

# Overview of an NLP Intervention

## Step One

**Set outcomes and take a detailed personal history.** In a typical five hour coaching session, you might spend two to two and a half hours on gathering information about the client's history and model of the world.

Remember to take every problem example that the client presents you with and chunk up. Ask yourself "What is this an example of?"

Your goal is to find the pattern or the "greater level" problem, which when healed, will change the client's business or life.

By the end of the detailed personal history you should have a good understanding of the nature of the pattern.

## Step Two

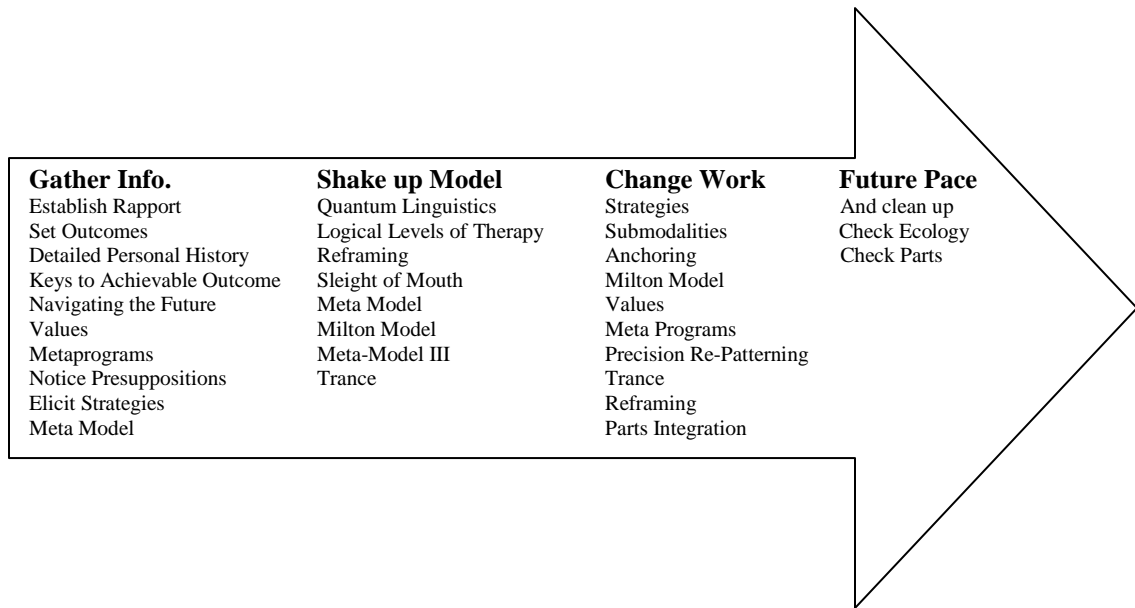
**Design the Intervention.** This can be either done while taking the detailed personal history and delivered in the same session, or it can be done between sessions. Chris will often do a small amount of change work the very first session and the bulk of the change work on the second session. This gives him the opportunity to design the majority of the intervention between sessions.

## Step Three

**Deliver the Intervention.** This is done in anywhere from one to several sessions. The process will often include:

- 1) Information gathering
  - 2) Loosening or shaking up the clients model of the world
  - 3) Application of NLP processes
  - 4) Testing and future pacing
- Remember everything is in the set-up. By the time you use a specific technique or process the client should be so ready to jump through the hoop of the process and make the change that you are practically holding them back!
  - Tasking may be necessary prior to session.

## Possible Sequencing For an NLP Intervention



### General Paradigm For Change:

*“Is it all right with your unconscious mind to make this change today and for you to have conscious awareness of it?”*

*“Can you do it now?”*

*“So you’d know if it disappeared right?”*

*(INTERVENTION)*

*“So how do you feel about your ability to \_\_\_\_\_?”*

*(opposite of the problem – stated positively)*

## **Detailed Personal History**

(Notice if the client is at cause or effect – always introduce the idea of cause and effect at some point during or after detailed personal history.)

1) What is the problem or issue you are here for?

(Often times the client will talk about several separate issues, these may or may not be related. If they are Not related, you may have to assist the client in getting focused on the most important issue for this session.)

2) What have you done about it?

2) How do you know you have this issue?

(Elicit a reality strategy and any previous diagnosis)

3) How is this a problem for you?

(Elicit how the problem is affecting their life)

4) How much of your time does this problem take?

(Leverage frame)

5) How long have you had this issue?

Was there ever a time that you didn't?

6) When was the first time you can remember having this problem?

What emotions were present?

7) Tell me about your childhood in relationship to this problem?

8) Tell me about your mother / father / any siblings, and what relationship they might have to the problem?

9) What events have happened since the first time you remember having the problem?

## Detailed Personal History continued.....

10) What's the relationship between all of these events and your current situation in life?

(You are looking for the greater level presenting problem. It's best if the client states it themselves rather than you putting the words in their mouth.)

11) Is there a purpose for having this problem? (ask your unconscious mind) What possible benefit is there to having this problem? If there was a benefit what would it be?

12) Is there anything your unconscious mind wants you to get, which, if you got it would cause the problem to disappear?

13) What have you been unwilling to do in order to keep this problem?

14) What are you no longer willing to do in order to **make this change?**

(commitment frame)

Listen to the client AND

Chunk UP To find the greater level pattern

