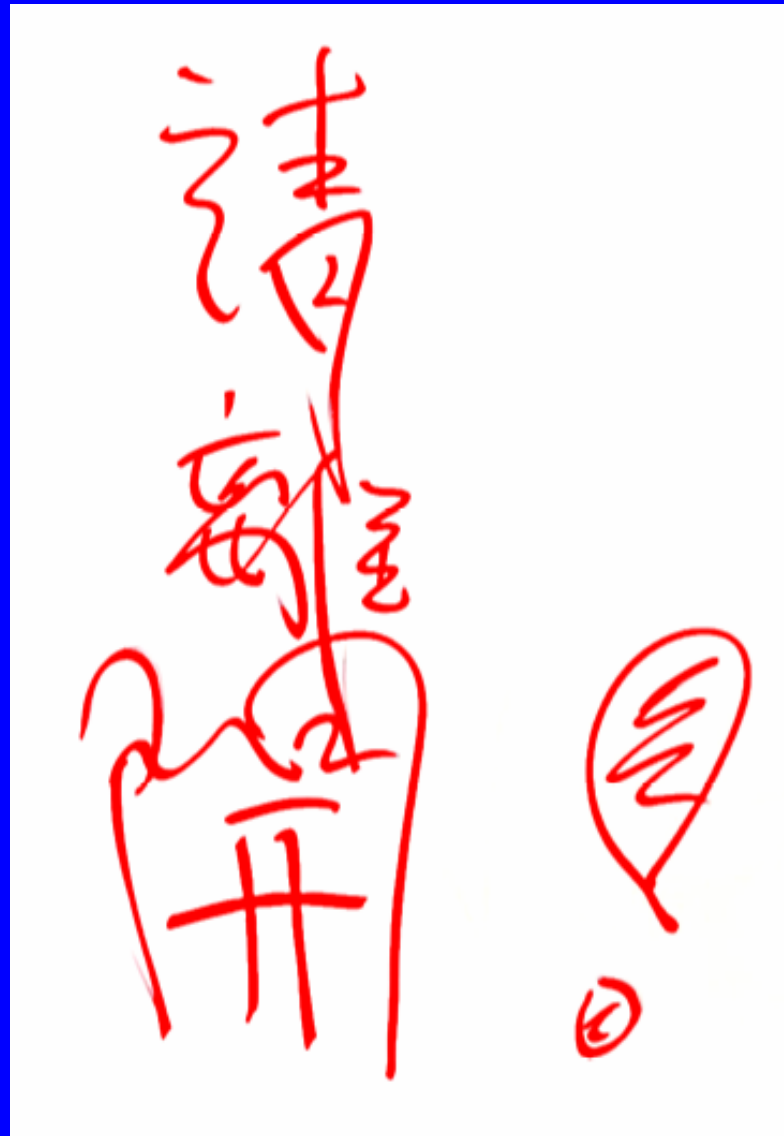


學習之門...



© 2019 by Keith To. www.KeithToPrograms.com

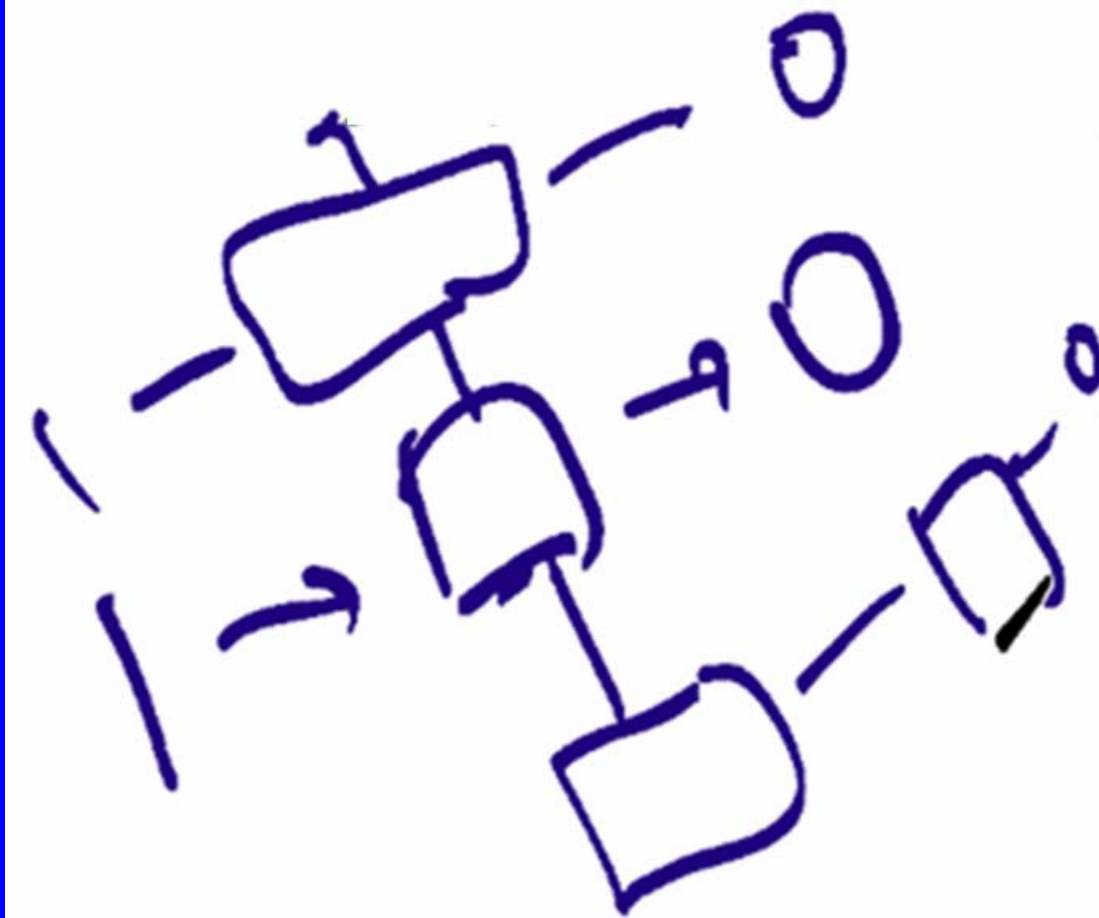
不想參與...



難接受

難接受

催眠: **Systemic**, not Systematic...



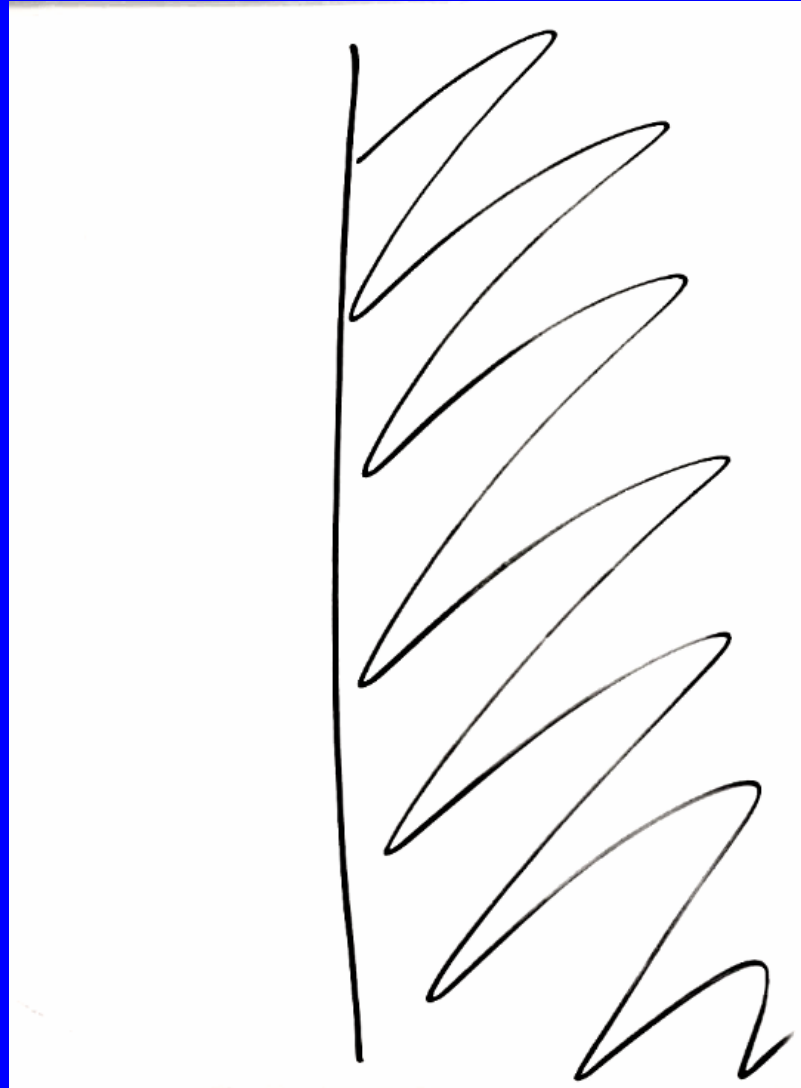
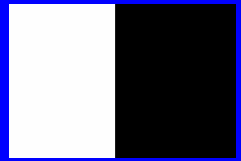
治療?

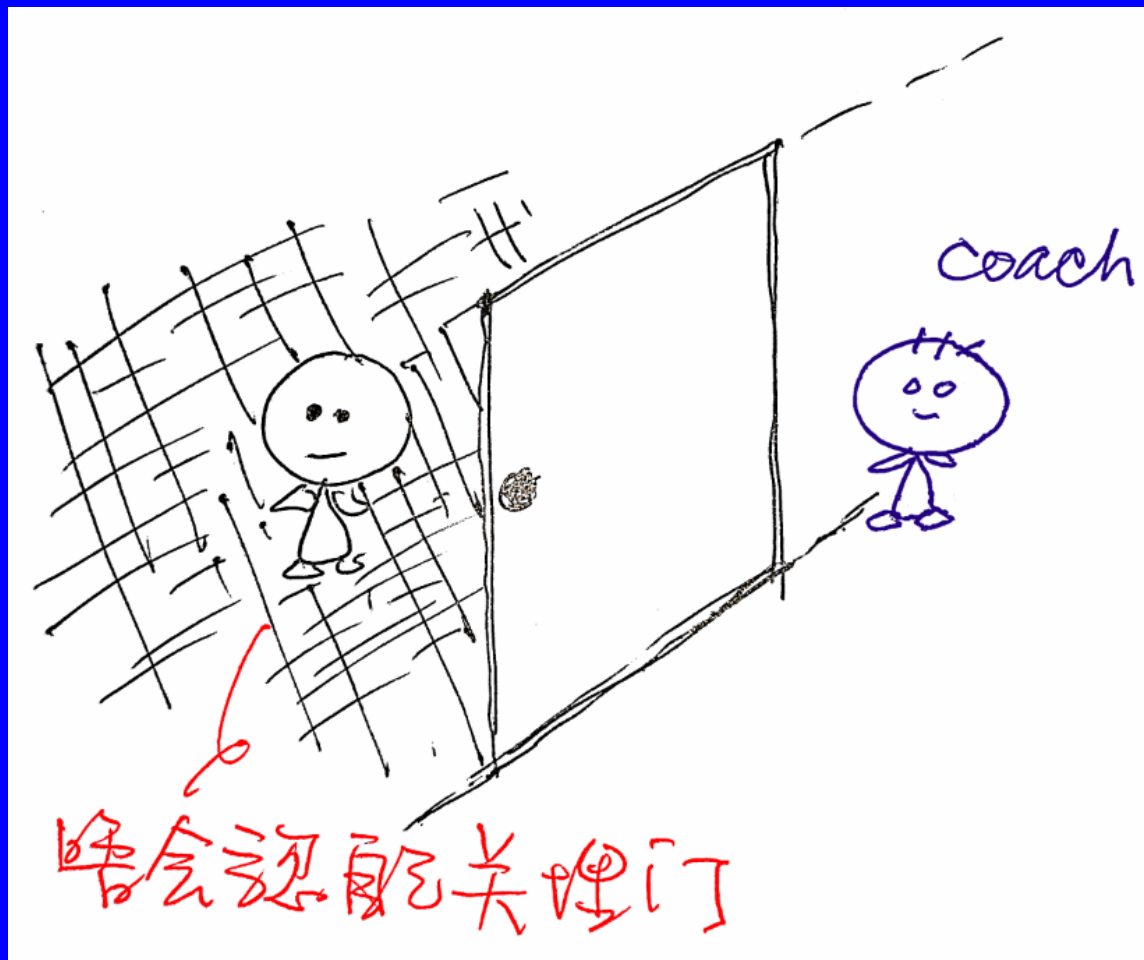
therapy
heal = Fit Again

催眠治療師...

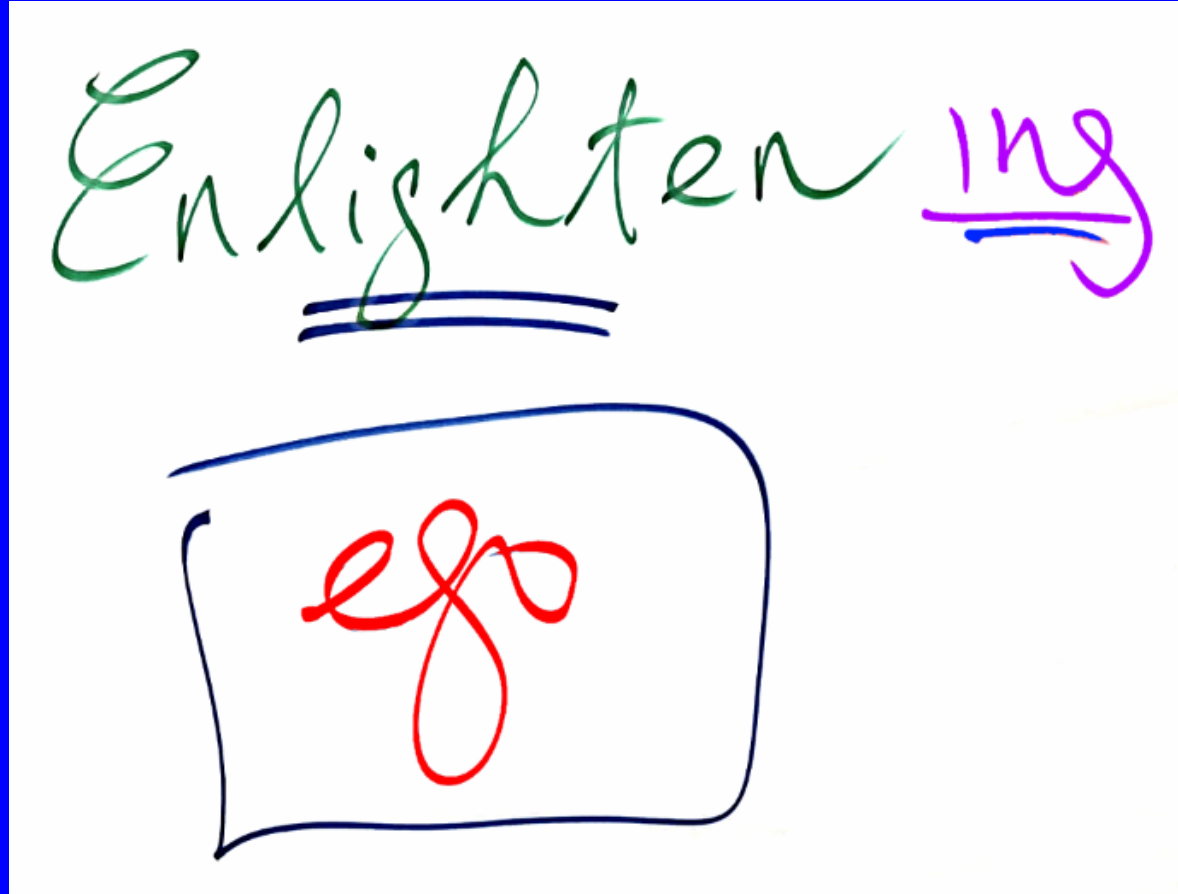
Hypnotherapy
=
Education

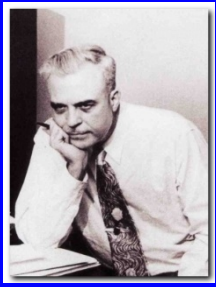
另一邊...





