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## Reframing the Roots of NLP

### *Introduction*

Most of us know the “Change Personal History” technique; well this article can serve as a “record” on how the history of NLP can be looked at in 1997, some 25 years after the first building blocks were put together. It covers mainly the meta-model, representational systems and the six-step reframe, and some current evolutions of these models. Also, you get a compact account of John Grinder’s pre-NLP knowledge that helped him to co-create NLP, and of his current activities. The article concludes with a “future pace”: where should NLP go from here. I hope you will be inspired by this.

### *On the history of NLP*

Richard Bandler wouldn’t have been able to create NLP without John Grinder, and John Grinder wouldn’t have been able to create NLP without Richard Bandler.

The first years of the field are a good example of how modeling works at its best, and apart from its historical interest, it can serve as an example of the modeling strategy.

This document is based on notes that I took during a two-day seminar on Advanced Pattern Detection with John Grinder at the IEP in Holland in June ’97. It represents the answers John gave to questions asked by the participants, without being “really” part of the specific workshop content. These notes are filtered through my neurology and note-taking capability; John might use another wording to express these thoughts to another public. Thus some people may have heard similar stories in the last three years, with different cities for the place where the 6-step reframe was invented, with John drinking whiskey instead of schnapps, with Judith DeLozier present, and so on. Also, much essential communication occurred non-verbally between John and the seminar participants.

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