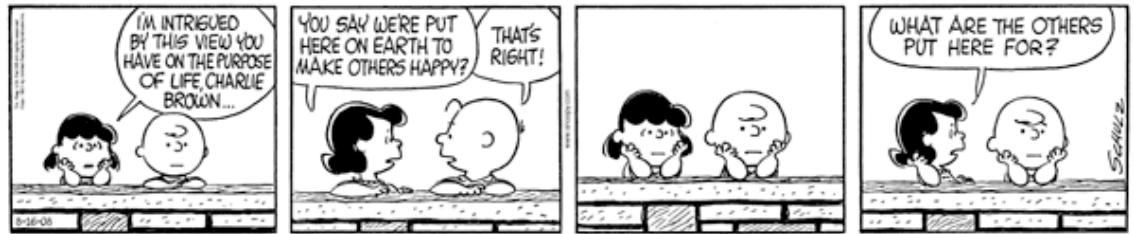
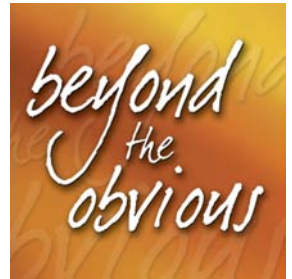


The Northern School of NLP



NATURE AND VACUUMS...

as in Nature abhors them!

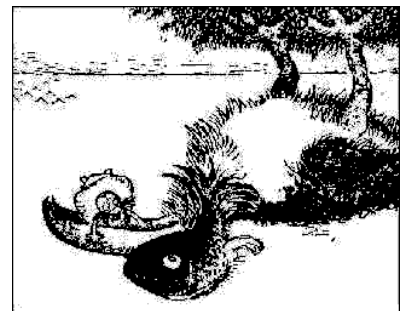
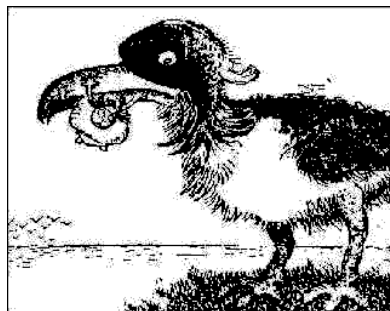
We have been receiving such lovely messages from you, of support and encouragement. We've been touched by your expressions of how much Station House and your experiences here have meant to you. "After all the changes you've enabled us to experience, I am delighted that you now have a new direction that's right for you." was a lovely comment.

Having created a space and stood aside, it has been interesting at the emergence of

some new energy. It might well be that The School and Station House will continue to play a part in the NLP Community, after all.

What has become apparent is that The School is not just Fran and Derek, it is the community that has been built up within the family and the shared ethos that is shared. With energy and and identity like this, who knows what can emerge.

Watch this space.



Bill O'Hanlon

Just to let you know that there are still a few places on **Bill's workshop** later this month - 26-28 September.

Those of you who have already experienced him and his presentation style

will know that he cannot not tell stories. He is wired to tell stories as a way of teaching his point.

Discover how he does this and have a tale to tell.

SCHOOL NEWS

What's been happening with you?

- ★ **Sue Beaver:** Congratulations to Sue. She has secured a book deal with Crown House, to capture her NLP-based offerings for parents - Happy Kids Happy You.
- ★ **Yvonne Hayes:** is setting up her own business, *Therapy-Works*, a powerful combination of talk therapy and body work, in the form of No Hands Massage.
- ★ **Debs Jenkins:** sounding very cheery. Now living near Portsmouth with her partner, Simon, and is now a project manager
- ★ **Ian Graham:** finds himself down under, meeting up with NLPers in Melbourne Australia - and maybe one or two Sheilas?!

- ★ **Sarah Lisle:** one of our younger graduates has made it to the outside world. Asa Harry Jack Haigh hustled his way out this May. Here's to a good life.

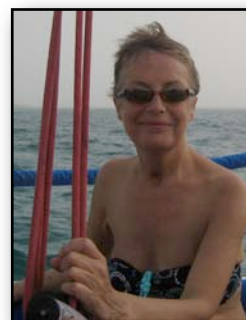


- ★ **Alyson Doyle:** has left the LCC is now taking up Coaching and Mediation work.
- ★ **Bethan Evans Summer 05:** is wonderfully busy, taking on a new opera production amongst other projects.
- ★ **Eleanor Smith:** has been working on housing prisoners on the outside and is looking to have an inside stretch as a prison officer. Good stuff!
- ★ **Fe Robinson:** has set up a new company *Courage Consulting*, based in Yorkshire. They offer Performance and Life Coaching, Team Facilitation and Engagement Consultancy.
- ★ **Guy Purves:** Guy and Breda now have a second little girl Mairead, a lovely sister for Sorcha.
- ★ **Jill Leadbetter:** earlier this year, Jill was taking on the local council. on behalf of local residents against a housing development. The mouse that roared.
- ★ **Amanda Morgan/Thomas:** now has No 2 son Morgan to join No 1 son Manon. Perhaps we could introduce them to Sorcha and Mairead.
- ★ **Linden Nichols:** has been following a hypnotherapy diploma due to finish in August and also the first year of counselling.