Spiritual Healing 方法...Enlightening

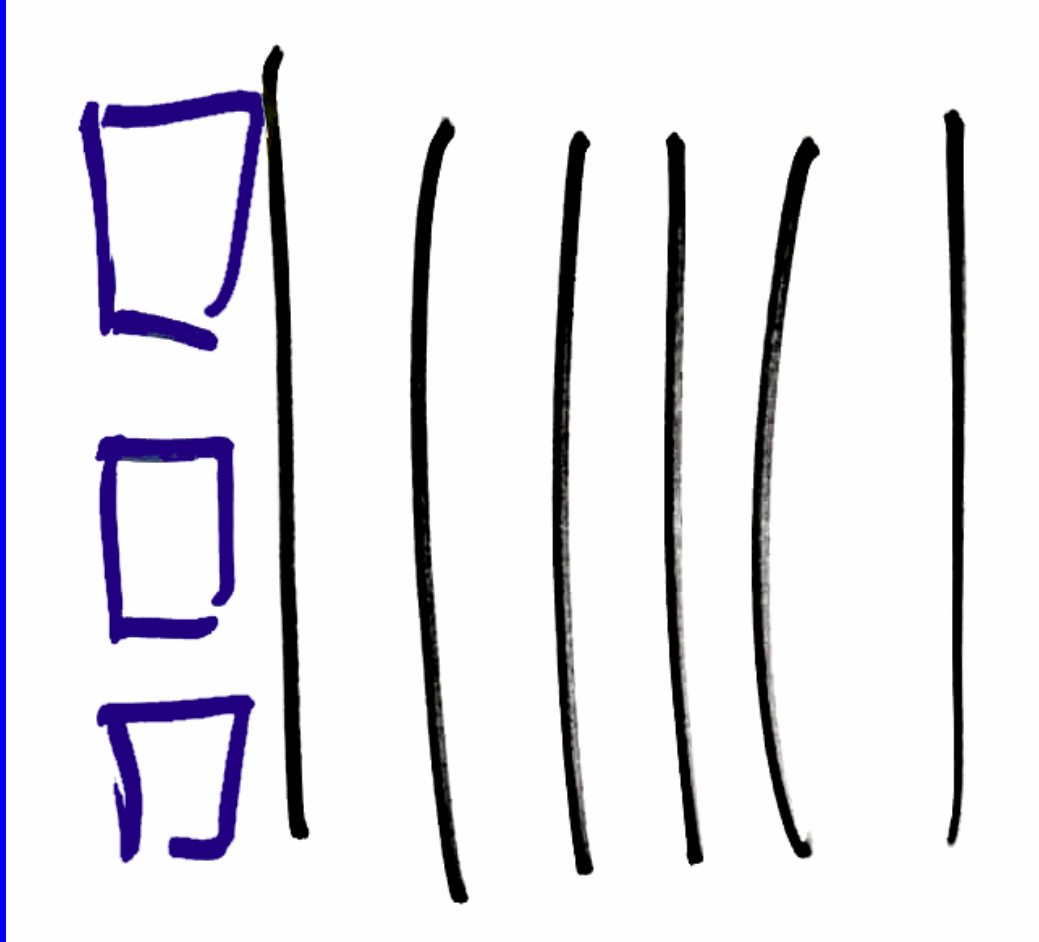




艾克森的智慧

Uncommon
Common
Sense

Neuro-ing...Languaging...



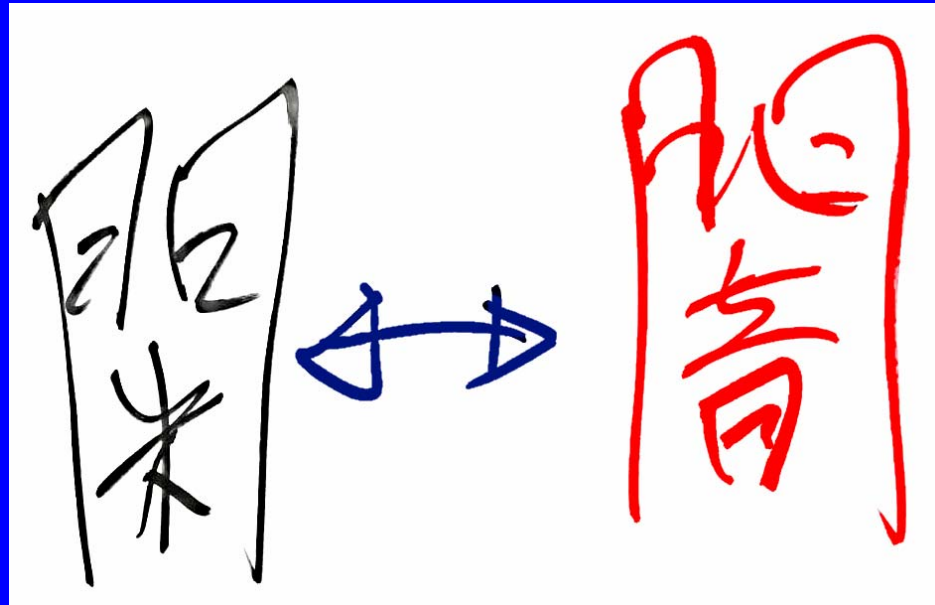
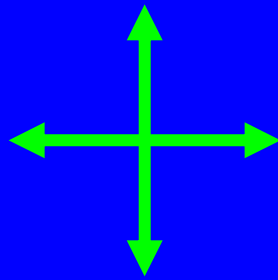
外: 敏銳感官

內: 直覺

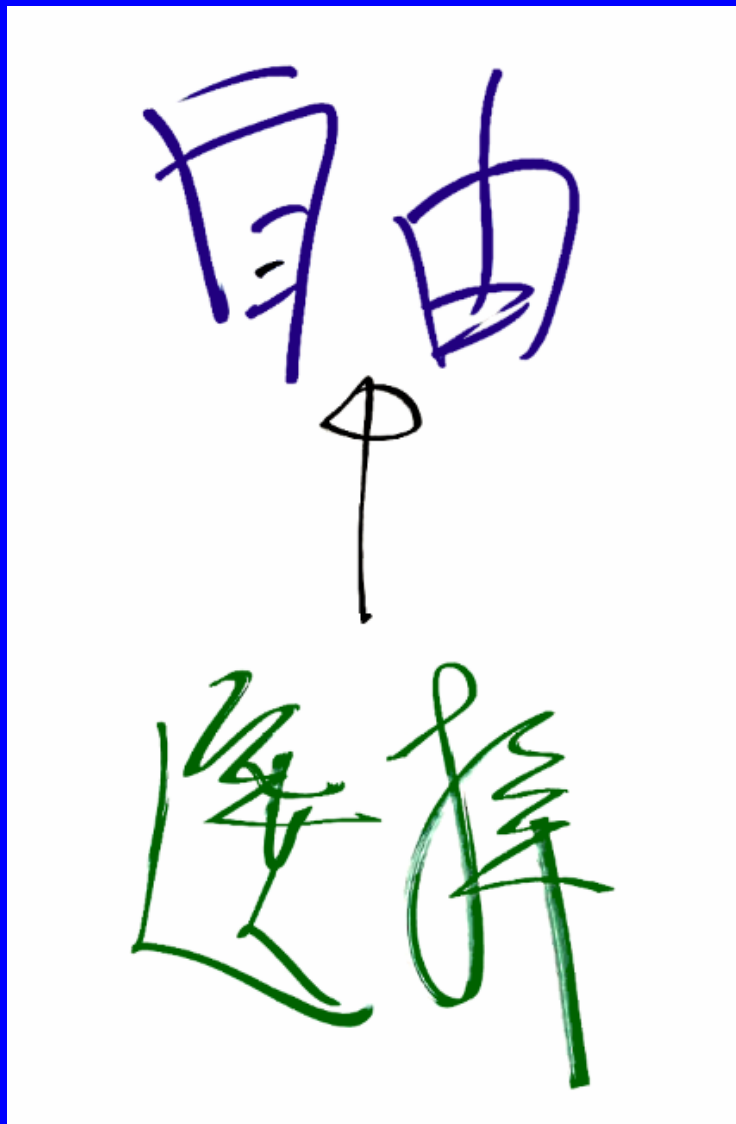


Non-Directive Directing 什麼？

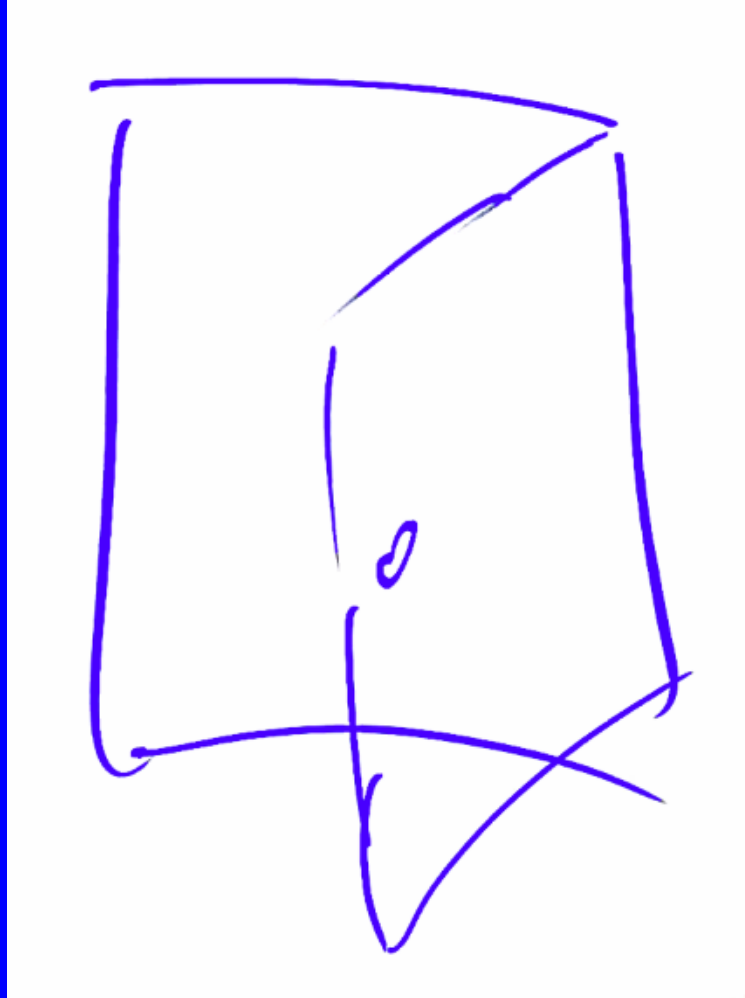




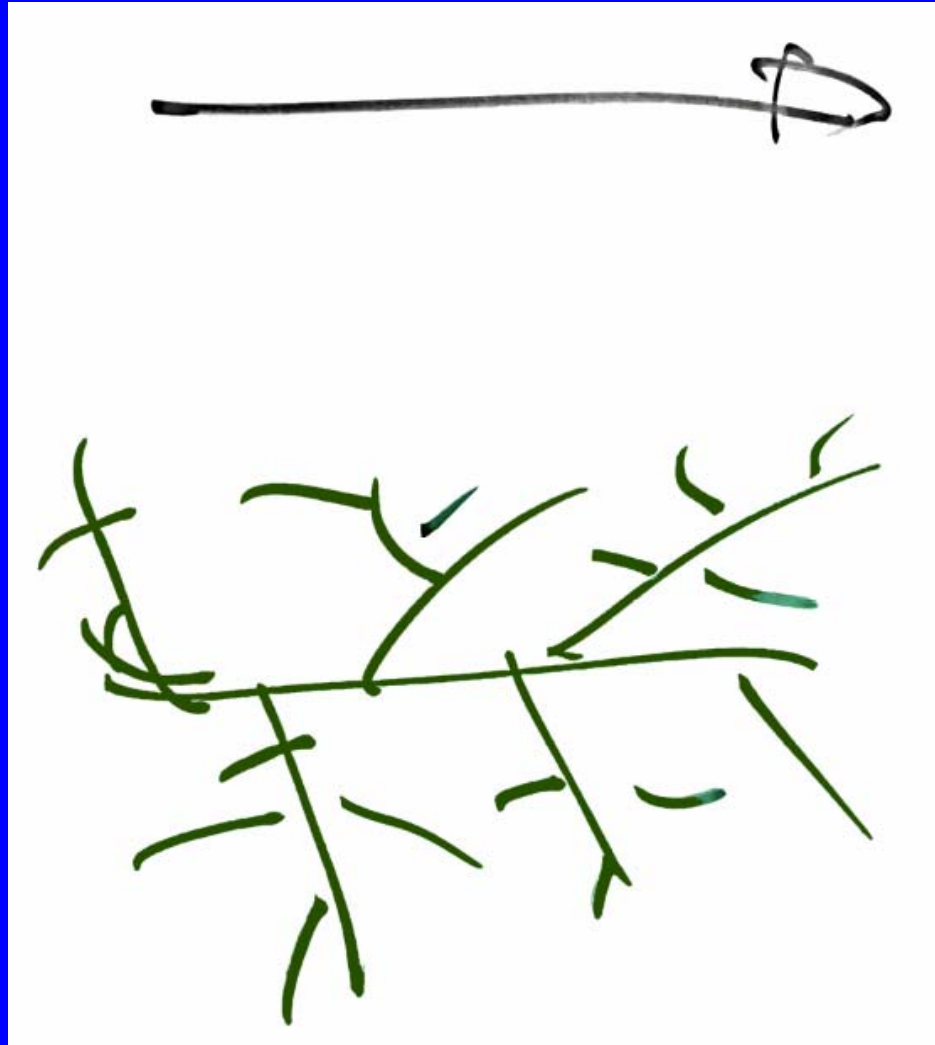
教練目的...



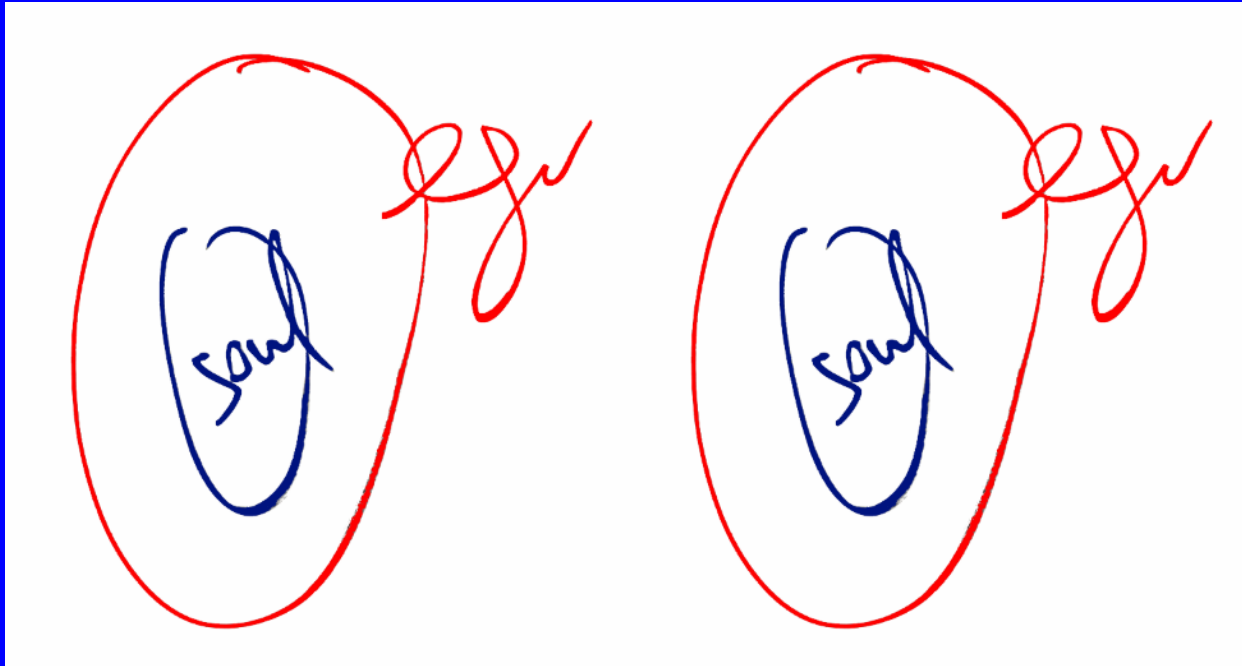
艾克森 Utilization 利用...



