the private market including NLPt (Neurolinguistic Psychotherapy) particularly but not solely if the practitioner is registered with one of the recognised national bodies for counselling and psychotherapy: NLPTCA is an Organisational Member of the UKCP. You can read more about this on the NLPTCA website.

NLPt Psychotherapy

Dictionary definitions of psychotherapy are usually along the lines of:

The treatment of mental disorder by psychological rather than medical means. (Oxford English Dictionary)

The definition says nothing about who delivers treatment, the approach to treatment, the types of disorders or the people who come seeking treatment or resolution.

Many psychotherapists specialise in particular conditions: trauma and PTSD are current examples; post-natal depression; addictions. They may specialise in types of client: adults; children and young people; couples; families; adopted children or adoptive families; or people in prison. Often specialisms are chosen as a result of the clients that come to us and the CPD that engages our interest.

In Neurolinguistic Psychotherapy (NLPt) the role of the therapist is to help clients articulate how they want their life to be (to set an Outcome) and then to assist them as they make changes to their limiting beliefs and sense of Self.

In many ways the role of the therapist is not unlike the role of a coach. There are differences:

Psychotherapy tends to deal with symptoms which are regarded to be clinical in nature and therefore therapists need greater expertise as reflected through being qualified to at least Master's degree level and being legally regulated in some countries. This is contrasted with coaching which tends to deal with a normal population who wish to develop themselves further either professionally or personally. (Bruce Grimley, Ph.D. M.Sc. B.Sc (hons). AFBPsS)

Regardless of whether you consider yourself a therapist or a coach, if identity level changes occur then therapy is happening.

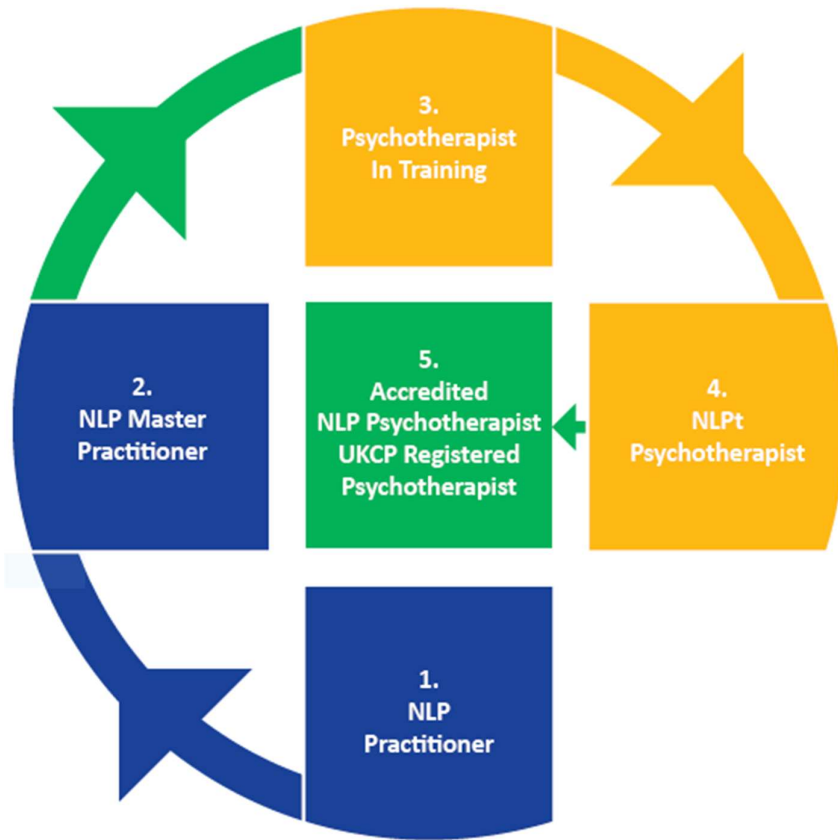


the home of NLP therapy



Becoming an NLPt therapist

Becoming an NLPt therapist is a process of *building* on your education as an NLP professional: NLP Practitioner moving to Master Practitioner moving to NLPt psychotherapist in Training and thence to a qualified NLPt practitioner.



Part of the breadth and depth of training of NLPt therapists is designed to introduce us to, and ground us in, an understanding of current psychological models. These include models of the different stages of, and major influences on the development of a sense of Self; the conditions under which a robust and positive sense of Self forms and the impacts and consequences when developmental stages are not successfully navigated.

The sense of Self includes our beliefs about Self, others and the world and the values by which we live and act; in other words we develop a robust psychological understanding of *how* the techniques of NLP, used by NLP Practitioners and Master Practitioners, work and make such a difference to our own lives and the lives of others.

The training to become a qualified psychotherapist is equivalent to Masters level training.



The NLPtCA recognises each stage in the development of an NLPt psychotherapist and offers membership appropriate to your developmental stage. The way is then open to become an NLPtCA Accredited Psychotherapist and then a short step to becoming a UKCP Registered Neurolinguistic Psychotherapist. Although it is not necessary to complete these two steps many choose to do so and to become not only members of NLPtCA but also the national body UKCP.

The NLPtCA is professional home to therapists and NLP professionals who value being in a therapy-based community which supports, advises and trains and develops colleagues as well as other interested parties.

Not all qualified psychotherapists practice as therapists. For some the training is a way of deepening their understanding and confidence. In turn this can help them push their professional practice to “the next level” as trainers, business and executive coaches and organisational coaches.

Contact Us

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