

Psychology - Mind Body Link 'Bite sized Taster sessions'

Introduction to...

Frances Coombes has run NLP coaching and REBT, rational emotional behavioural thinking courses in positive psychologies and wellbeing, at Mary Ward Centre, Queen Square and City Lit Adult Education Centre in Holborn. She has written books and articles on NLP coaching and motivation strategies. These college TASTERS are short introductions to a modal or topic, with a chance for an exercise to demonstrate the technique and some feedback. Hopefully, this is light fun ice breaker stuff with a chance to get people thinking and talking.

1.The Body Keeps the Score – Introduction to Logosynthesis

Logosynthesis is a gentle therapeutic process that uses the power of words to help people dispel unhelpful thoughts. Invaluable for anyone seeking to understand how to begin to neutralise painful stored frozen sensory perceptions and images. Logosynthesis uses words to stimulate processing of old unwanted thoughts and images. When it is effective the changes made are positive, rapid and permanent. We will do a low-level intensity exercise to demonstrate the process.

<http://www.positivehealth.com/article/nlp/logosynthesis-with-nlp-to-lessen-impact-of-unwanted-images>

2: 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 acupressure 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. This is a short introduction to EFT, see link:

<http://www.positivehealth.com/article/eft/new-effectiveness-of-eft-emotional-freedom-techniques-tapping-research-focus-bands-for-eeg-neurofeed>

3. Building Rapport with Others – beginning with the NLP Eye Cues. Successful interactions with other people depends largely on our ability to establish and maintain rapport. Rapport comes with the ability to see other peoples' 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. See link for fuller details.

<http://www.positivehealth.com/article/nlp/notice-how-people-make-decisions>

<http://www.positivehealth.com/article/nlp/flirting-for-the-over-50s-nlp-and-building-rapport>

4. 'Thinking Traps' – introduction to Rational Emotive Behavioural Thinking (REBT)

Rational Emotive Behavioural Therapy (REBT) is one of the cognitive behaviour therapies under the CBT umbrella. It is a trans-diagnostic, evidence based, and philosophical therapy developed by Albert Ellis in the 1950s. It is a philosophical model grounded in self-acceptance. There is considerable evidence to demonstrate REBT's effectiveness in dealing with a range of psychological problems. It is also a psycho-educational model whereby we teach clients how to use the ABC model to recognize and dispute their own irrational beliefs.

<http://www.positivehealth.com/article/nlp/using-rational-emotional-behaviour-therapy-rebt-for-managing-internal-stress>

<http://www.positivehealth.com/article/nlp/when-emotions-overtake-rational-thinking>

5 Creative Imagery and Aphantasia – having no 'Mind's Eye'

Come and discover your visualisation style and practice relaxing visualisation designed to enhance and made mental imagery more vivid even if you have no minds eye.

<http://www.positivehealth.com/article/nlp/does-changing-pictures-motivate-you>

<http://www.positivehealth.com/article/nlp/nlp-and-aphantasia-having-no-mind-s-eye>

<http://www.positivehealth.com/article/nlp/aphantasia-and-dyslexia-no-mind-s-eye-for-visualization>