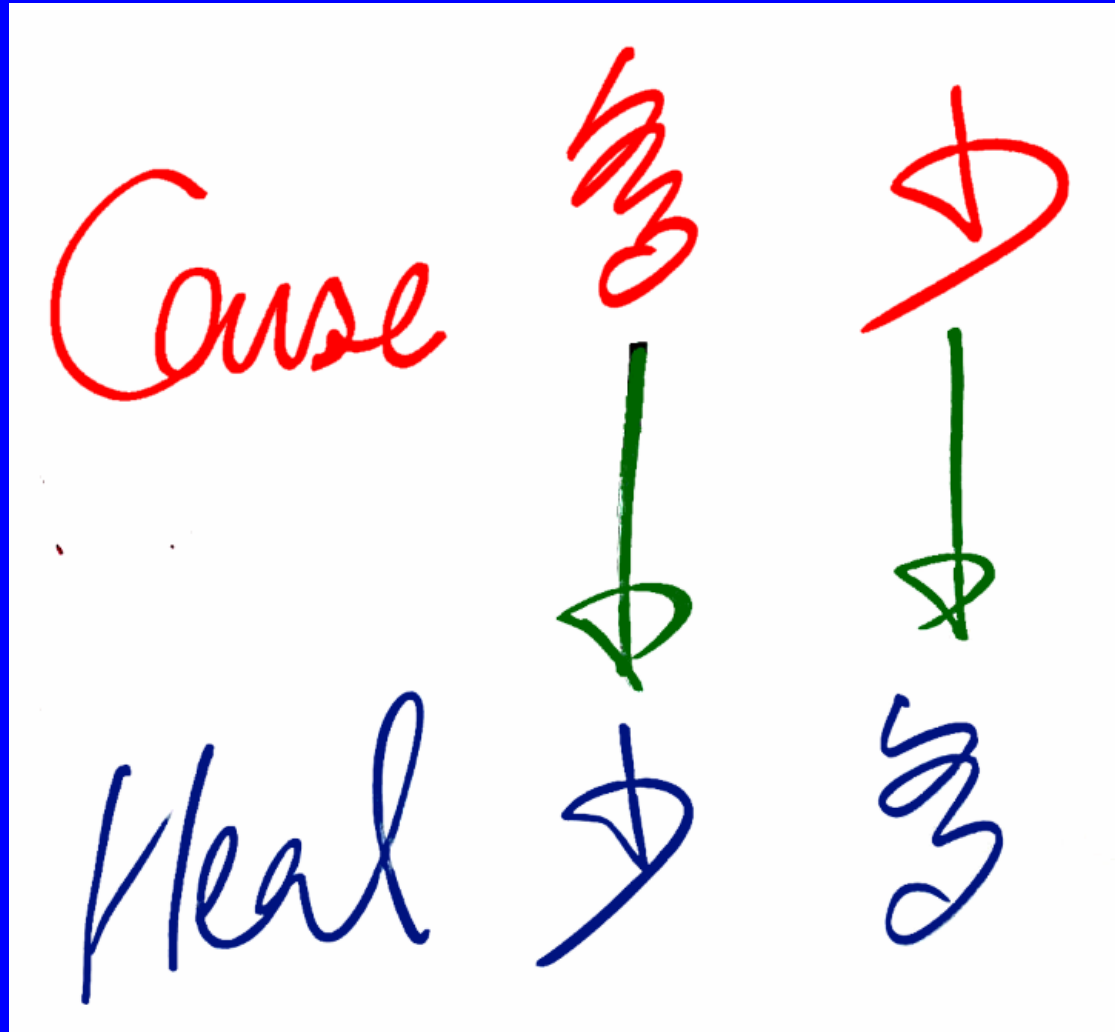
NLP: Strategy / Advanced Modeling



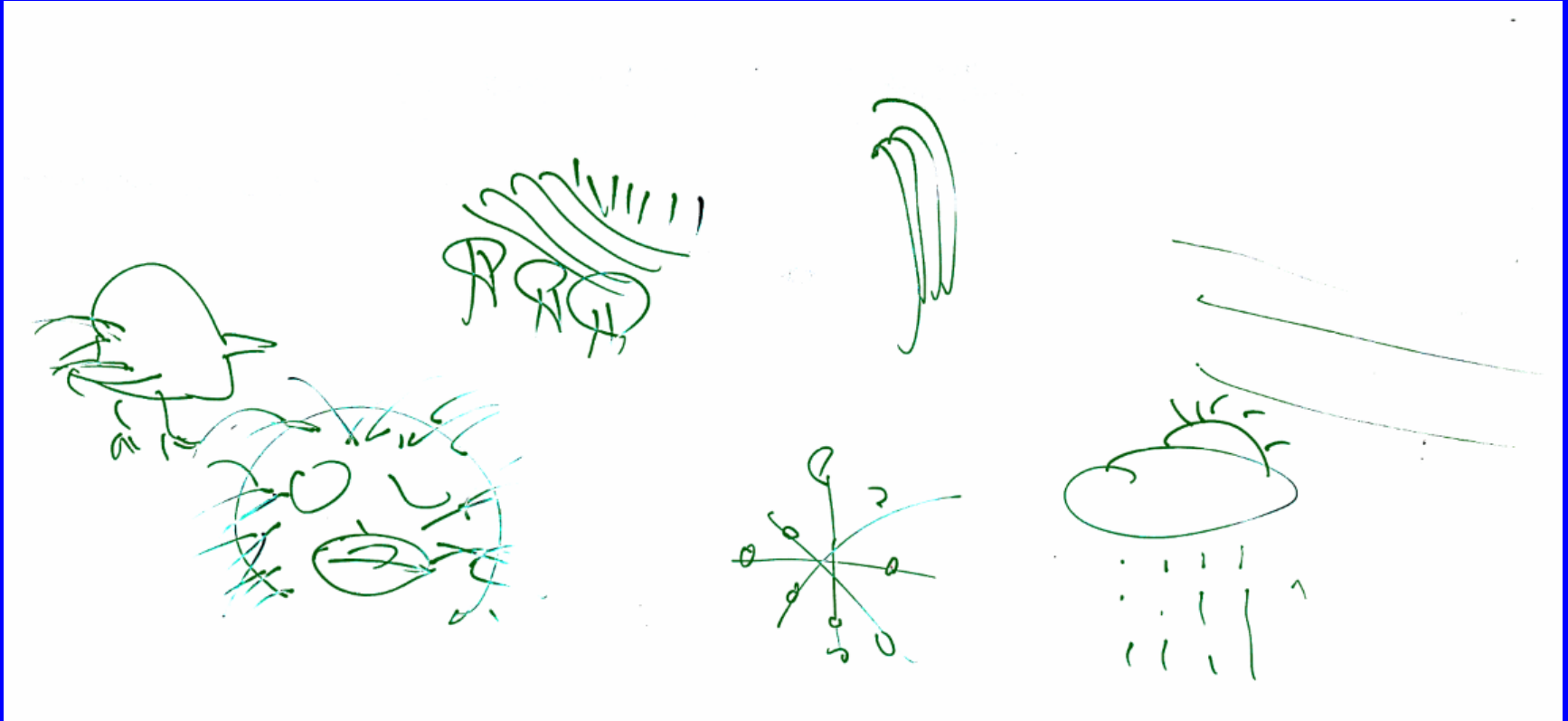
Soul / Spirit / Ego...



Shaman: 病因 1 ... 多少



Shamanic Healing 2: 發夢...移動 → SS...自然移動 → 發現...



關係
瞭解

友善

朋友

誠意

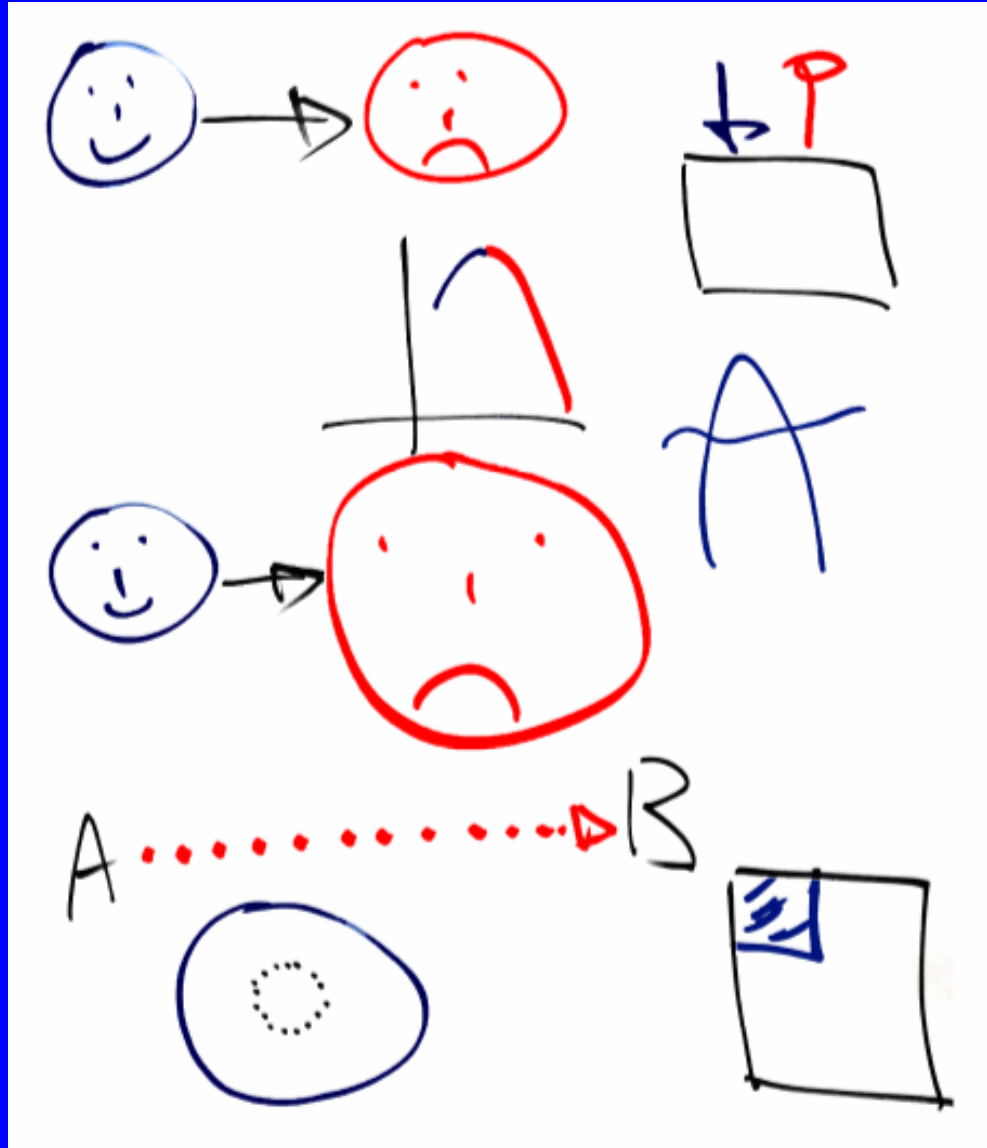
真心

親切

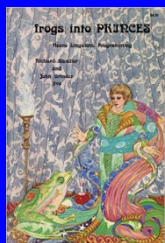
親密

你的 Coaching Style?





NLP 的 3 條分界線...



NLP \neq Therapy

Precise + Specific
♀
Meta

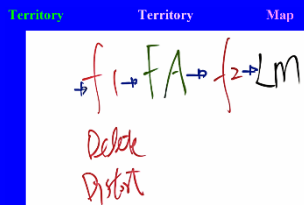
~~1978~~
1977
~~1975~~

Vague → 逃



NLP 出生





Delete →



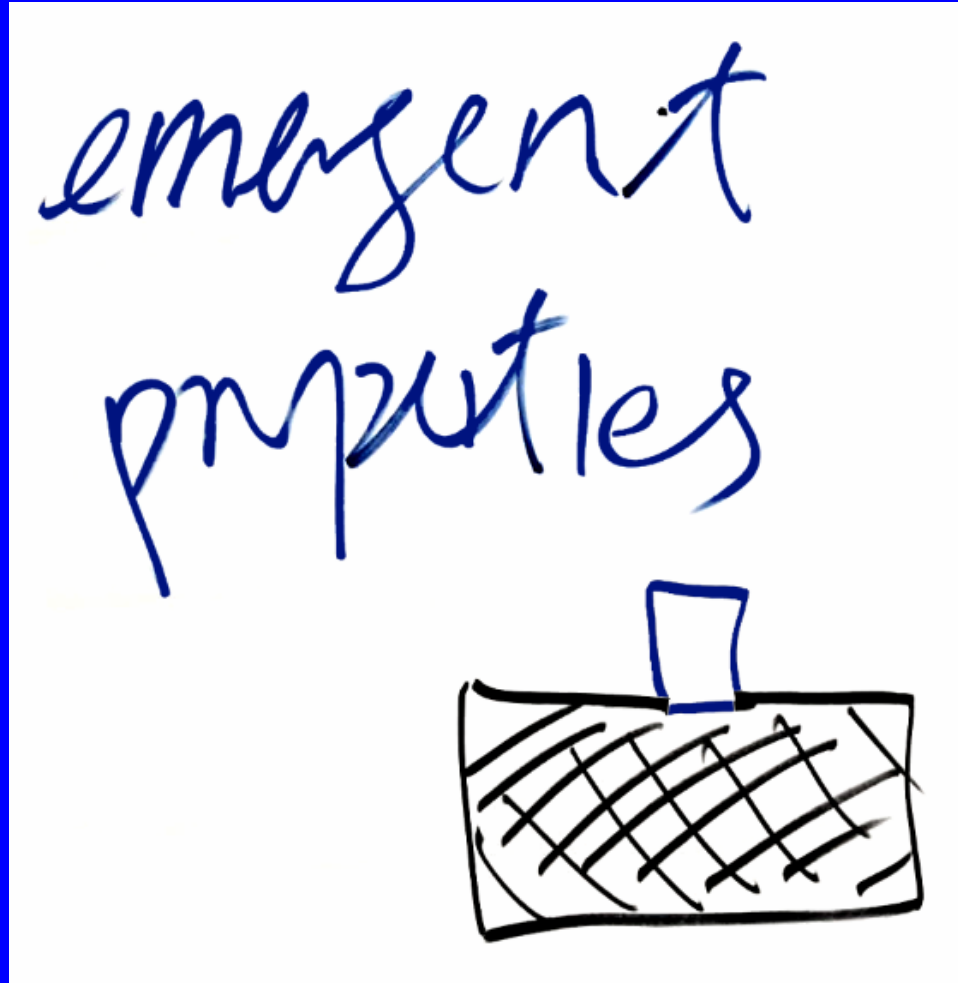
Distort →



Perls...Epistemology...

Now, I am Aware...

系統的外顯特質 忽視黑盒...



不要只看表面...

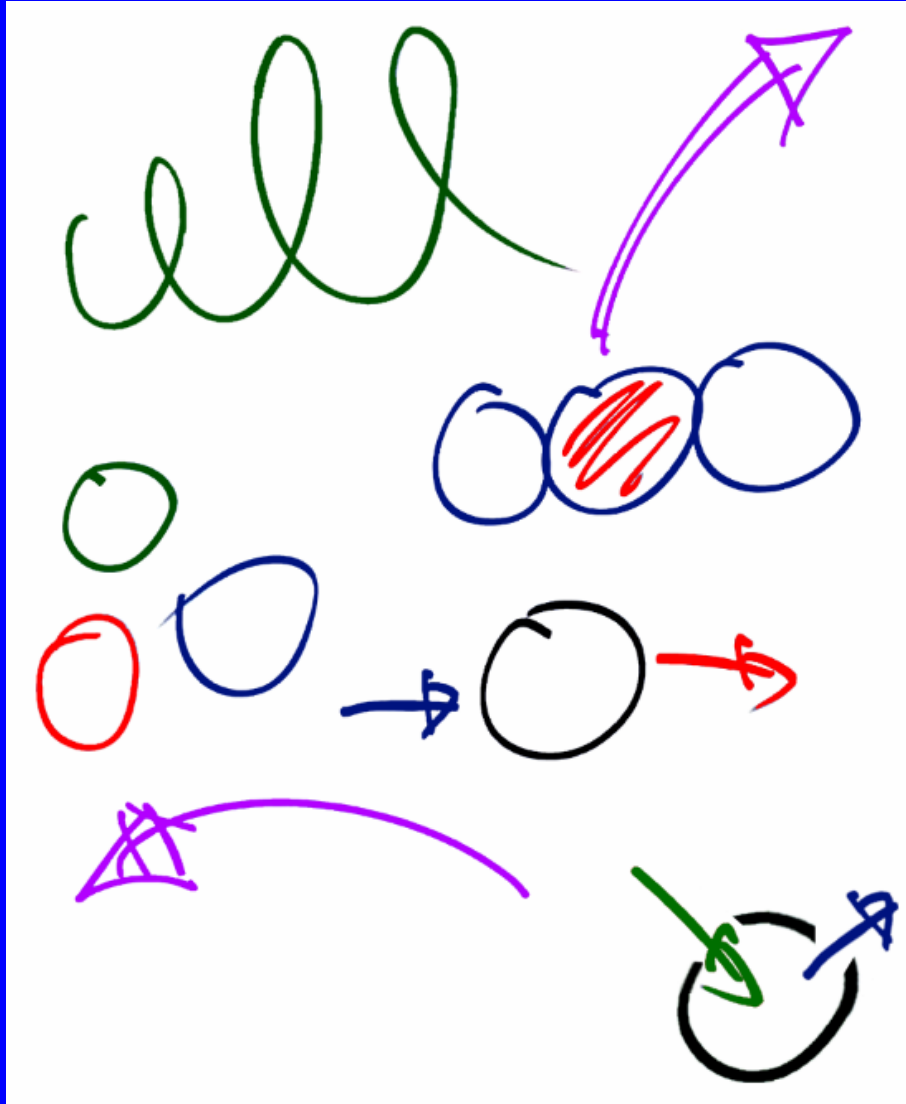


Act Actor
Words Speaker

不想參與...



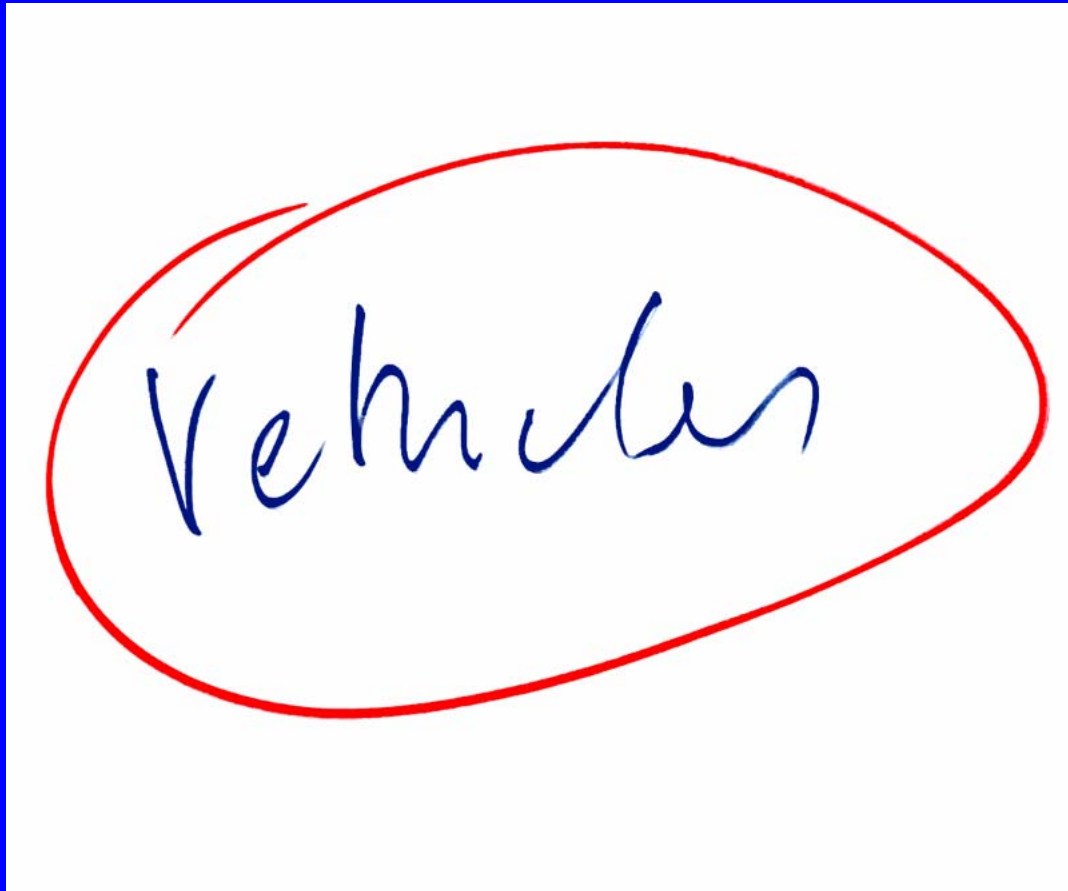
NLP 七種策略...