- ★ **Jane Clack:** is just about to embark on some serious, hard core fact learning in preparation to become an insolvency practitioner - exams next november and masses of learning to do. So good luck to you and stick at it. There's plenty of work out there, sadly.
- ★ **Paul Smith:** has been power boating around Cowes - narrowly missing the sheep and horses - ho ho!
- ★ **Jo Kenworthy:** will shortly be opening the doors of Barefoot house for courses and healing experiences. Watch this space.
- ★ **David Henderson:** has been a tad busy organising a community festival in his town - community groups, sports, music & arts etc. " Colossal work but immensely satisfying!"
- ★ Mega Congratulations go to **Chris Hill** and **Carla Hay** who took the plunge and celebrated their Civil Partnership Ceremony in August.



- ★ **Mary Brady:** is such a goer - India, Aus. NZ, Bulgaria, Vietnam and USA so far this year and Serbia, Kenya, Bagngladesh ,Aus. again and Mexico before Christmas. Bet her passport looks quite good. It's a wonder she fitted any NLP learning in.
- ★ **Mark O'Neill :** is now living and working in south west France in a town called Pau close to the Pyrenees and Biarritz on the Atlantic coast,
- ★ **Theresa Wright:** has made a miraculous recovery from her liver transplant last year. Here she is enjoying herself in Dubai "in her second life."
- ★ **Karen Hickman** has followed the footsteps of **Sue Kane**, and dusted off the W Yorkshire Police and is now involved with training and development with York University.
- ★ **Lou and Becca Squires** are on the move again back to Yorkshire.



WORKSHOP NEWS

Not for me... or is it?

We have people coming onto our Introduction Days who for one reason or another are unable to join a full Practitioner training, or who feel that this level of training is not right for them at this time. And there is the message that the Master Practitioner modules are only open to certificated Practitioners. All of which doesn't reward their interest, or help them pursue their own development.

Not so

Looking at the modules that are coming up, there are some which don't require previous NLP experience:

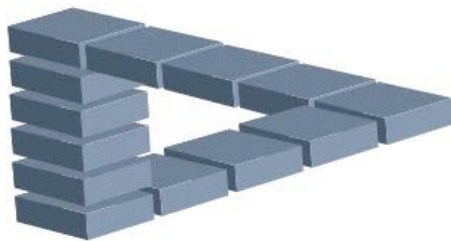
Shelle Rose Charvet's Words that Change Minds,

James and Penny's Symbolic Modelling, and

David Gordon's Structure of Experience.

Tell them

If you know of anyone who has an interest in this area of learning, then let them know these workshops are open to them. If they are friends and colleagues of yours, then they will already have some idea of what NLP can offer and you will have whet their appetite for more!



Make Time

Changing With Time

30 Jan-1 Feb 09

If you are only going to do one workshop this year, you may want to consider this one. It really will offer you some excellent ways of

working and give you some fabulous personal development. I took Tad James' four day workshop of Timeline Therapy at least 16 years ago. I reckon it led to me being able to open myself to commitment when Derek came onto the scene about 6 months later!

And in my work as a therapist despite my continually expanding range of approaches and methods I often find myself using the techniques I learnt there.

Change of Date

NLPt Clinical Practice

Much of this workshop will be based round the NLPtCA Code of Ethics which is in the process of being revised and will not be ready until November. Accordingly the dates are now:

11-13 November 2008

This workshop is suitable for ANYONE.

If you are a Practitioner or en-route Master Practitioner, and are offering or intending to use your NLP learning commercially in 1:1 work, then you will want to know that you are operating on a professional ethical basis.

Relief!!

To the relief of quite a few, Derek and Fran are willing to come out of retirement (so soon?) and hold another Master Practitioner Certification weekend in November 2009 - date to be confirmed. There may be a fee for those people who find themselves wanting to take advantage of this offer.

