

Nexus Behavioural Health

Solutions for a better tomorrow!™

Neuro-linguistic Programming (NLP) Informed Consent:

NLP was developed by Richard Bandler (a therapist), John Grinder (a linguist), and Gregory Bateson (a cyberneticist) in the 1960s. Bandler and Grinder initially studied the hypnotherapeutic patterns of Milton Ericson (a psychiatrist). Bandler and Grinder studied Ericson's ability to establish unconscious rapport and how he was able to "pace" patients out of undesired states and conditions. Bandler and Grinder also paid close attention to Ericson's metaphoric language. Later, Bandler and Grinder would add the patterns of Virginia Satir (a family therapist) and Fritz Perls (the founder of Gestalt therapy).

Today NLP has developed into an art-form in its own right. It is used not only to treat traditional medical and psychological conditions but also is used in personal coaching, business outcomes, developing deliberate personal and business strategies, achieving personal outcomes/goals, defining personal time-lines, relationship mediation, developing social skills, building self-confidence, and the list could go on for a long time. Some of the traditional medical and psychological uses are as follows: trauma, state management, anger management, stress management, general and specific anxieties, depression, weight management, smoking cessation, phobias, social anxiety, eczema, pain and chronic pain, sexual dysfunction, hemophilia, dermatitis, allergies, high blood pressure, asthma, Bruxism, Raynauld's disease, nausea and vomiting associated with chemotherapy and pregnancy, childbirth, sleep problems, help accelerate both physiological and psychological healing, and many more.

NLP is an experiential art-form; NLP tools need to be experienced to have impact. NLP tools have an immediate and detectable impact on the person experiencing them. This does not limit them to one time use. Indeed, some tools can be used over and over again with different topics. We act as guides when using NLP. You tell us what you need or desire and we will guide you through the process. In order for NLP to have impact, you must choose the choices found in experiencing it. Tell us if you get stuck. Don't fake it or you might not make it!

For us, ecology is the most important part of NLP. That is, how will your personal experience using NLP impact not only you but also other's around you? We work quite diligently to build in safe-guards so that you are the most active decision maker through-out your experience.

By signing this document I agree that I understand some of the uses of NLP. I understand that it is not a cure-all or magical quick fix, I am the active participant using the professional as guide only, and I must work with my professional to define and achieve my desired outcomes. Also, I must actively help my professional to detect any undesired side-effects. We move at a deliberate pace to allow for the best outcomes and catch any ecological issues. Tell us if this is not slow enough. I also give my consent to the use of this protocol.

Name/Date

Signature