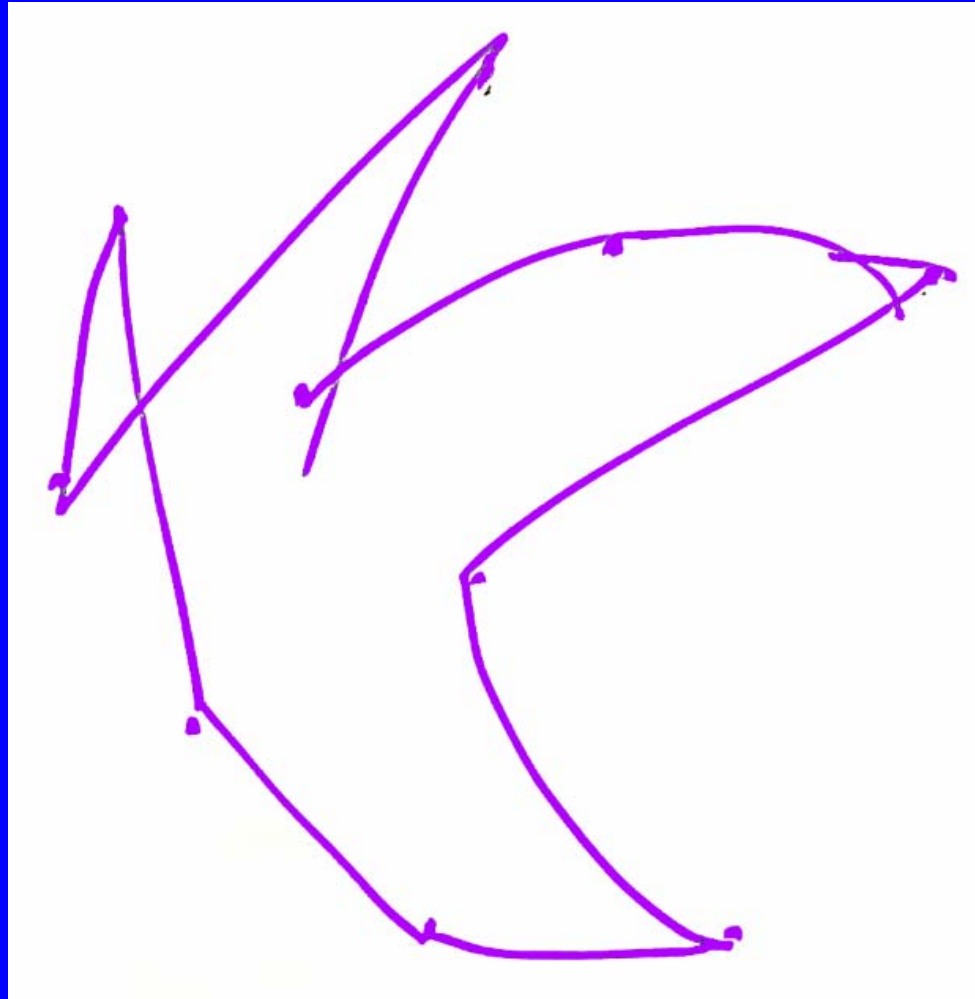
PK 小旅老鼠...自由



艾克森介入手段 = Vehicles ...



自然~連繫



NLP...

Neuro-
Linguistic





Your responses to the events
of life are more important
than the events themselves.

Virginia Satir



Context & Perspectives...

Open....
Context 
Perspective, 

人 > 狗 > 人



2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

1. $S \rightarrow R$

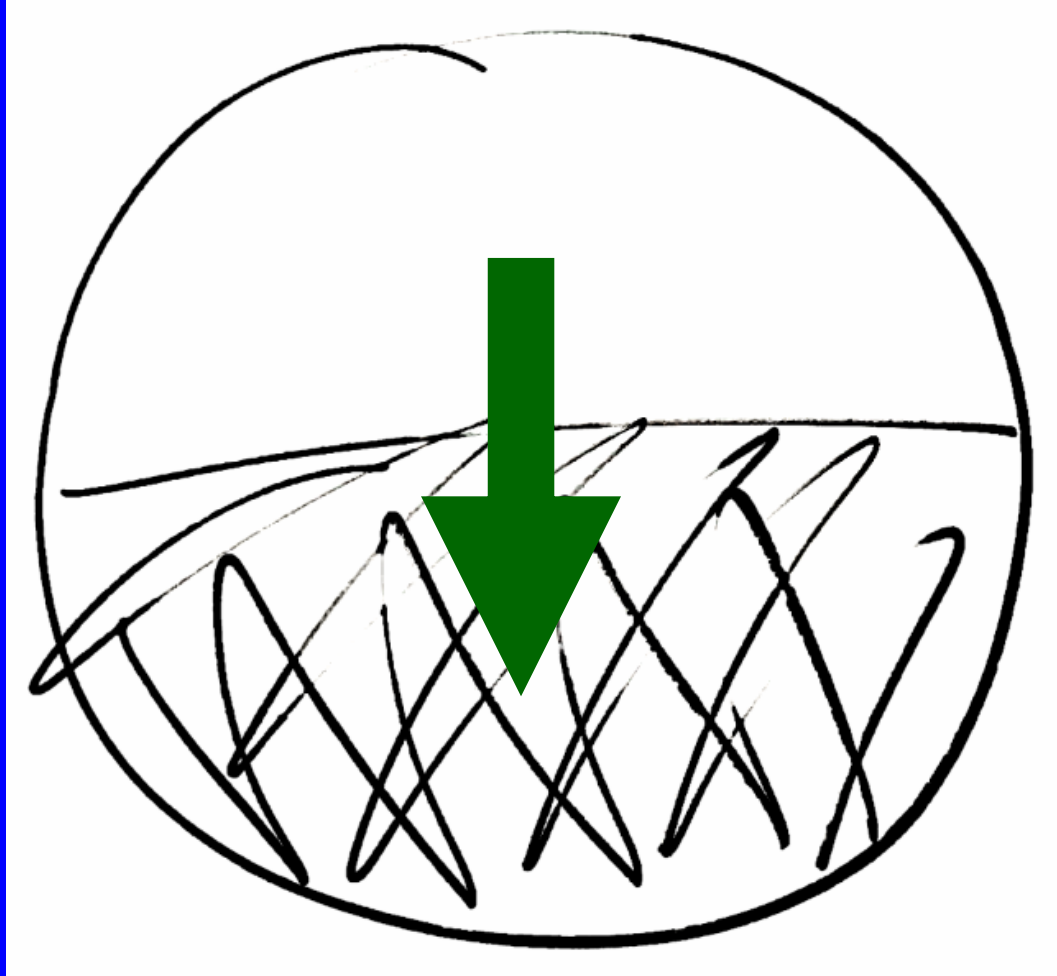
狗 人

抽離 / 超然...

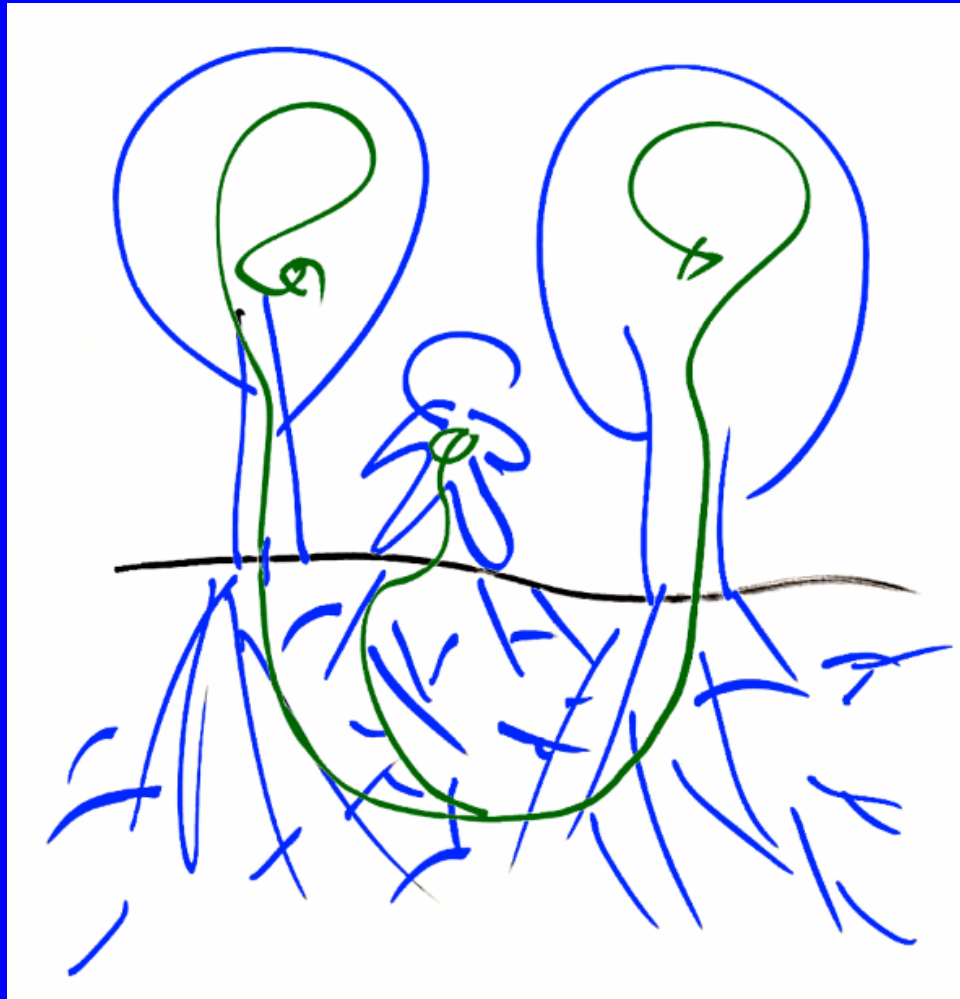
抽出來時
向己事

在開口來時
件事

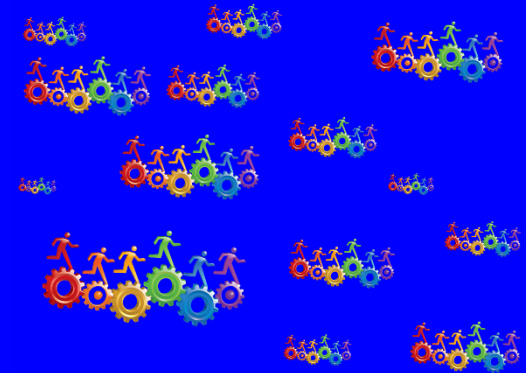
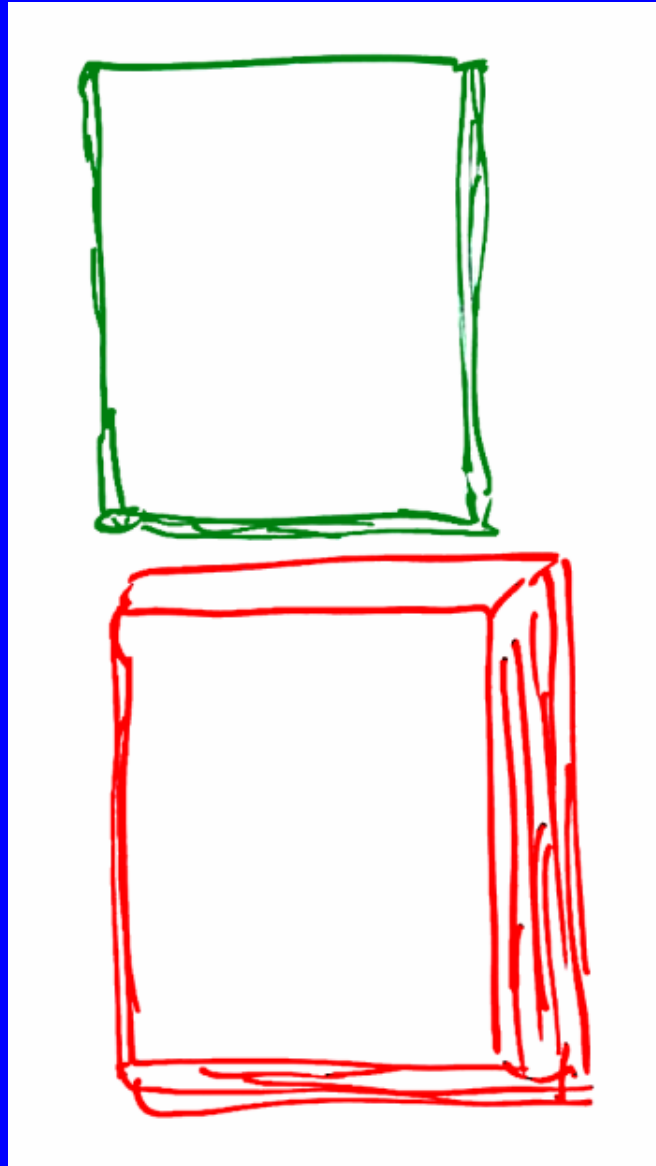
Detach Ego ↔ **Mentor** → **Initiate...**



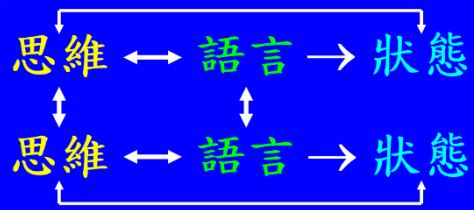
最簡單有效版本 Version 5: Soul Retrieval...



NLP ?



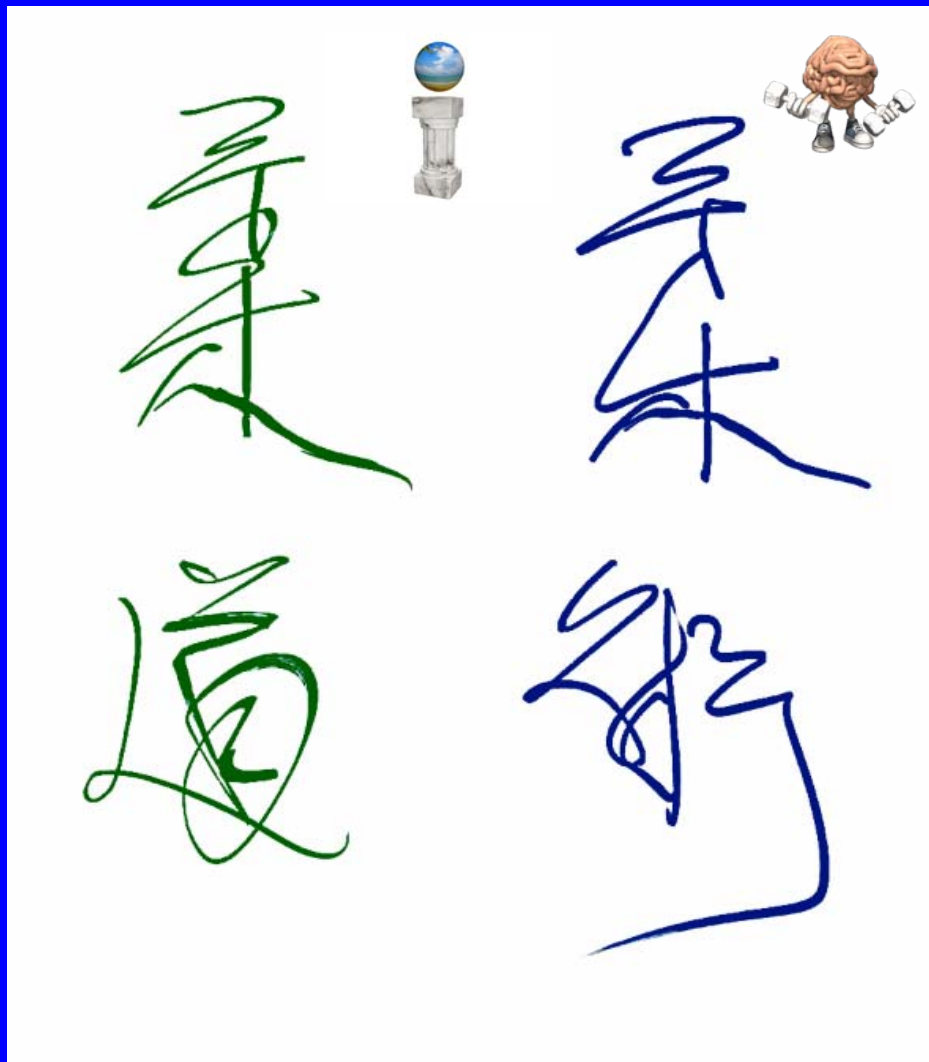
奇 怪 ！



Stage

Startle

↑



我是我

我不是我



只是知,還是識...