This may soothe some fevered brows and offer welcomed options for those in-time people. It will also ease the numbers of those putting themselves forward this December or next June.

However, this weekend will be the very last one - honest!

MORE NEWS

Do You Have a Book Inside You?

Are you ready to follow Sue Beever's lead and get that book out in the open. If you want direction and coaching from a Master then you will want to consider

Bill O Hanlon's on line Writing Course

Take it from someone who is now on to his 26th book, and who, as he is never tired of telling you, was featured on Oprah Winfrey. You can sign up for his really easy to follow programme, directly from his website. This way you can learn at your own pace and gain excellent feedback from him.

Go to

<http://www.getyourbookwritten.com/Onlinebookcourse/Overview.html>

If you sign up on line, you can get a \$100 discount by using NLPAND as a coupon code. Can't say fairer than that!

NLP Conference

Anyone who is serious about their NLP learning wants to make the journey to Regents College London, for the annual NLP Conference.



Notable for its independence, you will find an astonishing list of trainers to sample, to learn new thinking and approaches, and also to come away with some possibly unexpected personal development.

You will also become aware of the larger multi faceted NLP community, and begin to discover your own sense of belonging.

It is always great to see our own familiar faces in the crowd, who see this trip to London as a great weekend break. So dig out all these old friends and cadge a floor, or you might like to consider the German YMCA, Lancaster Hall Hotel, Bayswater - a healthy walk to Regents Park. Single £65 Double £85. www.lancaster-hall-hotel.co.uk

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slow down in overall system performance -- particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5 and then installed undesirable programs such as AFL 5.0, The Ashes 3.0, and Golf Clubs 4.1.

Conversation 8.0 no longer runs, and Housecleaning 2.6 simply crashes the system. I've tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed, Desperate

Check out these websites:

<http://www.youtube.com/watch?v=jwMj3PJDxuo>

<http://ezine.rac.co.uk/2008-january/you-did-what.html?source=ezine-jan08-di&entry=YouDidWhat>

<http://www.youtube.com/watch?v=BYLMTvxOaeE>

SOME FUNNIES

Can you read these right the first time ?

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture .
5. He could lead if he would get the lead out .
6. The soldier decided to desert his desert in the desert .
7. Since there is no time like the present, he thought it was time to present the present .
8. A bass was painted on the head of the bass drum .
9. When shot at, the dove dove into the bushes .
10. I did not object to the object .

Economic Models explained with Cows - 2008 update

- **SOCIALISM:** You have 2 cows. You give one to your neighbour.
- **COMMUNISM:** You have 2 cows. The State takes both and gives you some milk.
- **FASCISM:** You have 2 cows. The State takes both and sells you some milk.
- **BUREAUCRATISM:** You have 2 cows. The State takes both, shoots one, milks the other, and then throws the milk away...
- **CAPITALISM:** You have two cows. You sell one and buy a bull. Your herd multiplies, and the economy grows. You sell them and retire on the income.
- **SURREALISM:** You have two giraffes. The government requires you to take harmonica lessons

Where is the Focus of Attention here?!

UNIVERSITY CHALLENGE (BBC2)

Jeremy Paxman: What is another name for 'cherry pickers' and 'cheesemongers'?

Contestant: Homosexuals.

Paxman: No. They're regiments in the British Army who will be very upset with you.

BEG, BORROW OR STEAL (BBC2)

Jamie Theakston: Where do you think Cambridge University is?

Contestant: Geography isn't my strong point.

Theakston: There's a clue in the title.

Contestant: Leicester.

BBC NORFOLK

Stewart White: Who had a worldwide hit with What A Wonderful World?

Contestant: I don't know.

White: I'll give you some clues: what do you call the part between your hand and your elbow?

Contestant: Arm.

White: Correct. And if you're not weak, you're...?

Contestant: Strong.

White: Correct - and what was Lord Mountbatten's first name?

Contestant: Louis.

White: Well, there we are then. So who had a worldwide hit with the song What A Wonderful World?

Contestant: Frank Sinatra?

LATE SHOW (BBC MIDLANDS)

Alex Trelinski: What is the capital of Italy?

Contestant: France.

Trelinski: France is another country. Try again.

Contestant: Oh, um, Benidorm.

Trelinski: Wrong, sorry, let's try another question. In which country is the Parthenon?

Contestant: Sorry, I don't know.

Trelinski: Just guess a country then.

Contestant: Paris.

THE WEAKEST LINK (BBC2)

Anne Robinson: - Oscar Wilde, Adolf Hitler and Jeffrey Archer have all written books about their experiences in what: - Prison, or the Conservative Party?

