DE LA SALLE UNIVERSITY

THE EFFECTIVENESS OF NEUROLINGUISTIC PROGRAMMING

TECHNIQUES IN REDUCING BEHAVIORAL, EMOTIONAL,

AND PHYSIOLOGICAL PROBLEMS

A Dissertation

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ABSTRACT

'This study was primarily conducted to determine the effectiveness of NeuroLinguistic Programming Technique namely: Anchoring, Unconcious Reframing, and New Behavior Generator in reducing the behavioral, emotional, and physiological problems of Filipino high-school students. Specifically , the study also sought to answer the following questions: .

1. What are the positive and negative occurences within the session as perceived by the clients and the counselor?

2. What part of the intervention contributes to the change process as viewed by the individual client? by the counselor?

3. What happens with the problem behavior/emotion of the clients a day after the therapy? during the first week after the therapy? during the first month after the therapy? and during the third month after the therapy as perceived by the clients? by significant others (parents and teacher-adviser)?

4. What NLP technique brings about reduction

in the negative emotions experienced by clients with respect to the presented problem.

5. What NLP technique brings about changes in the behavioral and physiological functioning of the client in relation to the problem being presented?

Six clients were selected from 144 high school students at the Don Severino Agricultural College. Two of them were males and four were females. Their ages ranged from 12 to 16 years.

The study made use of a case study design, the $n = 1$. This is a design in which the individual was the focus of the study. It was replicated once to have a clearer grasp of the outcome, procedures, and conditions under which the treatment could be effective.

The treatments used included three NLP techniques namely: 1) Anchoring, 2) Unconcious Reframing, and 3) New Behavior Generator. Two clients, determined by drawlots were assigned for each of the treatment.

Process measures included 1) recall on postsession interview, 2) written report of the positive and negative events, and 3) the rating of the

counselor's verbal communication which were collected immediately after the intervention.

Outcome measures include the subjective and objective measures. Subjective measures are Improvement Rating Scales, and the oral and written reports of the clients, their significant others (parents and teacher-adviser), and counselor. These were gathered a day, one week, one month, and three months after the therapy. Objective measure includes, the Filipino Self-Appraisal Inventory (FSAI) which was administered before the treatment and at the end of three months

Initial interview with the client was conducted. This was followed by another interview a week later to get additional information about the problem presented.

Clients were subjected to their respective treatment one week after the administration of FSAI. Tagalog language was the main medium of communication during the intervention and treatment process. Anchoring was used for the first two clients during the first day and Unconscious Reframing was used to the next two clients on the second day. The New Behavior

Generator was used to the last two clients on the third day. Couseling therapy for 10 to 20 minutes was done in the morning.

Postsession interview, rating of counselor's verbal communication patterns, and written report of the positive and negative events that happened followed immediately after the therapy/counseling.

Follow-up interviews (a day, a week, a month, and three months after the intervention) was conducted to gather report of the clients progress. During these periods, significant others (parents and teacher-adviser) also provided their written observations on the client's behavioral, emotional, and physiological functioning. Counselor, likewise conducted an observation of the clients' behavior during the interviews conducted.

The results showed that the clients subjected to the three different treatments manifested positive changes in their behavioral, emotional, and physiological functioning. However, relapse was observed on one client subjected to Anchoring. This was triggered by the events that happened on the clients.

Changes were not very visible on the first day

after the treatment but as the observation period becomes longer, the positive gains became more apparent. The changes were brought about by the processes which were the characteristics of the treatment.

It can be said that the adapted version of NLP technique namely: Anchoring, Unconscious Reframing, and New Behavior Generator were equally effective in reducing the problematic, emotional, and physiological symptoms. The degree of improvement observed on the clients as a result of the treatment varied with individuals.