知

識

NLP 的核心 ... 選擇→彈性



N on N

Absolute

X on X

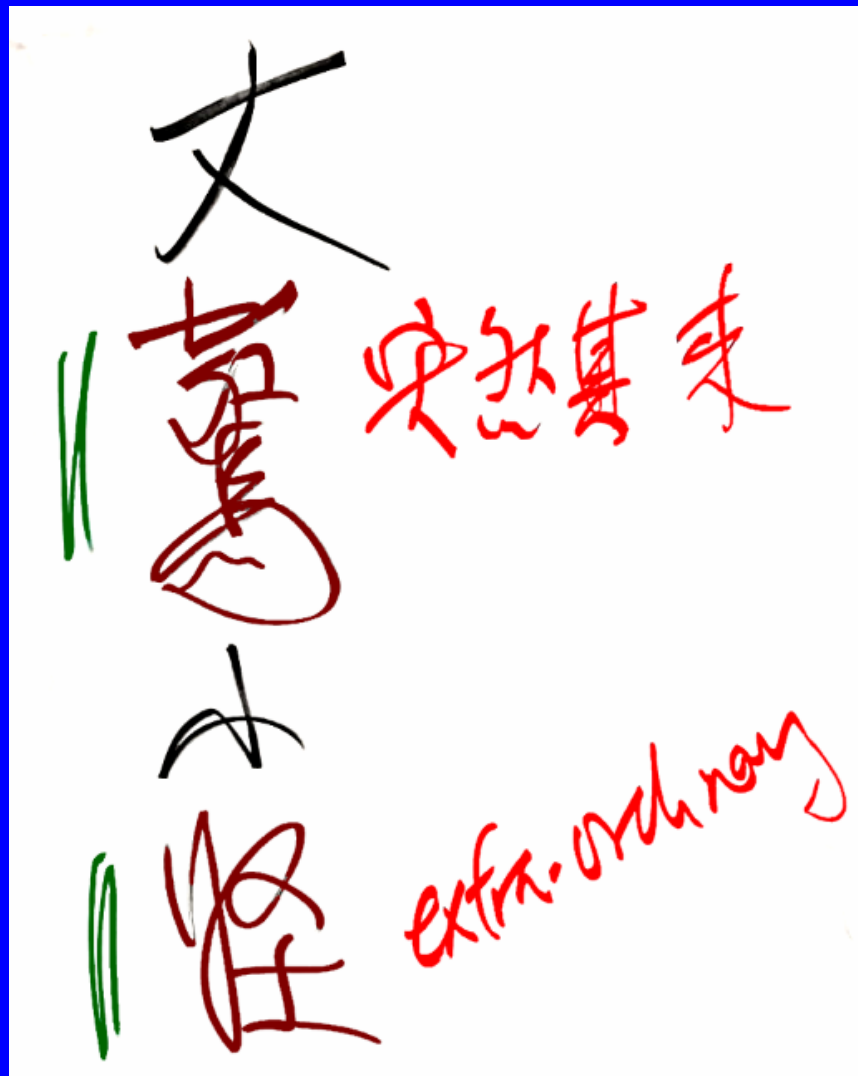
Extended



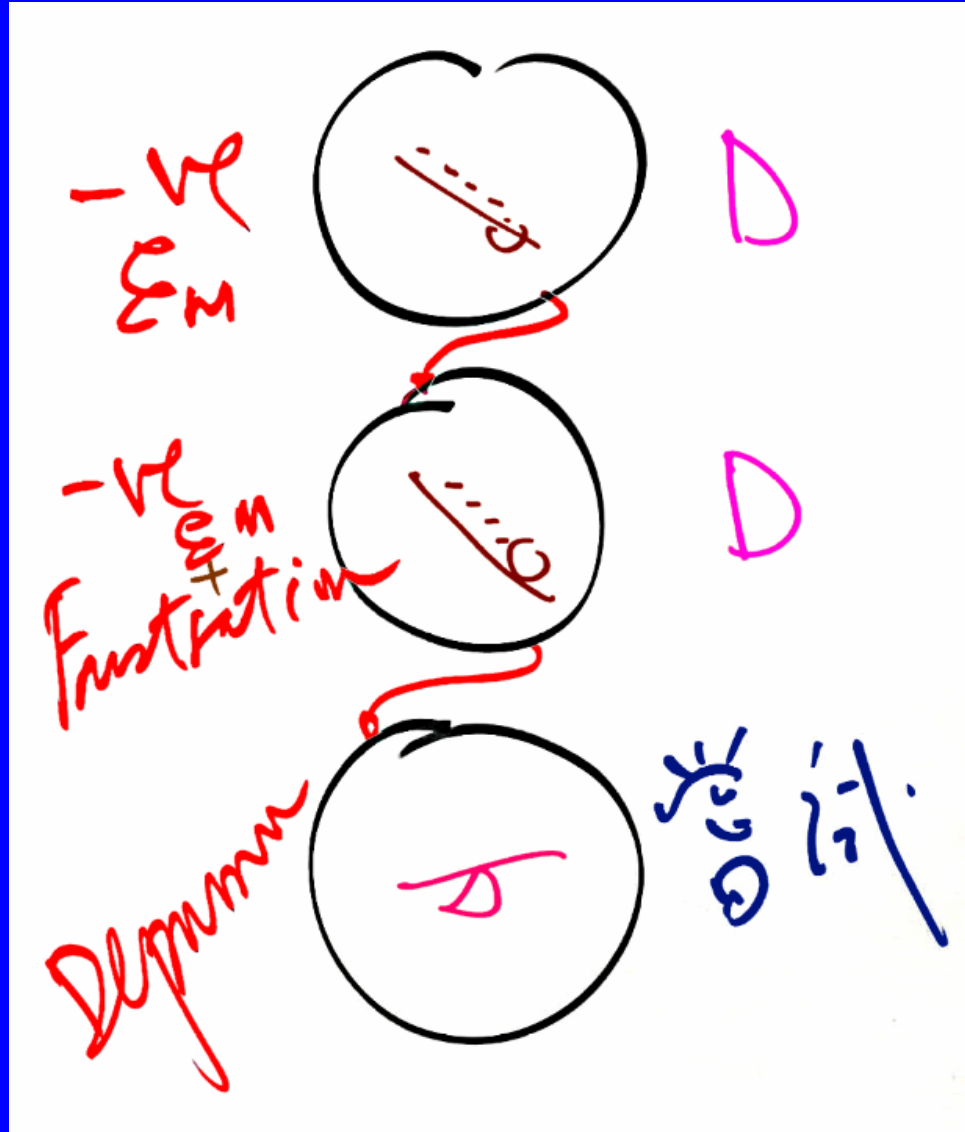
相關

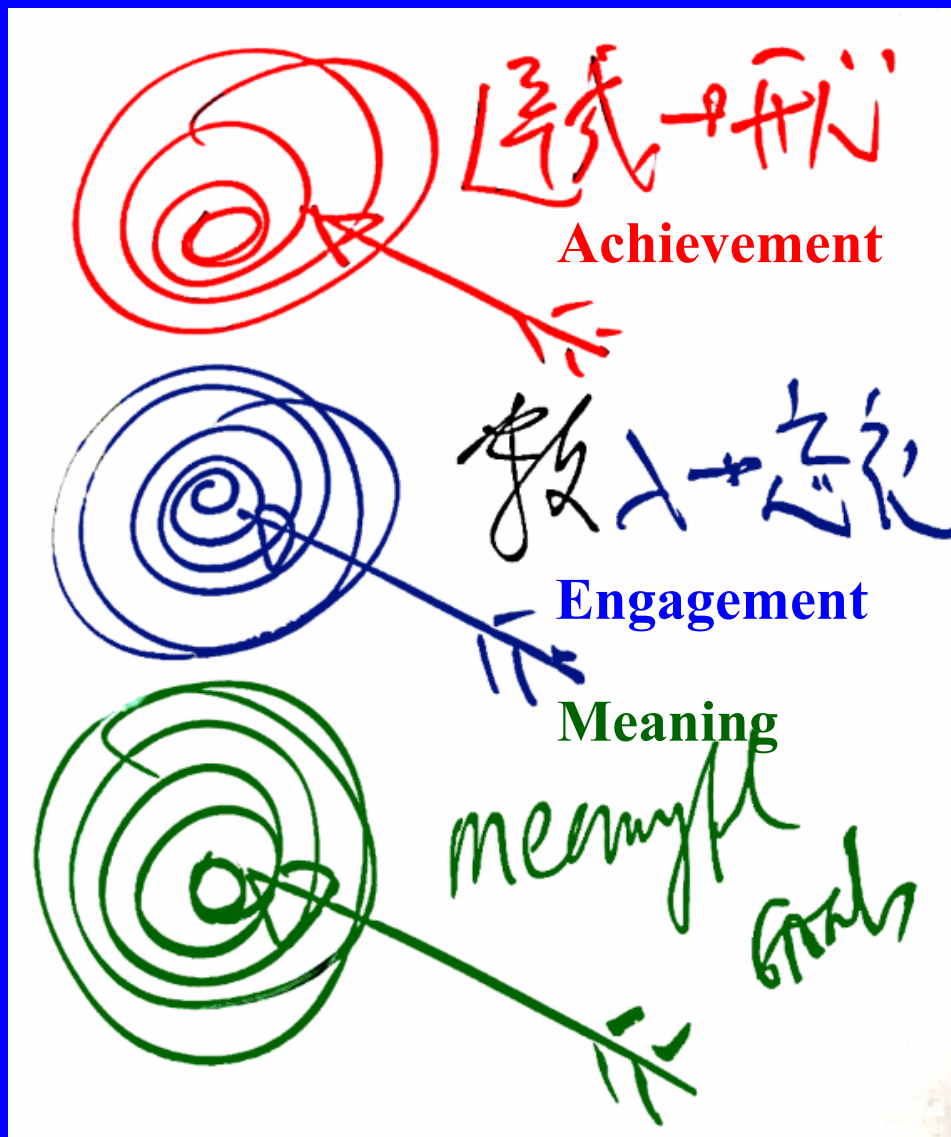
近義

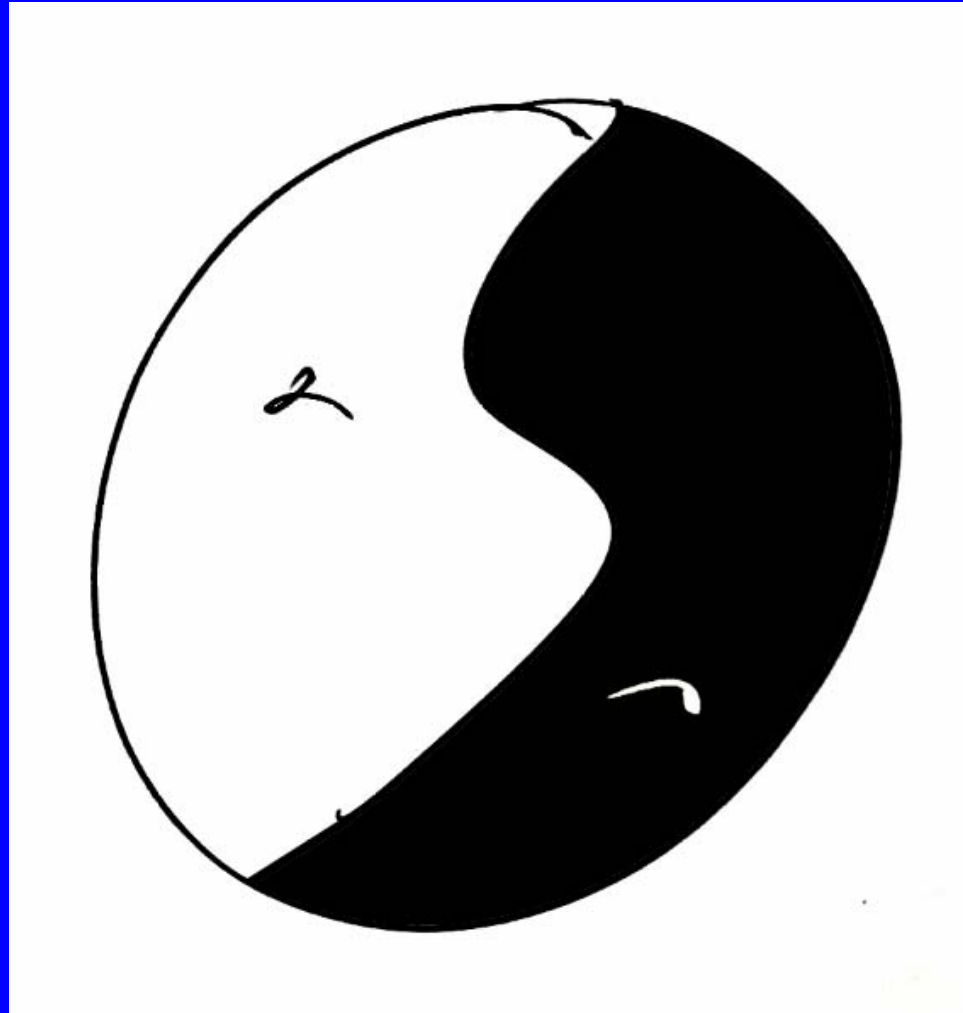
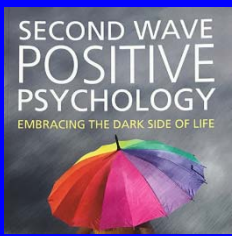




NLP: 死死不息 惡性循環...



