



# **The Clinical Effectiveness of Neurolinguistic Programming: A Critical Appraisal (Advances in Mental Health Research)**

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Despite widespread use, Neurolinguistic Programming (NLP) is a topic of much debate, often receiving criticism from academic and professional sectors. In this book international academics, researchers and therapists are brought together to examine the current evidence of the clinical efficacy of NLP techniques, considering how NLP can be effective in facilitating change, enrichment and symptom relief.

Lisa Wake and her colleagues provide a critical appraisal of evidence-based research in the area to indicate the benefits of the approach and identify the need for an increase in randomized well-controlled clinical trials. Contributors also explore how NLP has been used to treat various disorders including:

- post-traumatic stress disorder
- phobias
- addictions
- anxiety disorders
- mild depression.

Illustrated throughout with clinical examples and case studies, this book is key reading for practitioners and researchers interested in NLP, as well as postgraduate students.



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