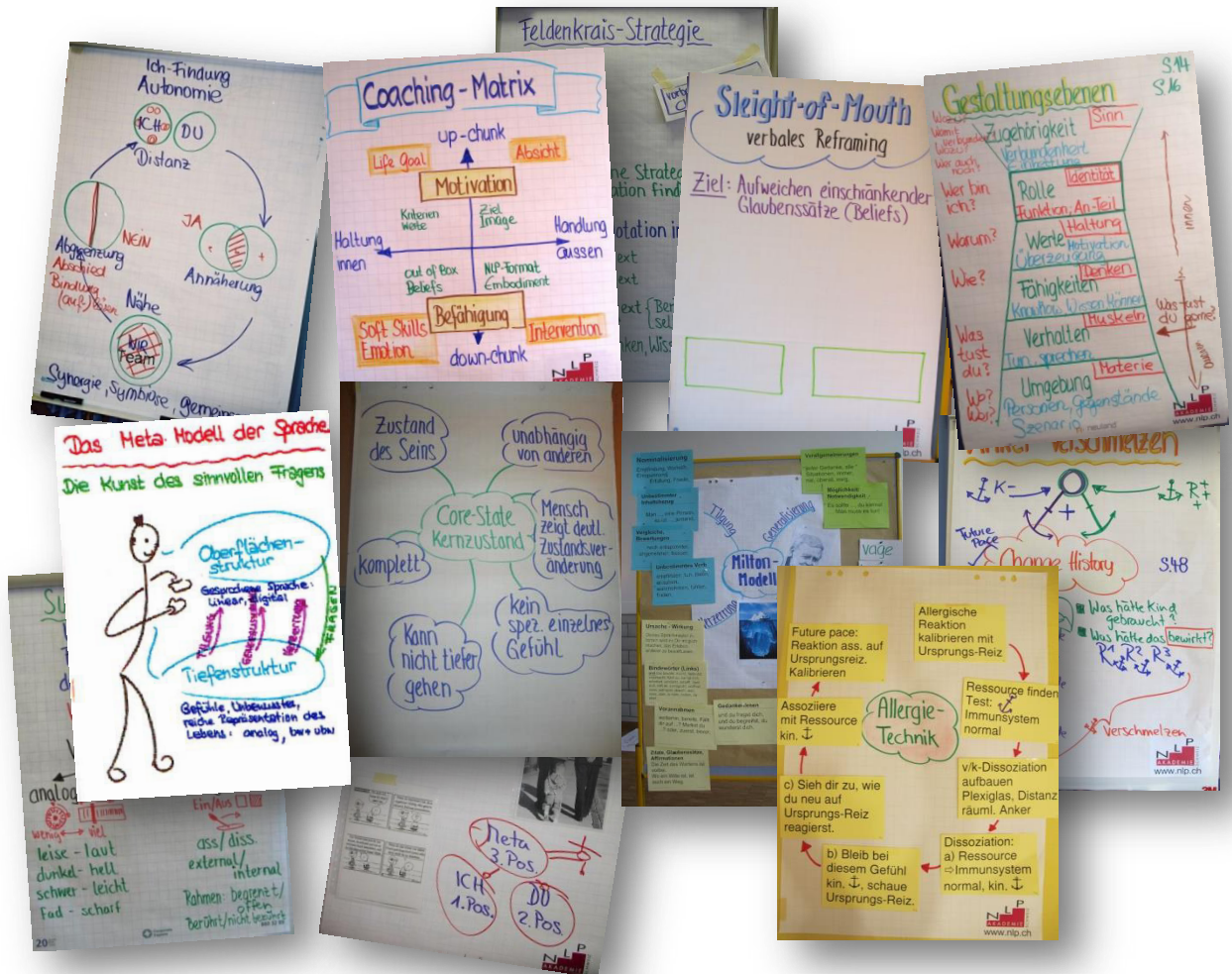# Welche Bausteine und Vorgehensweisen gehören zur Methodologie des NLP?

Diese Frage wurde im Rahmen einer wissenschaftlich validierten Studie in den Jahren 2016 und 2017 an die rund 140 Mitglieder dies NLP Leadership Summit (nlpleadershipsummit.org) gestellt.

Der Vorgang und die wissenschaftliche Validität des Vorgehens wird im Artikel **'The Elders Columns Part 1'** beschrieben.

Die unterschiedlichen Beiträge aus der Gruppe und wie diese den Abstimmungsprozess beeinflusst haben, wird im Artikel **'The Elders Columns Part 2'** beschrieben.

Die Ergebnisse der Umfrage stellen wir hier unter dem Titel **'The Elders Columns Part 3'** vor. Fälschlicherweise werden die Ergebnisse mit 'What is NLP' betitelt. Die Übereinstimmung über die zum NLP gezählten Methoden und Vorgehensweisen gibt selbstredend noch keine Antwort auf die Frage 'Was ist NLP?'.

NLP Leadership Summit

The Elder Columns, Part III, Survey Results
(First Draft)

Which methods and procedures belong to the methodology of the NLP?