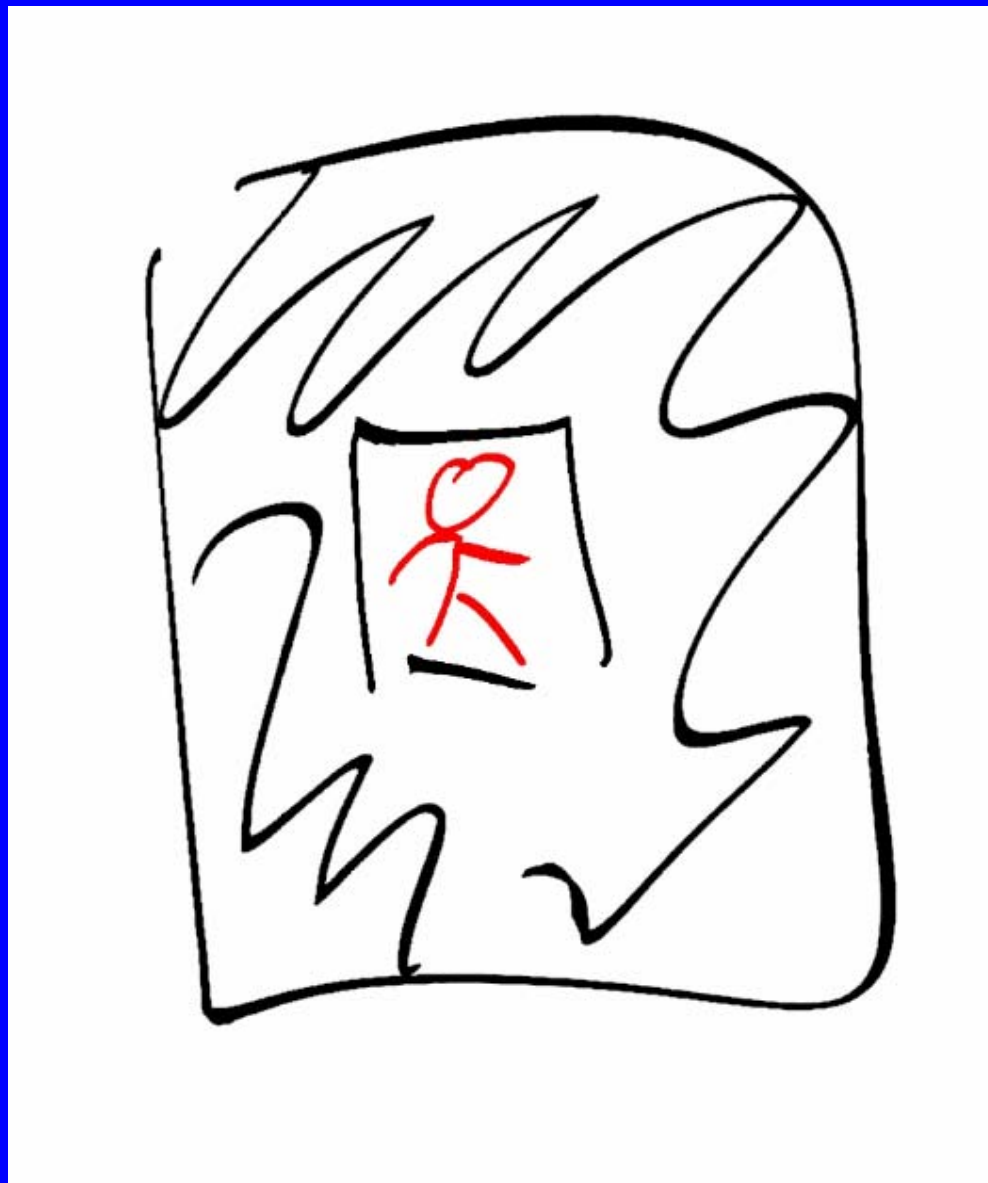




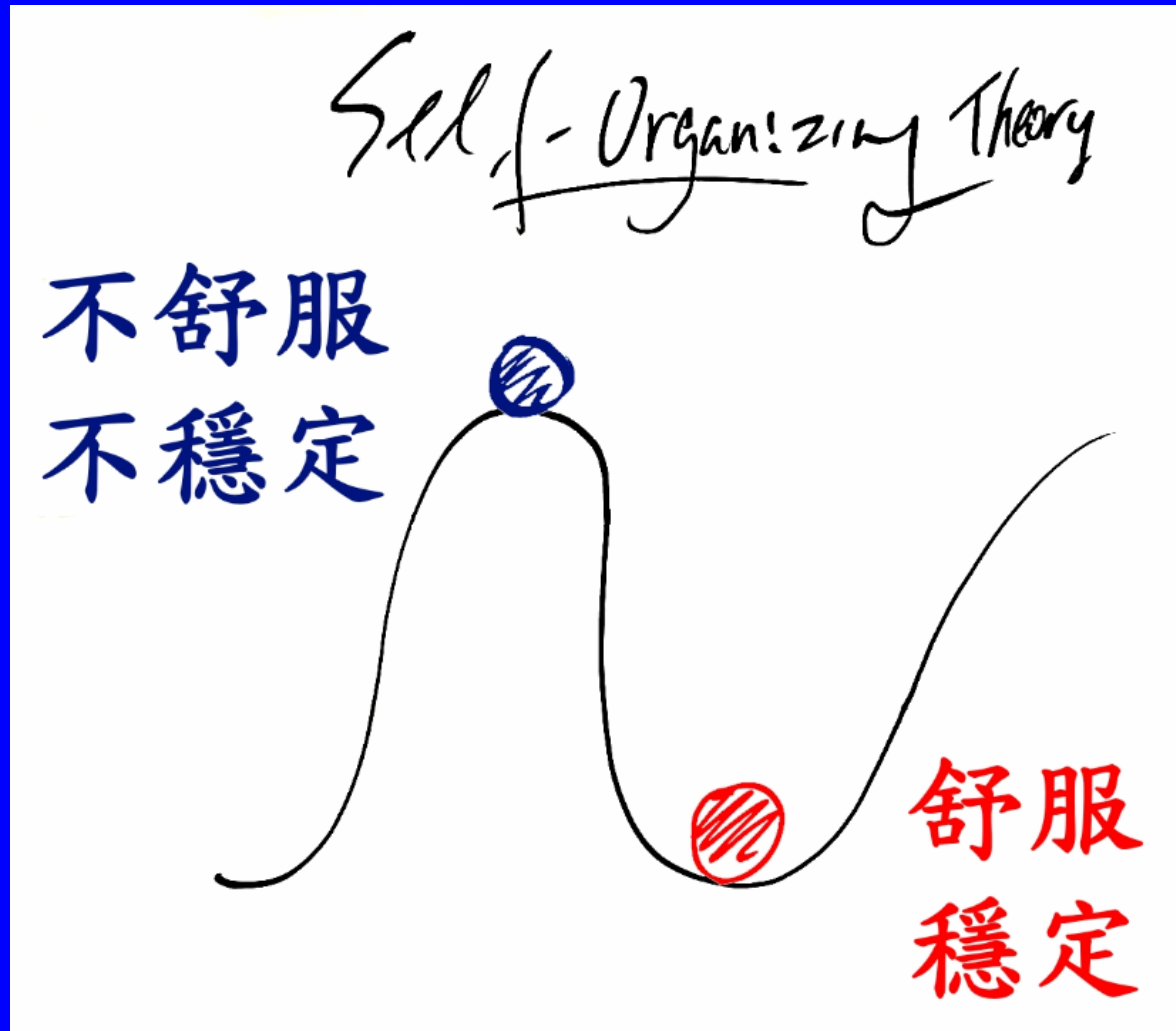


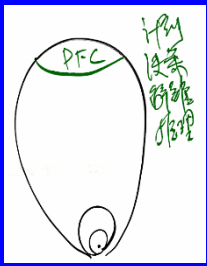
為新
自己

你
醒
未？



NLP 改進之道...

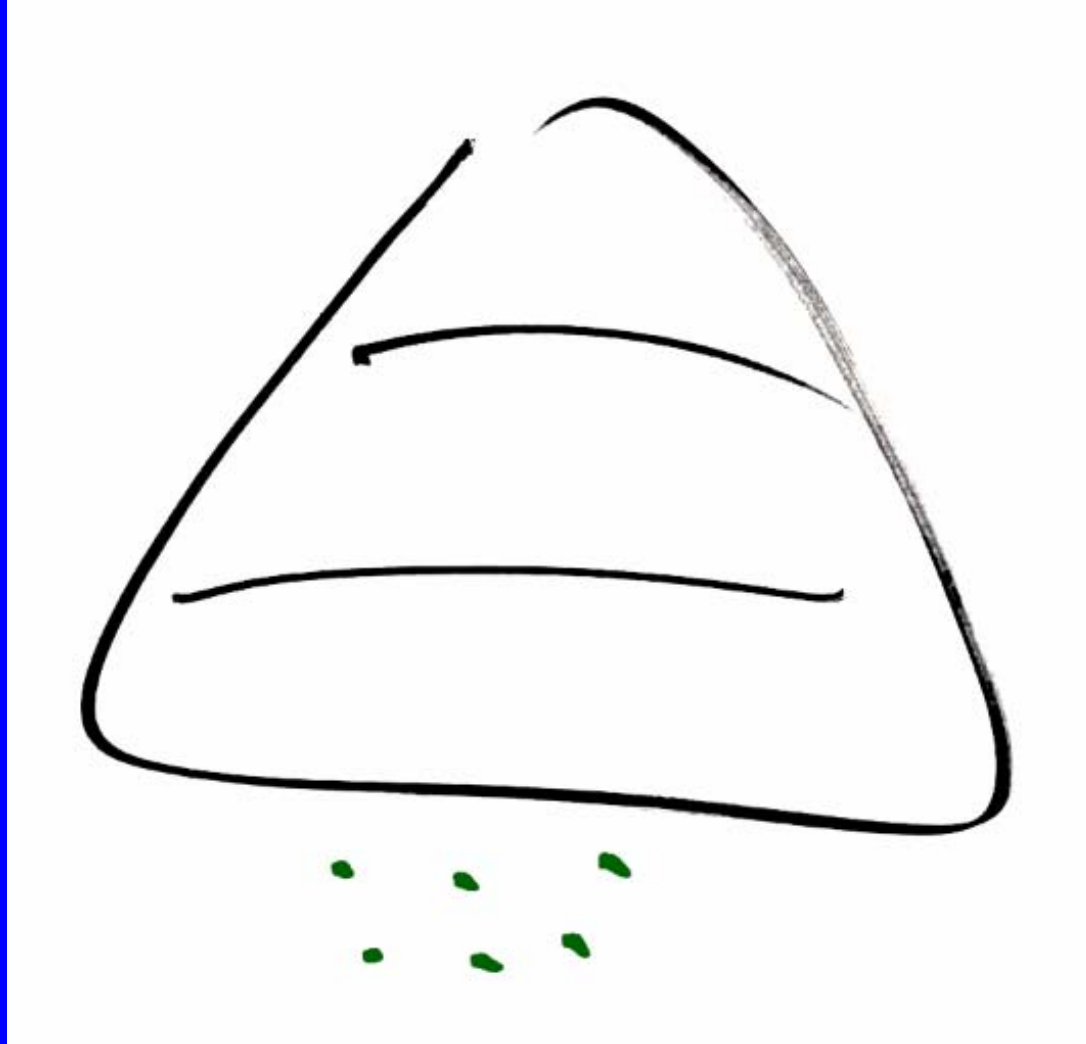




能思者
≠
會思者
主动



Erickson 的關鍵: 如何想到關鍵...



解碼關鍵...





宏 中 之 宏

宏 中 之 微

微 中 之 微

不想參與...



堅定流...

Reality-Testing



© 2019 by Keith To. www.KeithToPrograms.com

NLP 為了...

AnStuck
↑
Stuck

NLP 的根本過程

Meta?

Above + Beyond



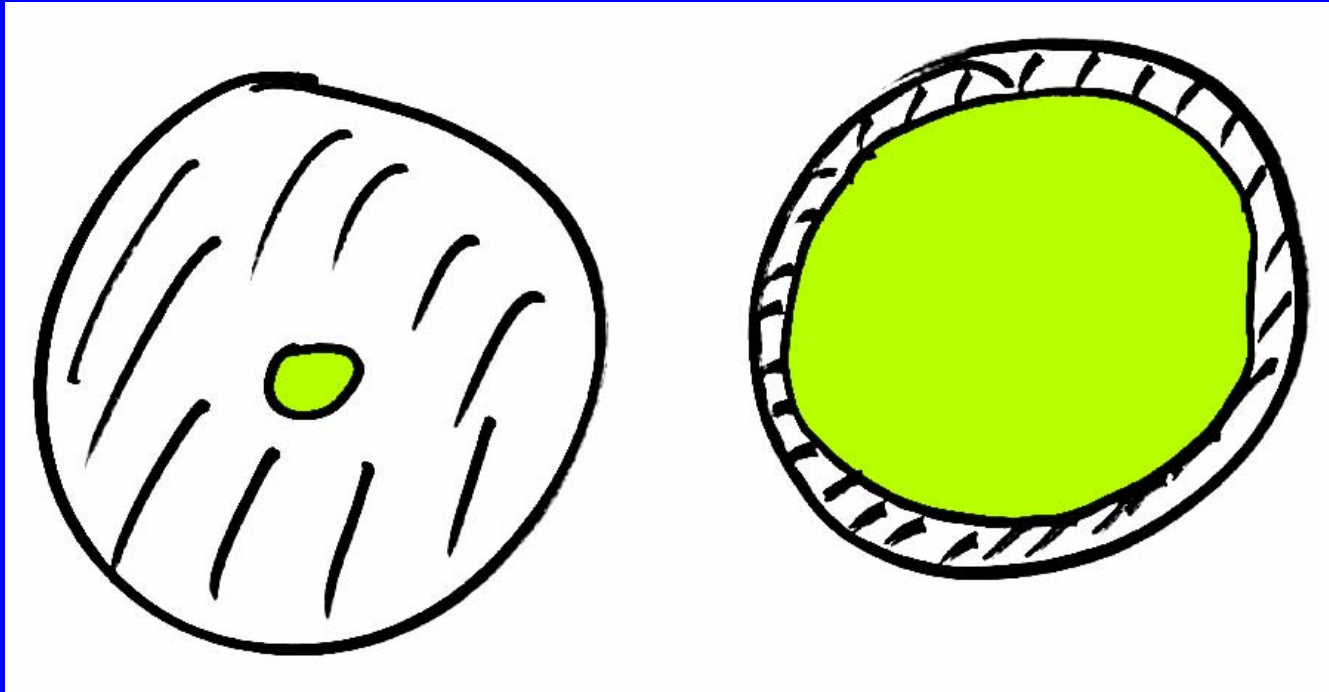
看到更多

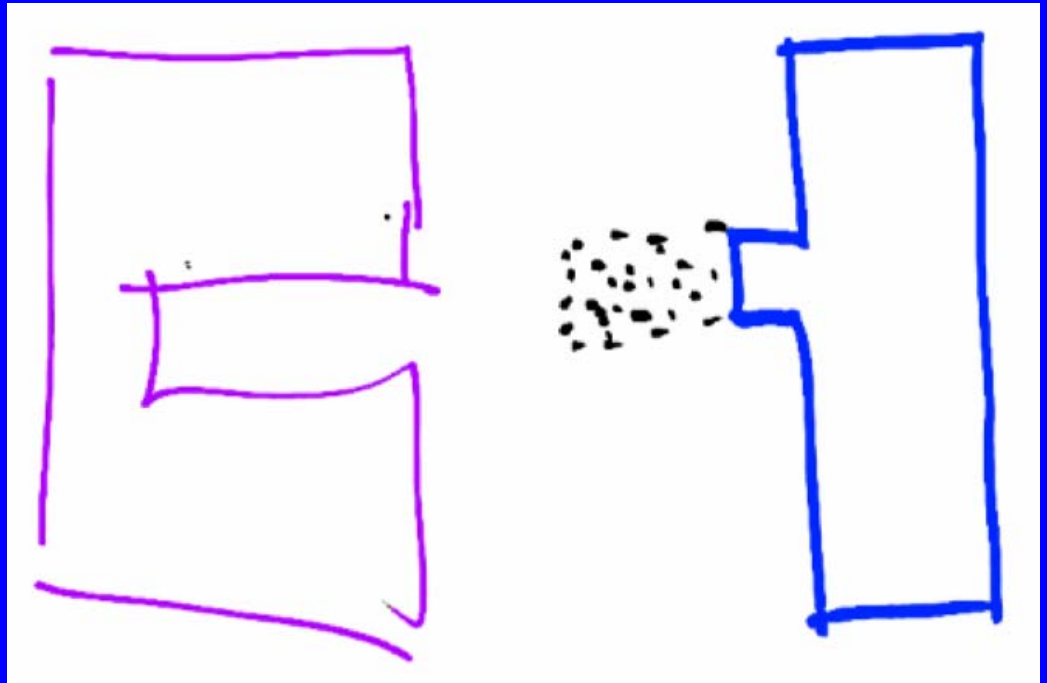
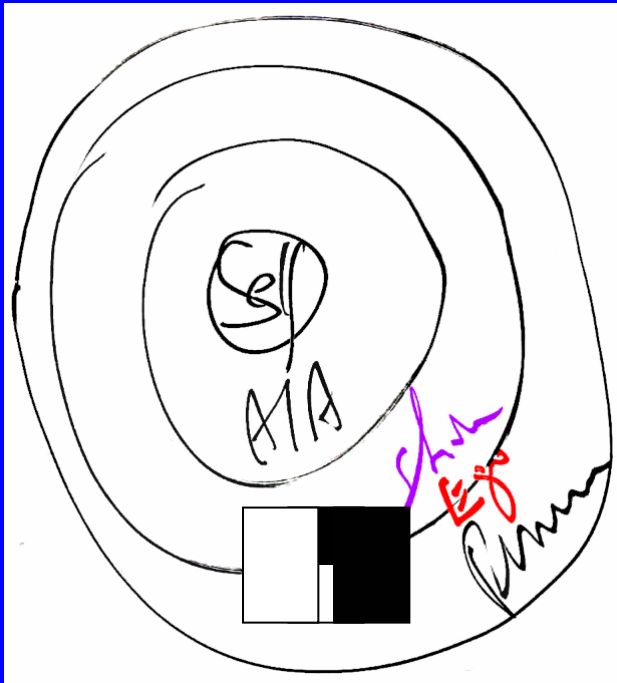


身處外邊

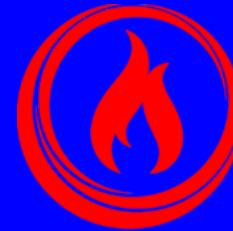
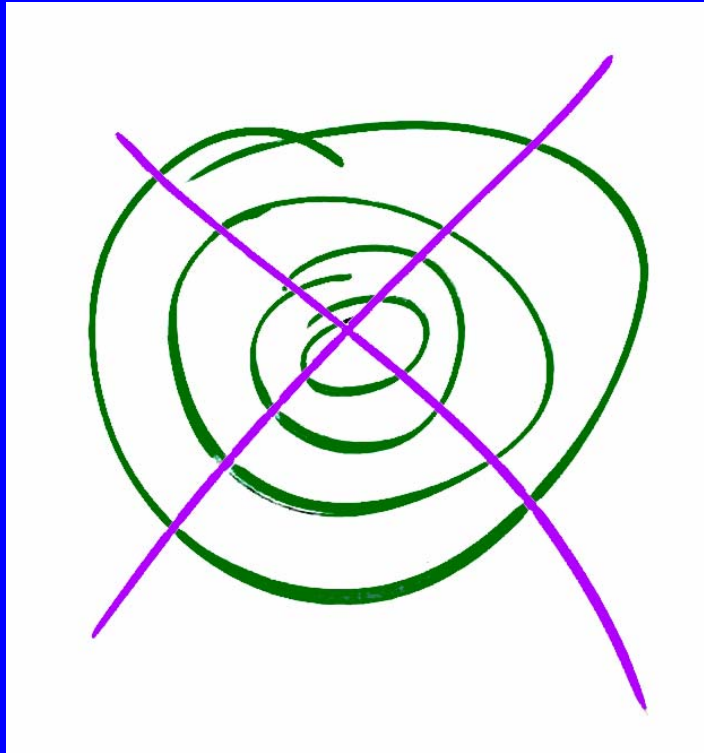


Ego ↔ Energy Flow...

