



# The Clinical Effectiveness of Neurolinguistic Programming: A Critical Appraisal (Advances in Mental Health Research)

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Despite widespread use, Neurolinguistic Programming (NLP) is a topic of much debate, often receiving criticism from academic and professional sectors. In this book international academics, researchers and therapists are brought together to examine the current evidence of the clinical efficacy of NLP techniques, considering how NLP can be effective in facilitating change, enrichment and symptom relief.

Lisa Wake and her colleagues provide a critical appraisal of evidence-based research in the area to indicate the benefits of the approach and identify the need for an increase in randomized well-controlled clinical trials. Contributors also explore how NLP has been used to treat various disorders including:

- post-traumatic stress disorder
- phobias
- addictions
- anxiety disorders
- mild depression.

Illustrated throughout with clinical examples and case studies, this book is key reading for practitioners and researchers interested in NLP, as well as postgraduate students.

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### **Editorial Review**

#### **About the Author**

Lisa Wake is a Neurolinguistic Psychotherapist, and an internationally recognised Master Trainer of NLP. She is Director of Awaken Consulting and Training Services Ltd, which offers corporate consultancy, training, coaching and psychotherapy services. She is also Director of Awaken School of Outcome Oriented Psychotherapies Ltd, which provides UKCP accredited psychotherapy training. Lisa has also served as Vice Chair and Chair of UKCP.

**Richard M. Gray** is Assistant Professor at the School of Criminal Justice, Fairleigh Dickinson University, and former substance abuse treatment coordinator in the United States Probation Department, Eastern District of New York, Brooklyn, New York.

**Frank S. Bourke**, PhD, is the Executive Director and founder of the Research and Recognition Project, a not for profit corporation committed to bringing NLP and related technology into evidentiary medicine. He completed his PhD research at the Institute of Psychiatry in London, has taught at Cornell University and worked in the mental health field as a clinician, trainer and administrator for over 40 years.

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