Neuro-Linguistic Programming Is An Extensive And Complex Technique

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Abstract. The article discusses the possibility of applying neuro-linguistic programming (NLP) to teaching English. In contemporary psychology, one of the most excellent fields is neurolinguistic programming. It offers psychological skills for improving communication and appreciating people. Many other fields make considerable use of the core ideas and techniques of NLP. This serves to improve them and increase their level of success. Neuro-Linguistic Programming is referred to as NLP. These are systems theory in cybernetics, transformational grammar in linguistics, and neuroscience. The recommended strategies and approaches are listed, along with the advantages and disadvantages of each. Since learning a foreign language is a difficult and complex talent, it must be modeled by dividing it down into multiple related abilities.

Keywords: Neuro-linguistic programming, environment, abilities, beliefs, values, identity, mission.

Neuro-linguistic programming was first established in California during the 1970s, with its philosophical foundations tracing back to the early works of Gregory Bateson (1904-1980) in anthropology and Noam Chomsky (born 1928) in linguistics. The resurgence of this teaching occurred within the realm of therapeutic studies, as Richard Bandler, one of the creators of NLP, delved into the reasons behind the varying levels of effectiveness among therapists in their practices.
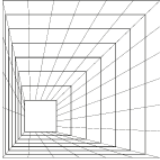
The recordings of sessions conducted by Virginia Satir and Fritz Perls were successfully decoded by the scientist. John Grinder, with his expertise in linguistics, played a crucial role in transforming these transcripts. As a result, they stumbled upon models of "intervention" during this endeavor, which were subsequently incorporated into the initial NLP tool known as the Meta-model.

The subsequent phase involved delving into the methodologies employed by Milton Erickson, a renowned hypnotherapist. His endeavors served as further validation of the effectiveness of the Meta-model and provided a basis for emphasizing the second component of Milton's NLP model. Initially established as a form of psychotherapy, NLP gradually transcended its original scope. Consequently, its pioneers embarked on enhancing and expanding their expertise by applying this approach in realms such as business, politics, and sports.

The field of science is truly remarkable as it seamlessly integrates a wide range of knowledge - from cybernetics to psychology focused on the human mind. Renowned individuals like Robert Dilts, Judith de Lozier, Stephen Gilligan, Steve, and Connie Rae Andreas have developed numerous effective models and techniques.

It did not escape criticism. Negative feedback on NLP emerged when individuals who possessed the technology started achieving remarkable sales outcomes and exerting hypnotic influences. Nevertheless, the approach has undergone development. Its primary application revolved around enhancing individuals' lives, elevating their success rates, and boosting efficiency.

Although neuro-linguistic programming is an extensive and complex technique, the fundamental ideas underlying scientific teaching can be divided into three parts:

Subjectivity is based on the understanding that everyone has a unique perspective of the world in which we live.

Maps are the belief that our own worlds consist of complex territories and boundaries that are attracted to a person as he or she grows personally.

Language - everyone has the right to transfer and transform their territories and borders with the help of management systems. The most influential system to which we have unlimited access is our language.

NLP developers analyzed psychotherapy session recordings to establish the initial behavior patterns for replication: a meta-model inspired by psychotherapists' behavior and the Erickson model influenced by Milton Erickson, a renowned hypnosis expert. This led to the therapeutic focus of the methodology: the creators posited that emulating the speech patterns of successful psychologists could lead to similar outcomes.

NLP has also absorbed ideas:

➢ the transformational grammar of the theoretical linguist Noam Chomsky;
➢ theories of human modeling by Gregory Bateson and Alfred Korzybski.

Based on the works and style of speech of other specialists, the key idea of NLP is formulated: by assimilating someone else's behavior, a person is able to program his brain. "Flashing" occurs through total control of thoughts, feelings and actions.

NLP techniques are used in coaching, medicine, law, business, sports and education. Proponents of the method note that it helps to solve various tasks, such as:
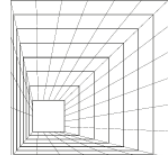
- development of communication skills;
- building relationships with others;
- increased motivation;
- improving productivity;
- learning more effective patterns of behavior;
- self-esteem enhancement.

The main technique of NLP is modeling. It involves copying the style, manner of speech and lifestyle of a person whose success you want to repeat. There are four other particularly common NLP techniques:

Framing and reframing, derived from the term "frame", involves examining a situation from a different perspective, reassessing one's perception, and rephrasing beliefs to identify benefits even in unfavorable circumstances. For instance, consider a scenario where an individual gets terminated from their employment. While this may initially lead to feelings of anxiety and stress, it also presents an opportunity to be relieved from responsibilities, explore new avenues, and allocate time for introspection regarding personal abilities and principles.

Visualization, also known as "image training" or "mental rehearsal", involves mentally recreating a specific situation in which you successfully handle a task. For instance, let's say you are preparing to present a project to clients. Take a moment to vividly imagine this event: envision your attire, visualize the office environment, anticipate the questions your colleagues might ask, and consider your responses. Pay attention to the sound of the slides clicking together and take note of the ficus plant in the corner of the office. It is crucial to not only consider your appearance and the content of your presentation, but also your body language. Feel the sense of calmness and confidence radiating from you, choose a comfortable posture, and appreciate the even tone of your voice.

Anchoring refers to the deliberate creation of an external or internal trigger, known as an anchor, that elicits a desired reaction or alters human behavior. These anchors operate based on associations and memories, and can be linked to visual, auditory, kinesthetic, olfactory, or gustatory signals. For instance, if you touch someone's cheek every time they feel happy, eventually the touch itself will evoke joy. Similarly, you can apply this technique to your own

mind by pinching your hand whenever you say the word "parasite". Through repetition, the brain will associate the words "well", "type" or "shorter" with unpleasant sensations, leading it to cease automatically reproducing them.

Visual-kinesthetic dissociation involves repeatedly reliving a traumatic experience from an external perspective, aiming to alleviate distressing emotions. Individuals who have frequently encountered harassment and devaluation often develop a fear of expressing themselves or joining new groups. They become trapped in the negative impact of these experiences, and in order to break free, it is necessary to recall the emotions triggered by bullying in the past. One must confront the negative feelings and then visualize them detaching from their personality. In any given situation, the final element, which is the emotional response, can be altered.

NLP contributes to academic success and positive student behavior (showing respect and kindness to others, discipline, concentration). Programming techniques also helped to overcome stereotypical destructive beliefs, to look at oneself and the world more optimistically.

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