



Metaphern
Die Zauberkraft des NLP



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Monday, 28 April 2014

Neuro-Linguistic Programming
Research Data Base [Zeuch A, 2002. | Id:310]

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Zeuch A: Musiktherapie und NLP. Musik-, Tanz- und Kunsttherapie 13(1) - Hogrefe: 7-15, 2002.

Abstract: In this article the author connects music therapy with NLP (neuro linguistic programming). The first paragraph starts with a critical view on NLP: The sense and non-sense of NLP, its merit and danger and a short history of this communication technology. In the next paragraph the reader will find an explanation why music therapy and NLP fits together very well: Music therapy is a useful completion to NLP and vice versa because of its supplementary approaches. One can describe music (therapy) from a hypno-systemic perspective very effectively as we are confronted with a lot of different trance-states in music and the inability to understand music from a mere linear point of view. In the third paragraph the author proposes a map of interventions: explorations, changes and generating new behaviour as three main categories of different NLP formats. After that follow three case studies as examples for the three categories. The article closes with a resume.

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In diesem Artikel wird die Verknüpfung von Musiktherapie mit NLP, dem Neurolinguistischen Programmieren beschrieben. Zu Beginn gibt der Autor eine kritische Einführung in das NLP, um dann zu begründen, warum NLP gerade für Musiktherapeuten sinnvoll sein kann. In einem dritten Schritt entwirft der Autor eine Interventionslandkarte verschiedener NLP-Interventionen, die die methodische Grundlage für den vierten Teil, die drei Fallbeispiele sind. Der Artikel schließt mit einem kleinen Resumee.

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