

Introductions to Wellbeing through exploring Mind Body Links

The first iU3A Group on Positive Psychology will start with short introductions to 5 related topics using an exercise to demonstrate the technique and some feedback. The aim is to use some light fun ice breaker stuff to get people thinking and talking about these 5 topics:

1) Emotional Freedom Techniques (EFT) or 'Tapping' is an easy to use, yet incredibly effective tool for stress regulation and personal transformation. EFT combines tapping on ancient Chinese acupuncture points with modern psychology. There is growing evidence that practicing EFT can have profound effects on the nervous system, the production of stress hormones (particularly cortisol), DNA regulation and brain activation. A short introduction to EFT can be found [here](#).

2) The NLP Eye Cues - Building Rapport with Others. Successful interactions with other people depends largely on our ability to establish and maintain rapport. Rapport comes with the ability to see other people's point of view and get them to understand yours. You don't have to agree with their point of view or even like it. Understanding other people's eye cues, voice tone and language preference makes any form of communication easier. You are more likely to buy from, agree with, or support someone you can relate to, and the first step is to understand the eye cues. A short introduction can be found [here](#).

3) Managing internal stress – introduction to Rational Emotive Behavioural Thinking (REBT) which is an action-oriented Psychotherapy developed by Albert Ellis in the 1950's, as a psycho-educational tool to enable people to understand their thinking and behaviour patterns and dispute their irrational beliefs. We will use the ABC of problem thinking to examine how we do anxiety. In the 1980's Ellis said: *'If children were taught simple rational thinking in schools, it would help combat some of the irrational thinking they might be subjected to elsewhere. ... they would then at least possess a means, a tool, a method for thinking logically.'* A short introduction can be found [here](#).

4) Understanding Thinking Styles – the NLP Metaprogrammes are thinking habits and behaviours people tend to run, not just in work but in life. A prominent example is George Soros, a big picture thinker. Some people are 'internally referenced, they have their own internal standards to judge if they have done a good job, whilst 'externally referenced people rely on feedback from others. These are the habitual thinking styles that people run in similar contexts. These methods of organising information are patterns of thinking which we run which are outside of our awareness, yet they have a major effect on how we respond to situations in the world. Knowing the thinking habits 'metaprogrammes' we run gives us a better understanding of how we are motivated. Knowing other people's thinking styles is also useful for negotiating with them. Two short introductions can be found [here](#) and [here](#).

5) NLP and Aphantasia – having no 'Mind's Eye'. If you find it impossible to Visualize Objects, People's Faces, a wedding scene in your 'mind's eye', scientists have coined a name for your condition – Aphantasia. Some people can picture and describe people's faces as clearly as if they were on a television screen, whilst others see nothing at all. Up to one in fifty people are believed to have Aphantasia. Professor Adam Zeman who authored a university of Exeter study believes that up to 2 per cent of the population could have the condition. It means they can't imagine the face of someone they love, although they may be able to construct an image of them in other ways. In my own case I get a 'sense' of people. Come and discover your visualisation style. Two short introductions can be found [here](#) and [here](#).

The Group will hopefully meet in the Town Hall at 1430 on 28/9 and then fortnightly for 4 more sessions (12/10, 26/10, 9/11, 23/11) at the same time. The Group Coordinator is Frances Coombes, who has run Neuro Linguistic Programming (NLP) coaching and Rational

Emotional Behavioural Thinking (REBT) courses in positive psychologies and wellbeing at [Mary Ward Centre in Queen Square](#) and [City Lit Adult Education Centre in Holborn](#). She has written books and articles on NLP coaching and motivation strategies. Please let Frances know if you are interested in joining this Group at coursecoordinator.iu3a@gmail.com.