Contestant: The Conservative Party.

UNIVERSITY CHALLENGE

Bamber Gascoigne: What was Gandhi's first name?

Contestant: Goosey?

AND FINALLY

Thoughts on Anxiety

People who suffer from general anxiety can have a wretched life - curtailed by the limitations they set themselves, or that seem to be imposed on them, For many, the causes of the anxiety are nameless, just a sense of impending disaster, with the dread of a panic attack ever present on the horizon. Whilst for others they are very clear about what triggers their fears, and spend their lives braced against the likelihood of the occurrence of these 'bogey men'. Very soon lives become dominated by worry about becoming anxious, setting off a downward spiral which can lead to depression, poor sleep patterns, possible agoraphobia and tension related disability.

Since these causes, on the outside, appear to be irrational and ill founded, the sufferer has to withstand the frustration and limited patience of those around them, while secretly siding with partners, family and friends, believing that the anger and exasperation are rightly deserved.

Being anxious and a natural worrier is not a condition that generates sympathy or understanding. There aren't the TV documentaries - unless the anxiety manifests into the good viewing material of compulsive behaviour or phobia.

Anxiety is a future based emotion, like fear. It is often rooted in a one-off event and generalised to every day. It is irrational, which means it is ruled by emotion and not logic, and so withstands any of the 'talking to's'. The sufferer believes that they have no control, they have lost their autonomy and that their major fear - namely being vulnerable and unsafe - turns upon itself and causes them to become helpless. Anxiety is rooted in the desire to for self protection.

For me, the answer lies in gifting control back to the individual, in an accessible, credible and reliable way, that respectfully recognises the power of the irrational and the commendable positive intention that underpins all the displaced behaviours.

It is important first of all to acknowledge that a) anxiety is essential, as part of our natural early warning system and b) that there is likely to be some understandable truth in whatever is generating the anxiety. And it is important to recognise the difference between the primary anxiety and the secondary worry or worrying about becoming over anxious.

Next it is important that the individual gains some experience that she can be in control, even when she feels out of control. He needs to gain real evidence that can support him,

The REMODELLING ANXIETY process has proven to be really effective for steadying the individual, to get a measure on the anxiety they are feeling and the elements which influence its scale. The individual has now moved from being a fully associated knee jerk response to someone who can generate choice, self forgiveness and understanding.

Dear Desperate:

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System. Please enter the command: "http: I Thought You Loved Me.html" and try to download Tears 6.2 and don't forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewellery 2.0 and Flowers 3.5.

But remember, overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0 or Beer 6.1. Beer 6.1 is a very bad program that will download the Snoring Loudly Beta. Whatever you do, DO NOT install Mother-in-law 1.0 (it runs a virus in the background that will eventually seize control of all your system resources). Also, do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend Food 3.0 and Hot Lingerie 7.7. Good Luck, Tech Support

Remodelling Anxiety

This is a process I've developed based on the Anxiety Equation $\frac{\text{probability} \times \text{consequence}}{\text{coping} + \text{rescue}}$ to illustrate how easy it is to model models, and create meaningful change processes.

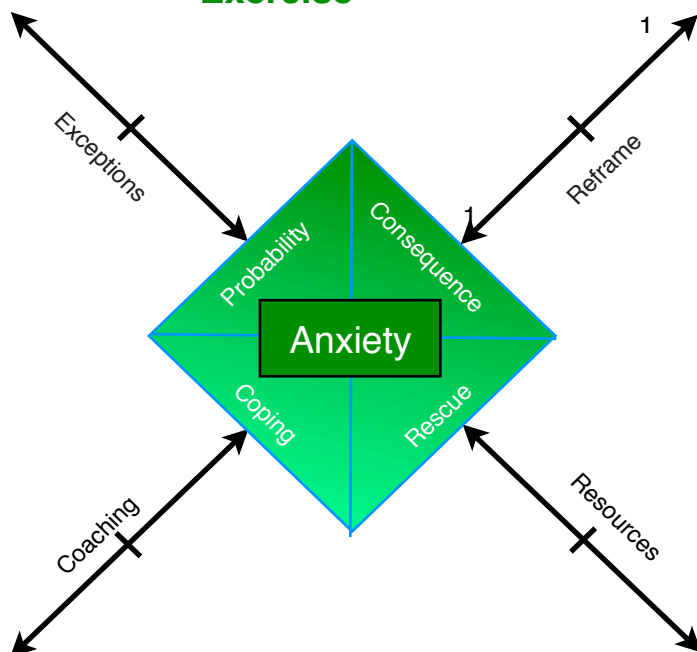
It is made up of four parts and is contextually based in response to viewing a forthcoming event

1. **Probability:** here is the level of likelihood that the event will happen as anticipated
2. **Consequences:** this is the anticipated end result should the event take place
3. **Coping:** this is the degree of coping skill to hand
4. **Rescue:** this is the availability of external resources to support the coping or management of the outcomes.

