



Grass Roots NLP

Online Web Conference

October 4th, 2010

Thought Provoking Questions:

- ▶ *How* was Milton Erickson a cornerstone for NLP?
- ▶ What was the *essence* of Erickson's contribution?
- ▶ How might Erickson's legacy continue to live on?
- ▶ Is Therapy the only application for Milton model?
- ▶ What is the "Ericksonian Function"?



Milton Model: NLP Cornerstone

- ▶ Milton was excellent in his field
 - Helped wide range of clients claim their own power
 - Would have been effective with or without modeling
- ▶ Used unique language style and patterns
 - Dissected thoroughly by linguists
 - By themselves, language patterns are not enough
- ▶ Multi-faceted, multi-leveled, holistic
 - Inspiring to a lot of people
 - Technically rich, linguistically rich
 - Powerful belief framework: “People can do more than they think they can”
 - Language, beliefs, authority were congruent
 - He *embodied* his art and craft



Essence of Erickson's Contribution

- ▶ Helped People *Discover their Own Powers*
 - *Presupposition* or *expectancy* of improved condition
 - Congruent mastery, used hypnosis to manage his own pain
- ▶ *Utilization* to build evidence, knowing, connections
 - Social, cultural, environmental and subjective anchors
 - Used rapport to help them notice more and more
- ▶ *Directionality*
 - A little bit at a time... and now a little more... that's right...
 - Get better, get married, have children, send gifts
- ▶ Relied on *Client's Own Experience*
 - Downtime, trance experience
 - Up-time, assignment or homework experience
- ▶ Unconscious (mind/body) is intelligent, creative, resourceful, benign, one-system



Let's Watch!

- ▶ Enjoy watching Erickson teach a subject how easily she can experience trance...
- ▶ What else can you notice?
- ▶ Let's discuss...



The Ericksonian Function

- ▶ States: Meditation vs. Prayer vs. Trance
 - Similar experientially, with different interpretations
 - Meditation is formless, directionless
 - Prayer is dialogue, mostly talking, sometimes listening
 - Trance is directional, intentional, working
- ▶ Stephen Gilligan: *Sponsorship*
 - Utilization, Acceptance, Curiosity, Connection, Disconnection, Resources
- ▶ Presence and Direction in the Trance
 - “My voice will go with you...”
 - Provide context of healing, safety, curiosity, positivity
 - Provide direction... What will happen first... next?
 - Provide rapport... Is that alright with all parts of you?

Now, Let's Play!

▶ Develop the Ericksonian Function in Yourself

- How easily can you go into a nice trance?
- What is the voice like that goes with you?
- How do you notice the positive intention of your unconscious mind? Does it seem alright?
- How easily can you notice the resources available, or allow them to arise? Do you know that you are doing it?
- How are you able to take that new subjective learning into the world?
- Thank that function in yourself...
- Welcome back!!!



Ideas for Future Topics

- ▶ NLP Presuppositions: Saving all kinds of time
- ▶ Modeling: Making excellence your own
- ▶ Neurolinguistics: Effective communication
- ▶ Tough Problems: Autism and NLP?
- ▶ Transformation: Becoming new, becoming more
- ▶ Relationships: What men and women really want
- ▶ Performance: Getting more with less
- ▶ Accelerated Learning: What children can teach us
- ▶ State Management: Changing and Utilizing states
- ▶ Perspectives: Association and dissociation work

What do you want more of?



What's Next?

- ▶ Practice, Practice, Practice NLP in Real Life
- ▶ Read Articles and Blogs on Grass Roots NLP
- ▶ Ask Questions on Grass Roots NLP Forums
- ▶ Continue networking with other NLPers
- ▶ Consider presenting in this Web Conference
- ▶ Share your stories on <http://GrassRootsNLP.com>
- ▶ Personal Training and Coaching is also available
- ▶ Send questions, comments and feedback to:

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