

*Margot Hamblett and Dr Richard Bolstad*

## Developing NLP-Based Treatment Programs for Fast Resolution of Psychological Trauma

### *Trauma clinics: a vision*

Over the past ten years, we have trained hundreds of health professionals, counsellors and nlp practitioners in the use the NLP fast trauma/phobia process. In the last two years we have trained a number of health professionals and aid workers in the former Yugoslavia, and worked ourselves with survivors of war and torture there. The success of the nlp brief techniques for trauma treatment has been more and more apparent to us, and we have a vision of the world-wide availability of these techniques, through NLP-based Trauma Clinics. We see this as an important metaphorical role for NLP at the turn of the millennium; a psychological 'beating of swords into ploughshares' which can break the circle of violence, and empower people in a very concrete way to take charge of their own destiny. In this article we will provide the theoretical and design background to our trainings in Bosnia-Herzegovina, in the anticipation that other NLP trainers may choose to generate similar trainings elsewhere.

### *The problem*

'Shell shock' was first defined in 1915 as the most common neurosis resulting from exposure to the war in Europe. Thought initially to be a physical result of concussion from shell explosions, its symptoms included tremors, depression, crying, and manic episodes where the soldier appeared to relive the explosions, calling out as if in the battle (Young, 1995, pp.50-51).

The problem was renamed Post Traumatic Stress Disorder in 1980 by the American Psychiatric Association in its Diagnostic and Statistical Manual. The most recent edition of the DSM-IV™ (American