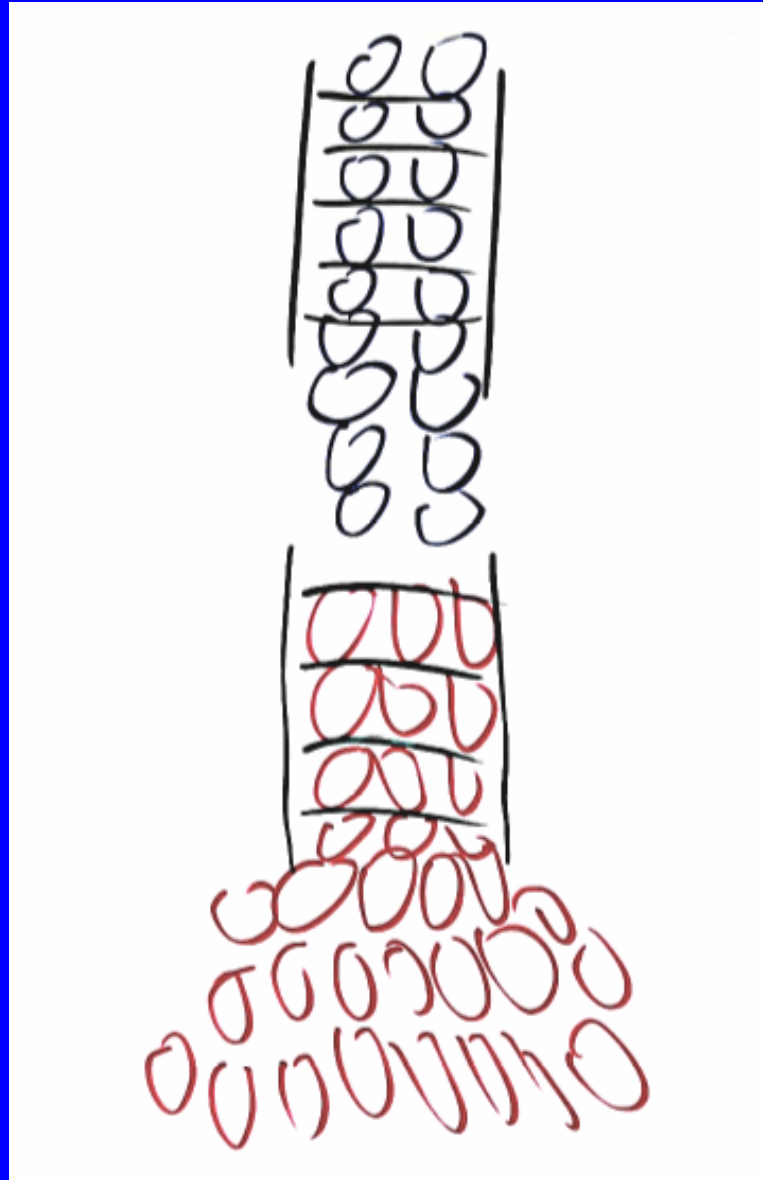




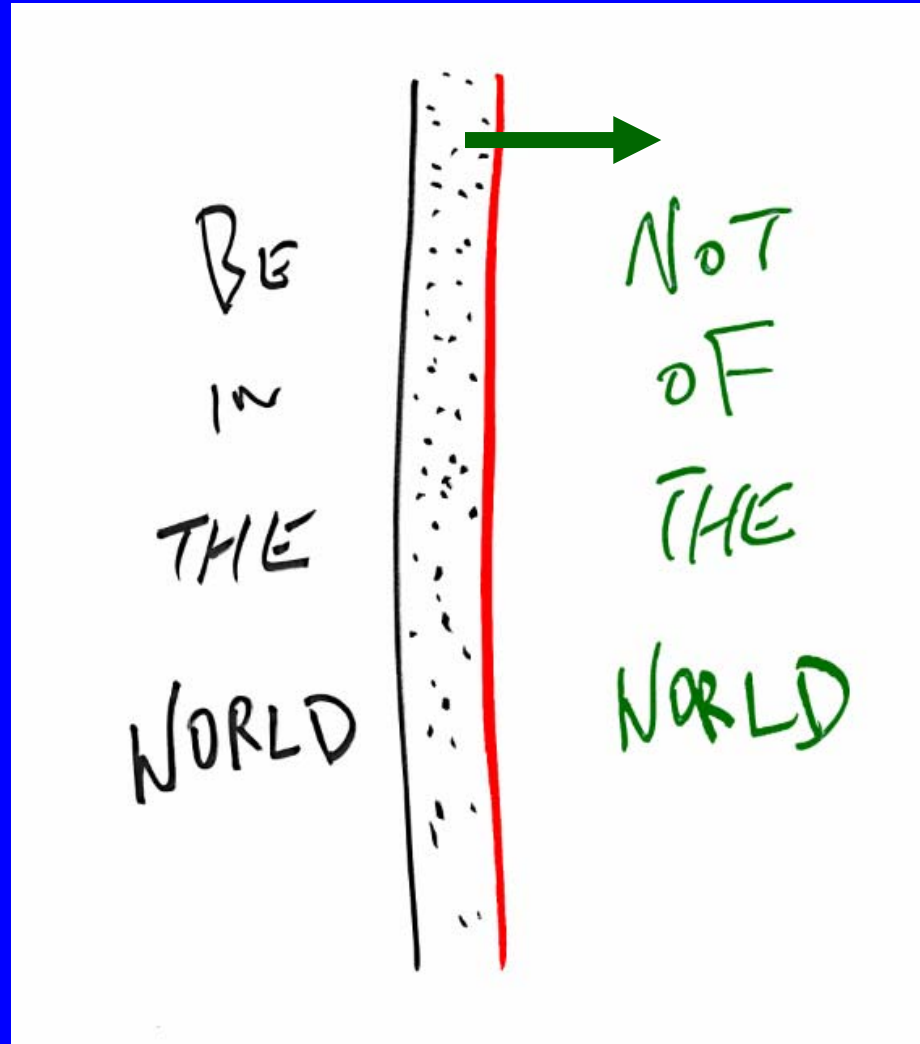
The Shaman Path...



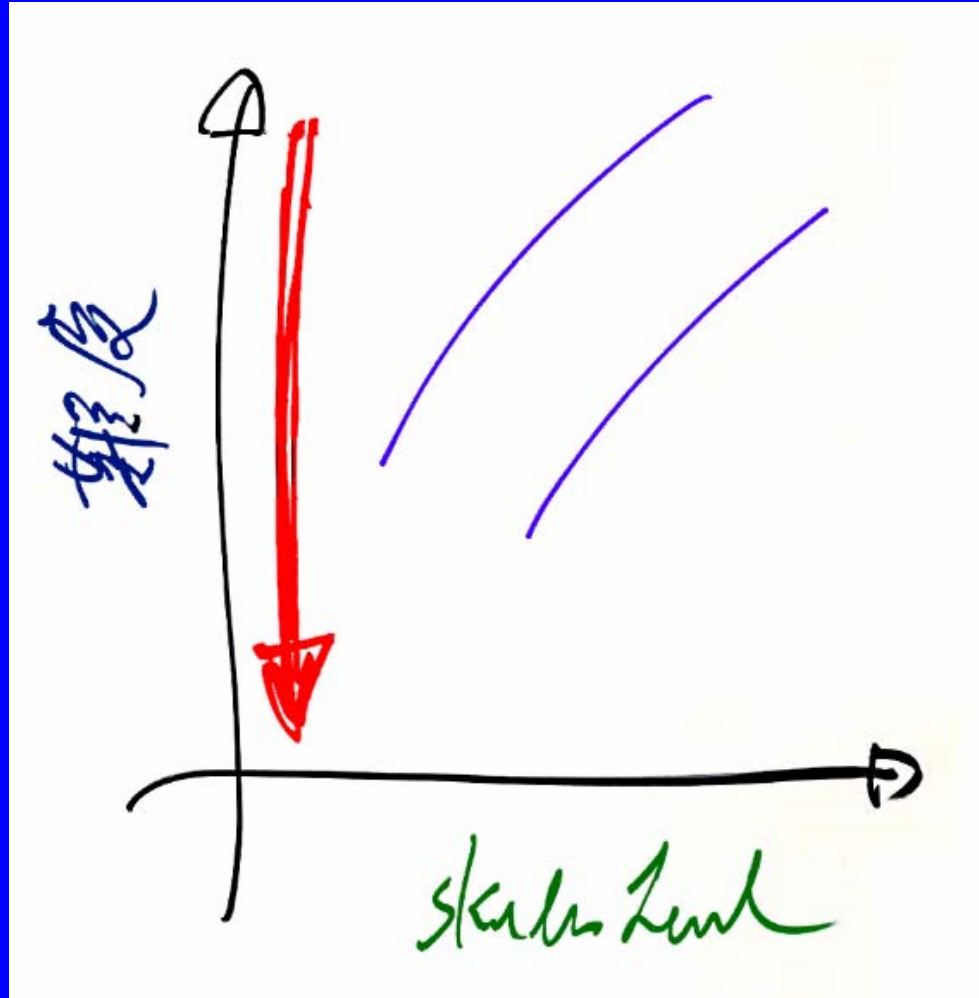
– Facilitation →



人生 Trance: 邊緣 Trance → 脫離 Trance



捨難取易.....逃避





Generative

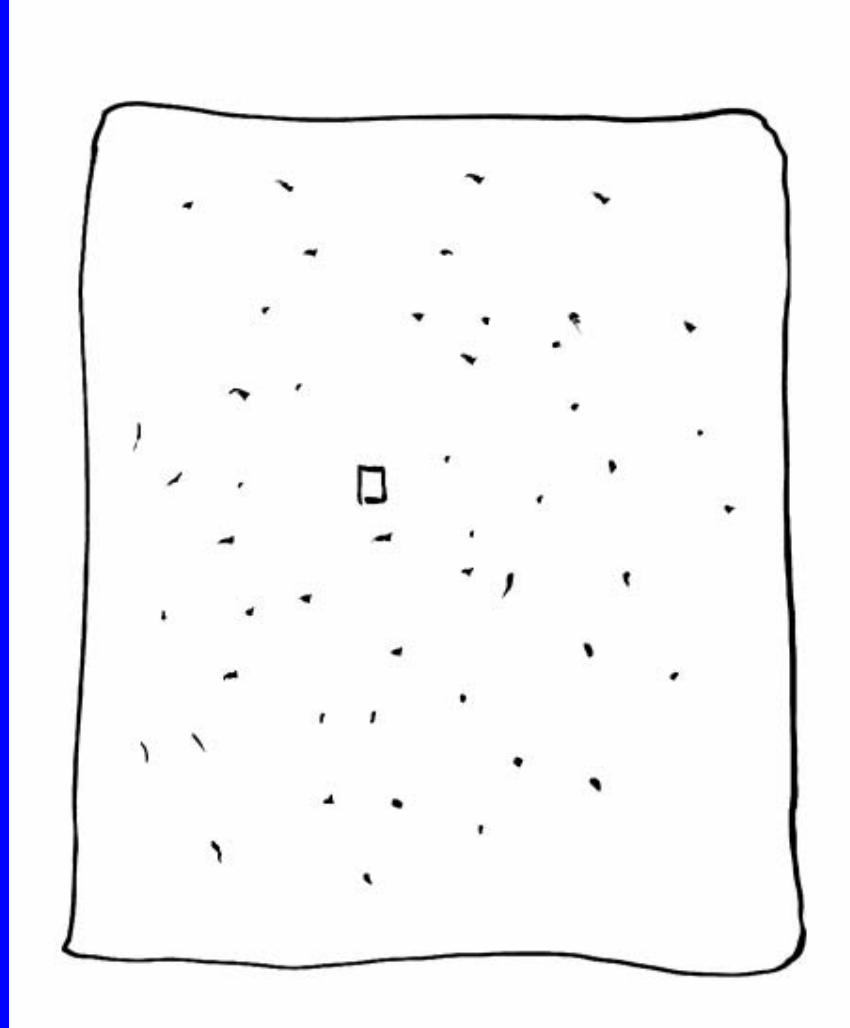


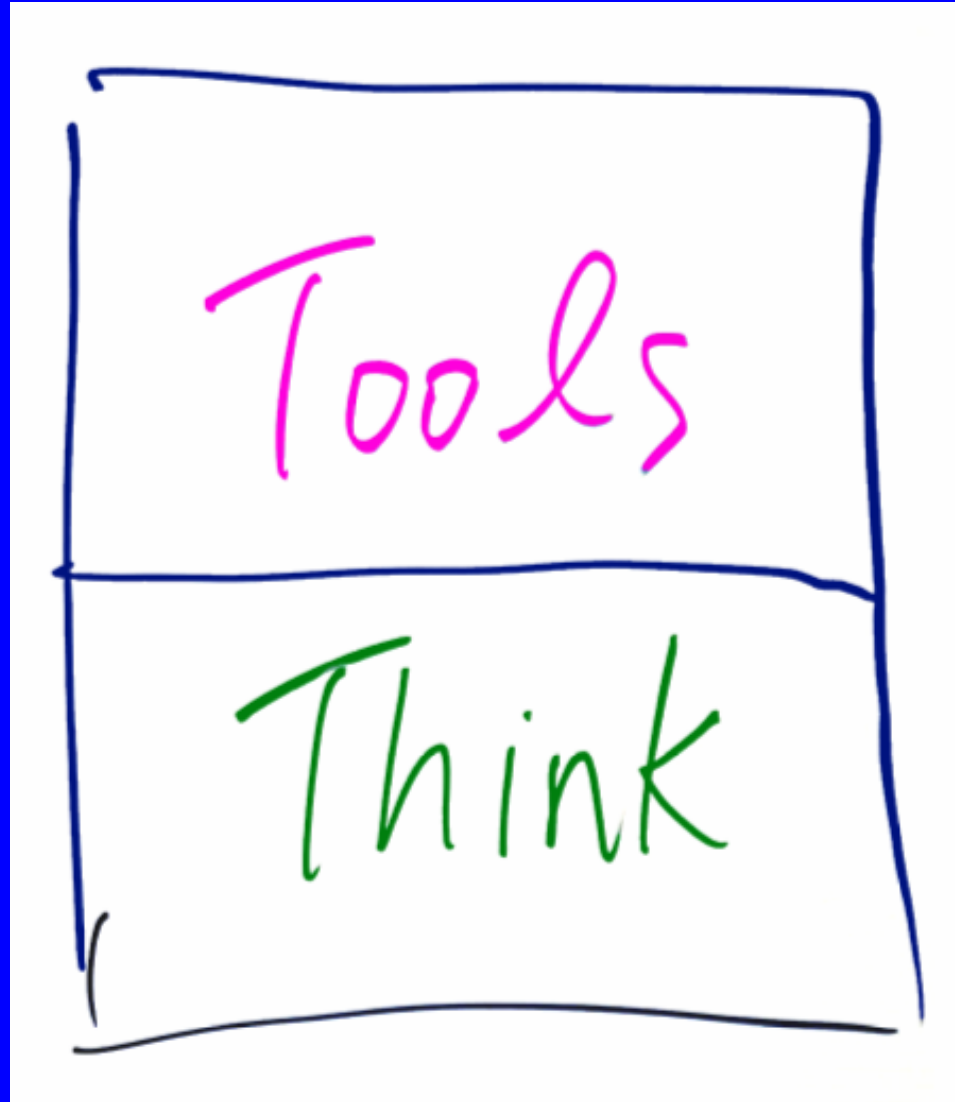
思維...

清明

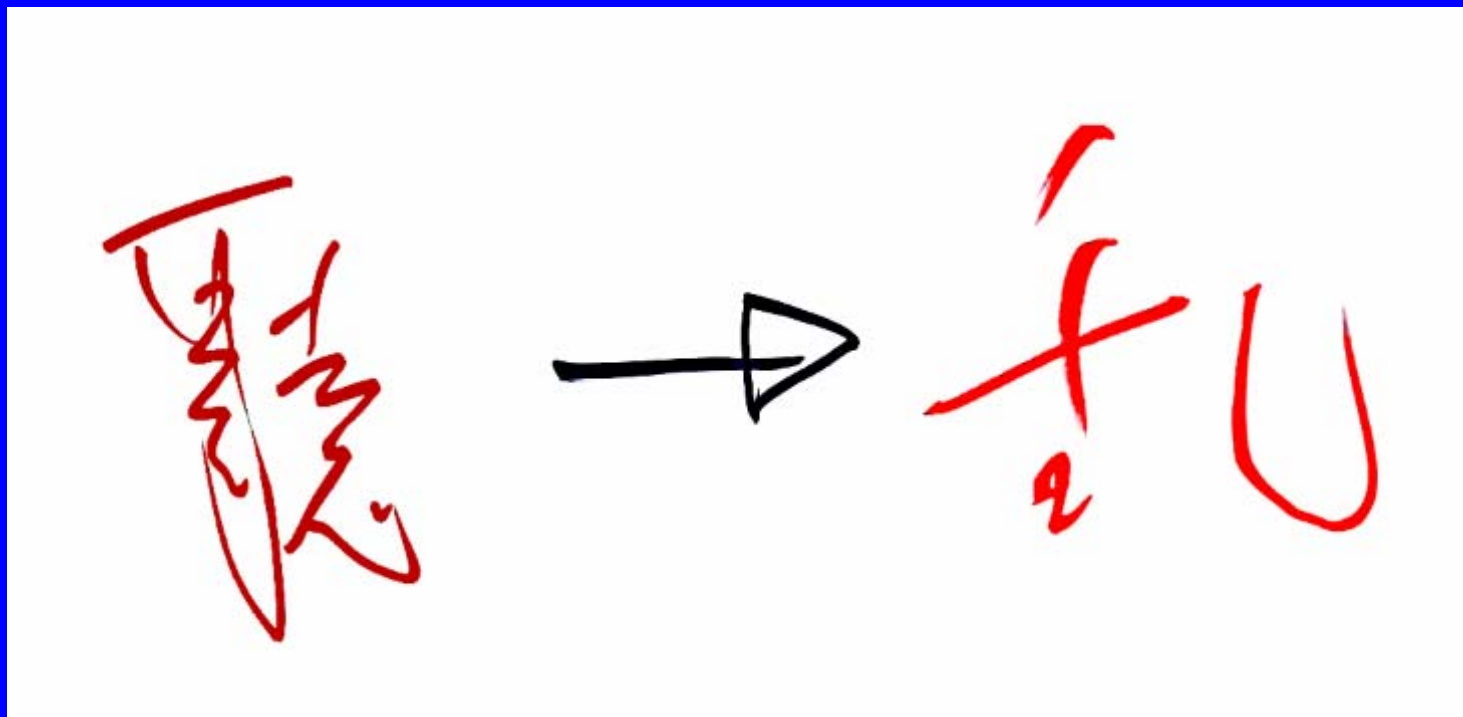
重陽

NLP: 極大的框架...

