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PODCAST

Session 2 | 2024

# Neurolinguistic programming in residential youth work.

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## SESSION 2

### AN INTRODUCTION TO NLP

Neurolinguistic Programming (NLP) was initiated in the early 1970s by Richard Bandler and John Grinder at the University of California, Santa Cruz. Their aspiration was to identify the underlying patterns of behaviors, thoughts, and language used by highly effective therapists.

Central to NLP is the concept of modeling. By observing and replicating the behaviors, thought patterns, and language of experts, Bandler and Grinder formulated the core techniques of NLP.

NLP has continually evolved, integrating perspectives from diverse fields such as neurology, linguistics, and cognitive science.

#### Core Presuppositions of NLP:

**The Map is Not the Territory:** Our mental representations of the world (maps) are not the world itself.

**There is No Failure, Only Feedback:** This perspective promotes resilience and continuous learning.

**People Have All the Resources They Need:** Every individual has within them the necessary resources to create positive change.

**The Meaning of Communication is the Response You Get:** Effective communication is judged by the response elicited, not just intent.

**Every Behavior Has a Positive Intention:** At its core, every behavior is an attempt to achieve a positive outcome.