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**The Head of the Chair Psychopathology & Psychotherapy**

**To the Austrian Ministry of Health**  
**via presentation by ÖTZ –NLP**  
**A 1094 Vienna, Widerhofergasse 4**

Opinion regarding Neuro-Linguistic Psychotherapy (NLPt)

NLPt has roots in neurolinguistic programming, the method which was created in the half of 70-ies of XX century and is defined in vocabularies as a technique of modifying and influencing behaviors and beliefs of a person that is used by people of different professions.

NLP bases on rigorist system of assumptions, which were confirmed by empirical researches, also made in our Chair of Psychopathology & Psychotherapy. The results don't give absolutely clear conclusions. Some of them don't confirm theoretical thesis. But also some researches were methodologically incorrect.

There were created also systems of teaching NLP and the methods of evaluation of competence possessed by participants after those courses. In the Chair of Psychopathology & Psychotherapy we use some techniques of NLP in teaching students, especially those who specialize in clinical psychology and psychotherapy. I have to add that techniques of NLP in Poland are not properly used by some people in practice. So, the result is that NLP have opinion for and against it.

In 1999 NLPt was recognized by European Association of Psychotherapy as one of schools of psychotherapy. The decision was made on the basis of the document elaborated by European Association for Neuro-Linguistic Psychotherapy, which

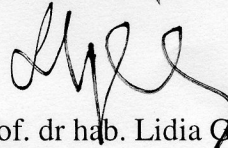
informed about new knowledge about psychotherapy, mechanisms of psychopathology and treatment which gives NLPt.

NLPt created teaching systems preparing a person to use this method of psychotherapy in practice. They share the standards commonly respected by representatives of the other schools, also a possibility of receiving a certificate of psychotherapy after five years of practice, in this - two years under systematic supervision.

It should be stressed that in European countries, also in Poland, in our Chair of Psychopathology & Psychotherapy, there are conducted empirical researches regarding NLPt. They are published in scientific journals and show the effectiveness of this method of psychotherapy.

It is also worthy to add, that in our academic centre of psychotherapy, which fulfills the tasks of mental health center and also among others aims serves for didactic purposes, a part of the psychotherapists use in practice mainly NLPt.

The Head of the Chair  
of Psychopathology & Psychotherapy



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