~~What is NLP?~~
Answer LS2018

There are **59** voters.
They have collectively taught NLP for **1363 years**
Between them they have written **231 books** on NLP

Calculation
In this overview we used 70% yes-responses ("This is part of NLP") as a cut off point (green). This is in keeping with scientific survey practices. Within this area, we distinguished 90% and up (yellow).

So the 2018 NLP Leadership Summit answer to 'What is NLP' is the elements coloured yellow and green in the list below.

We also calculated another list where the number of no-votes ("This is not part of NLP") was subtracted from the number of yes-votes ("This is part of NLP"). If we used a 85% cut off with this formula, we were left mostly with NLP as it was in 1980. In the definitive article we will show this list too.

Elder Columns Articles
You will find the history of the list in these two articles:
The Elder Columns Part 1
(Describing our justification for the voting process)
The Elder Columns Part 2
(Discussing the many contributions from the LS community and how they influenced the list).

Category 1A - Premises about Experience	
The map is not the territory.	100
Life and mind are systemic processes.	90
Experience can be reduced to sensory elements (VAKOG).	88
Structure is more important than content.	92
The mind is a feed-forward system that predicts the future.	66
Category 1B - Premises about Communication and Change	
The meaning of communication is the response elicited.	98
People have the resources for the changes they desire.	97
The system with the greatest flexibility survives.	88
If what you are doing does not work, it is useful to do something else.	97
Resistance is a signal of insufficient rapport.	86
There is no failure, only feedback.	98
All behaviour has a positive intention.	97
People make the best choices available to them.	98
If one can do it, others can learn to do it.	97
Submodalities determine the effect of an experience.	97
Category 2A - Distinctions	
Sensory Modalities	100
Submodalities	100
Association versus Dissociation	100
Focus Outside versus Focus Inside	95
Analog versus Digital	93
Presupposition versus Explicit Statement versus Implication	78
Sensory experience versus Categorisation (Complex Equivalence)	90
Elements of the Structure of Subjective Experience	97
Neuro-Logical Levels	85
Meta Programs	92
Separating versus Joining	46

Graves Drives	3
Core States	68
Meta States	69
Category 2B - Attitude	
Sponsoring Attitude	61
Modelling Orientation	97
COACH State	44
Category 2C - Model of Change	
TOTE Model for Goal Directed Change	98
Well-Formed Outcomes	100
Utilization	97
SCORE Model for Choosing or Designing Interventions	83
Category 3A - Skills	
Anchoring	98
As-if Frame	100
Calibrating Internal States and Processes	100
Clean Language	32
Double Induction	59
Ecological check	98
Eye Accessing Cues, Detecting and Working with	100
LAB Profile	63
Leading, verbal and nonverbal	95
Meta Model Questions	100
Milton Model Language Patterns	100
MindSonar MetaProfile Analysis	24
Modelling	100
Rapport (Mirroring/Pacing)	100
Stacking Realities	83
Strategies	100
Time Lines, Working with	98
Verbal Reframing	100
Category 3B - Techniques	

Criteria for NLP Techniques	76
Aligning Neuro-Logical Levels Format	85
Aligning Perceptual Positions	92
Auditory Tempo Shift to change strong feelings	80
Bateson Strategy	41
Belief Audit for identifying limiting beliefs	75
Belief Outframing	73
Building Belief Bridges	46
Change Personal History	98
Changing a Strategy	98
Circle of Excellence	97
Co-Dependence Format	24
Collapsing Anchors	98
Collective Intelligence Techniques	25
Compulsion Blow Out	86
Core Finding Engine for identifying limiting beliefs	31
Core Transformation	76
Deep Tissue Massage	2
Disney Strategy	85
Dynamic Spin Release	25
Engaging the Body's Natural Processes of Healing Format	37
Eliciting a Resource, Using Communicating with the Future Self	93
Eliciting a Resource, Using a Reference Experience	97
Eliciting a Resource, Using Physiology	93
Eliciting a Resource, Using a Role Model	97
Family Constellations	5
Forgiveness Model	47
Future Pacing - Adapting a change to future contexts	100
Generative Collaboration Techniques	32
Generative Change Format	51
Godiva Chocolate Pattern	59
Grief Resolution, Shame Resolution, Guilt Resolution, Anger/Forgiveness process	73
Hero's Journey Format	29
I-Wonder-How Technique for Generating Practical New Ideas	39
Imperative Self Format	32
Inner Child Work	22

Integrating Archetypal Energies	19
Integrating Conflicting Beliefs Format	78
mBIT - Multiple Brain Integration Techniques	5
Meta Mirror Format	68
Metaphor for inducing change	92
Negotiating Between Parts	98
New Behaviour Generator	97
Operating Metaphor	73
Provocative Change Techniques - Modelled from Frank Farrelly	36
Reimprinting Format	97
Resonance Pattern	34
Shifting the Importance of Criteria	86
Six Step Reframing	100
Social Panorama Techniques	36
Spinning Feelings to change strong feelings	54
Swish Pattern	98
Symbolic Modelling	42
Timeline Reframing Format	80
Transforming Negative Self-Talk Protocol	64
Trauma Process using V-K Dissociation	98
V-K Squash	95
Wholeness Process	37