Anxiety occurs where there is an overestimation of the first two and an underestimation of the second two. Working on the framework below, where 1 is low and 10 is high, the further to the ends of each scales the greater the anxiety.

If the probability is low, yet the consequences are dire, the anxiety may be strong. Similarly if the range of coping strategies are high, there may be little need for additional resources, and the individual could be equal to the situation. Once the client knows the underpinning structure of their anxiety, they are then in the position of being able to address specific aspects of it.

Exercise



Part 1 - Modelling the Current Structure

1. Consider the event that is causing the anxiety and stand in centre of the diamond.
2. Walk along the Probability Arm, until you reach the scale of belief you have that this event is going to happen the way you anticipate.
3. Now walk along the Consequence Arm, and register the impact you think such an outcome would have.
4. Next walk along the Coping Arm and determine the level of confidence you feel about your ability to cope with these outcomes.
5. Finally walk along the Resources Arm and record the level of resources readily available to you.
6. Return to the centre and take a moment to establish if what you plotted feels right. Make any adjustments to the positioning of the points.
7. Register your overall Score.

Part 2 - Creating the Future Structure

From within the centre, face each of the arms in turn.

1. Probability: Looking for Exceptions
 - 1.1. Ask yourself "When hasn't this happened, particularly when it was expected? When else?" "When did it happen in a reduced way (duration, frequency, severity)?"
 - 1.2. Walk into the arm and become aware of the **reduction of inevitability**. Notice your rating now.
2. Consequences: Reframing the Belief
 - 2.1. Ask yourself: "What else could happen instead?" "What might others expect to happen" "How might others interpret these outcomes?"
 - 2.2. Walk into the arm and become aware of the **lessening of certainty**. Notice your rating now.
3. Coping: Self Coaching
 - 3.1. Ask yourself: "How have I managed similar situations in the past? What am I really good at, and how useful would these skills be here, now? "What could I do more of/less of that would make a difference?"
 - 3.2. Walk into the arm and become aware of the **strengthening of self confidence**. Notice your rating now.
4. Rescue: Resourcing
 - 4.1. Ask yourself: "What advice can I call upon at this moment?" "What resources have I overlooked, which could be helpful here?" "What would someone else use if they were in this situation?"
 - 4.2. Walk into the arm and become aware of the **increase in support**. Notice your rating now.

DATES 2008/2009

NLP and Learning

Autumn 2008 Practitioner

19-22 Sept, 17-20 Oct, 14-17 Nov, 12-15 Dec 2008 23-26 Jan 2009

Spring 2009 Practitioner

13-16 Feb, 13-16 Mar, 17-20 April, 15-18 May, 19-22 June 2009

NLP and Modelling

Date	Trainer	Workshop
2008		
29 Aug 1 Sept	Fran Burgess Derek Jackson	Advanced NLP Patterns
26-28 Sept	Bill O'Hanlon	Metaphors Be With You
24-26 Oct	Shelle Rose Charvet	Words That Change Minds *
21 – 23 Nov	Fran Burgess	Personality Alignment
5-8 Dec	Fran Burgess Derek Jackson	Integration and Certification
2009		
30 Jan 1 Feb	Fran Burgess	Changing With Time
6 – 8 Feb	Derek Jackson	Systems and Structures
6 – 8 March	David Gordon	The Structure of Experience *
23 Apr 2008	Derek Jackson	Introduction to Clean Language
24 – 26 April	James Lawley Penny Tompkins	Working with Symbolic Modelling*/ **
8 – 11 May	Fran Burgess Derek Jackson	Advanced NLP Patterns
26 – 29 June	Fran Burgess Derek Jackson	Integration and Certification

Additional Workshops

Date	Trainer	Workshop
2008		
11-13 Nov	Fran Burgess and Friends	NLPt Clinical Practice
2009		
27-29 March	Derek Jackson	Back to Basics 1
12-14 June	Derek Jackson	Back to Basics 2

For more details of these workshops, check the website: www.nlpand.co.uk

To book onto any of them, just contact us at **01254 824504** or email admin@nlpand.co.uk.