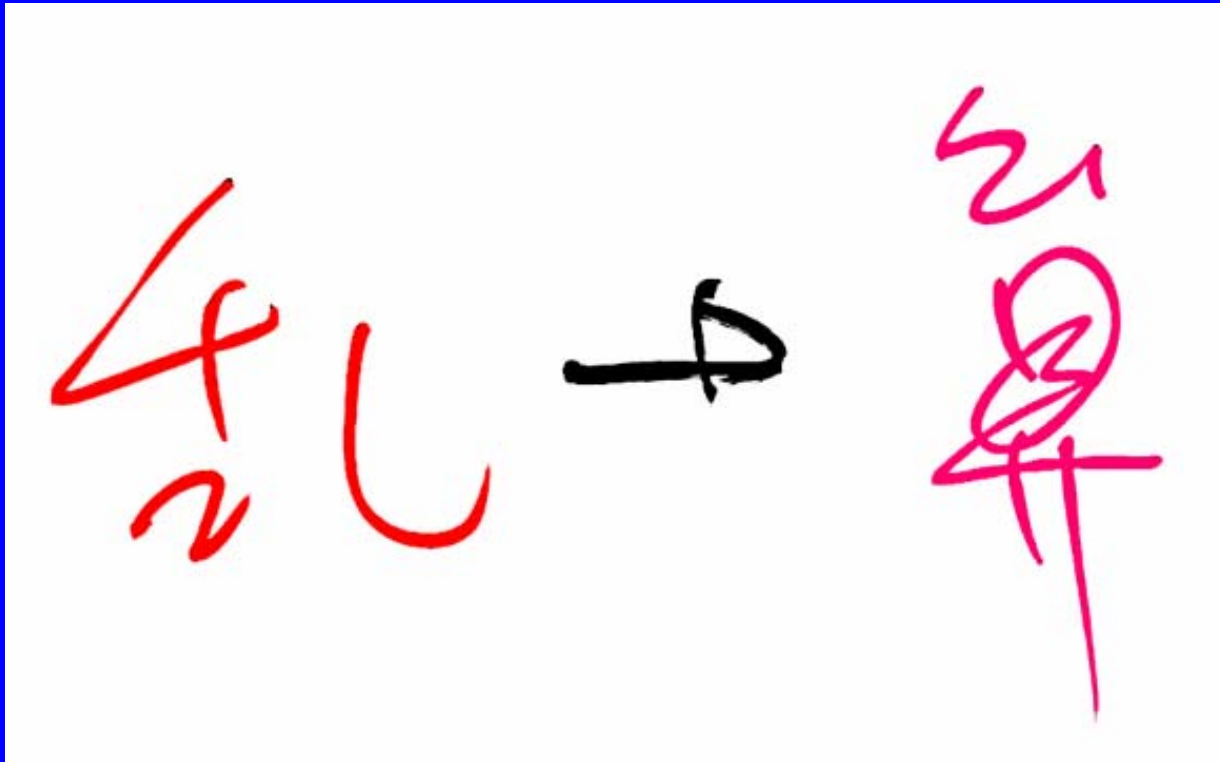




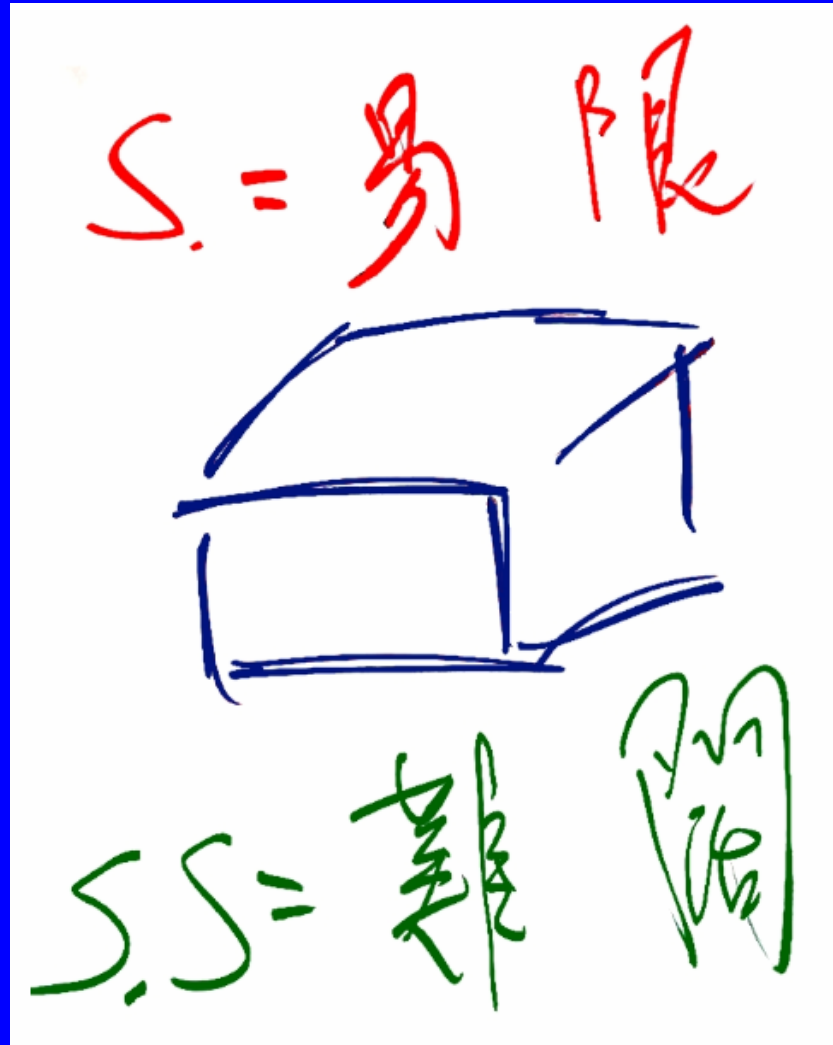
不懂聽...



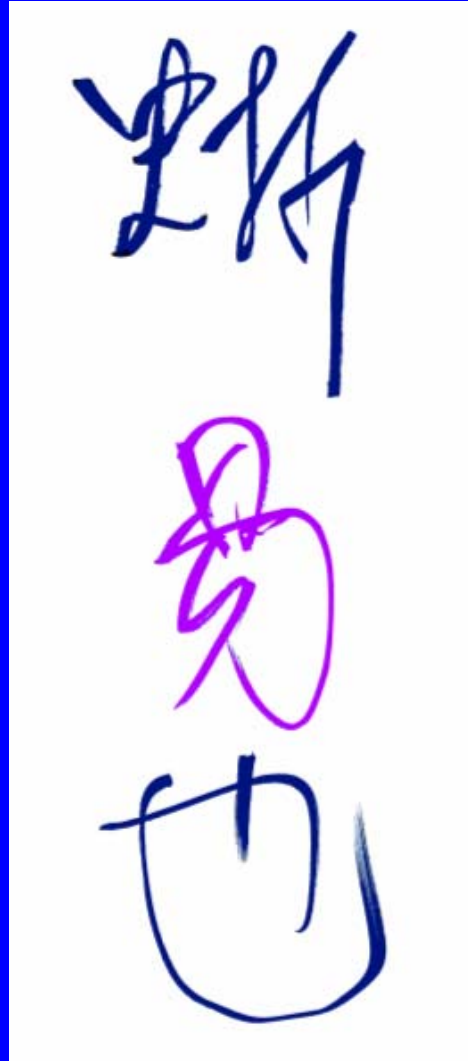
不懂聽...

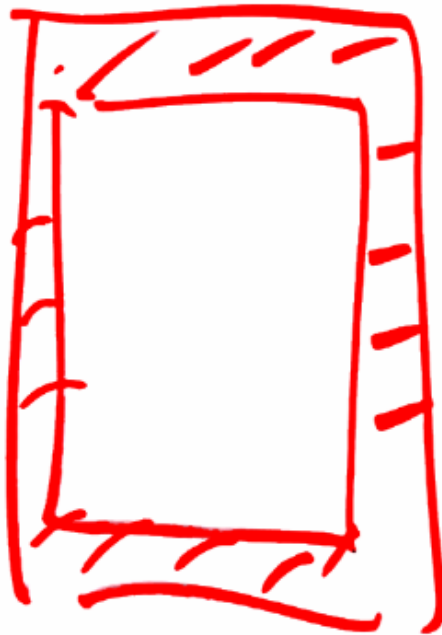


Structural / Semi-Structural...

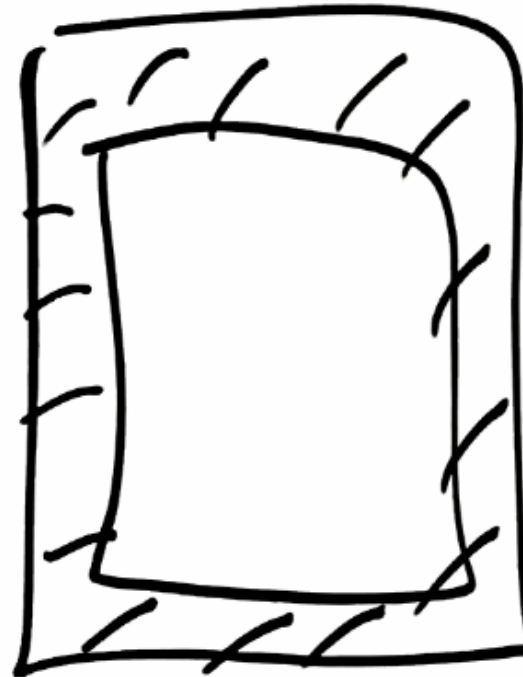


Facilitation: 易?



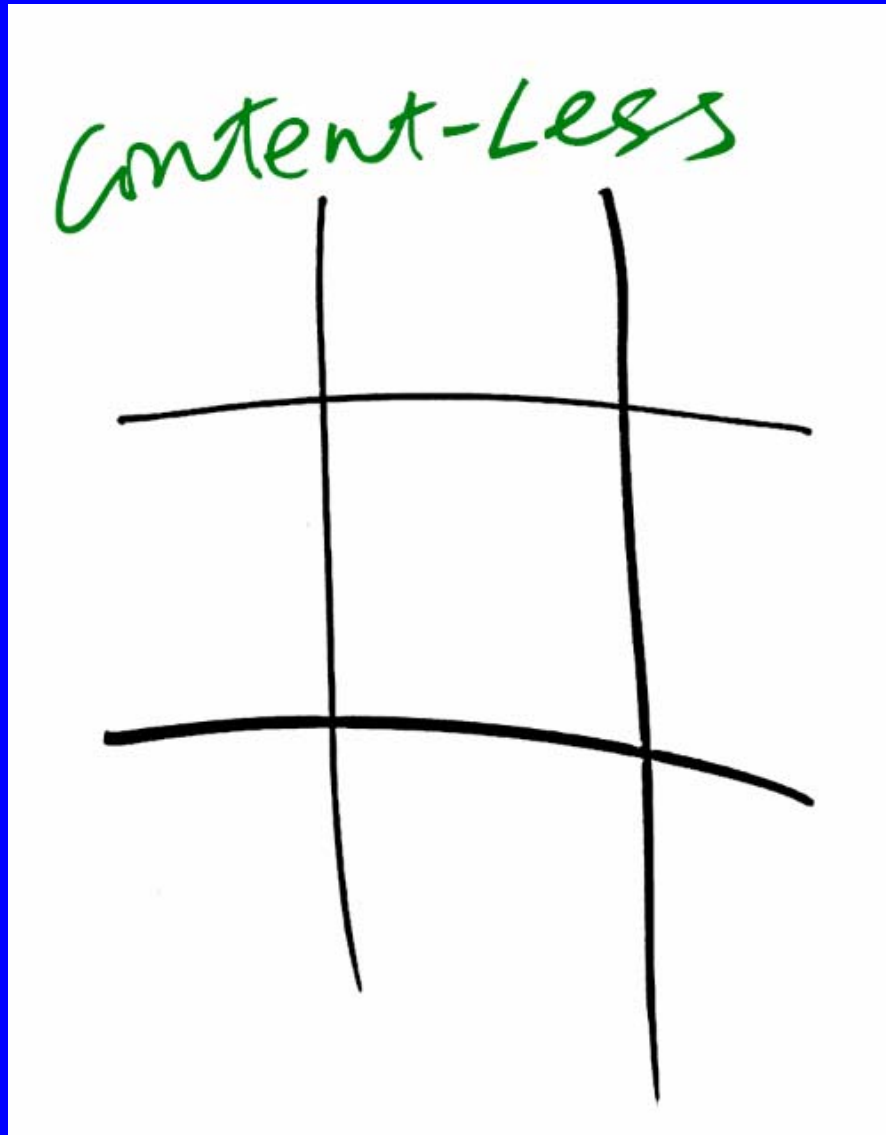


忍



習

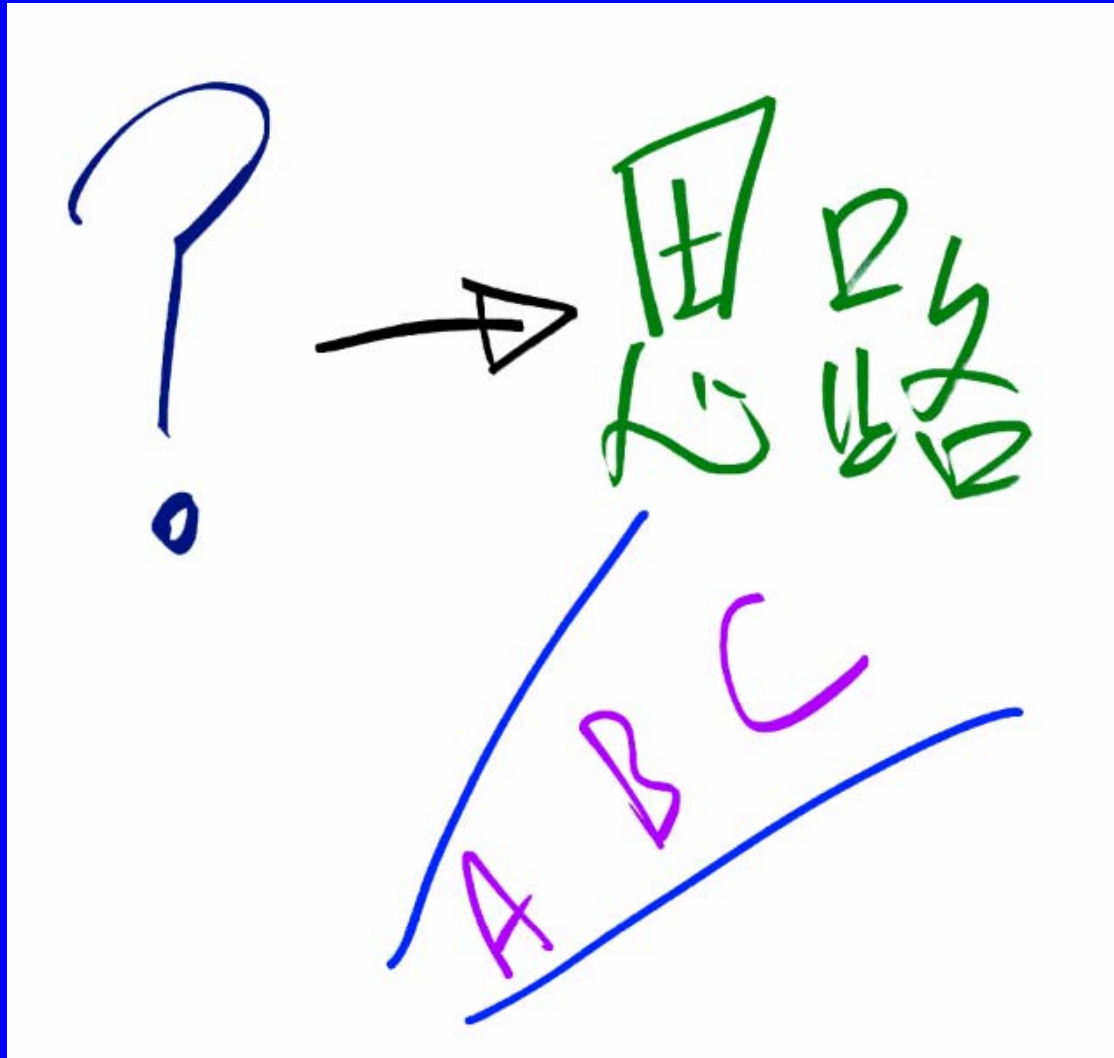
教練...



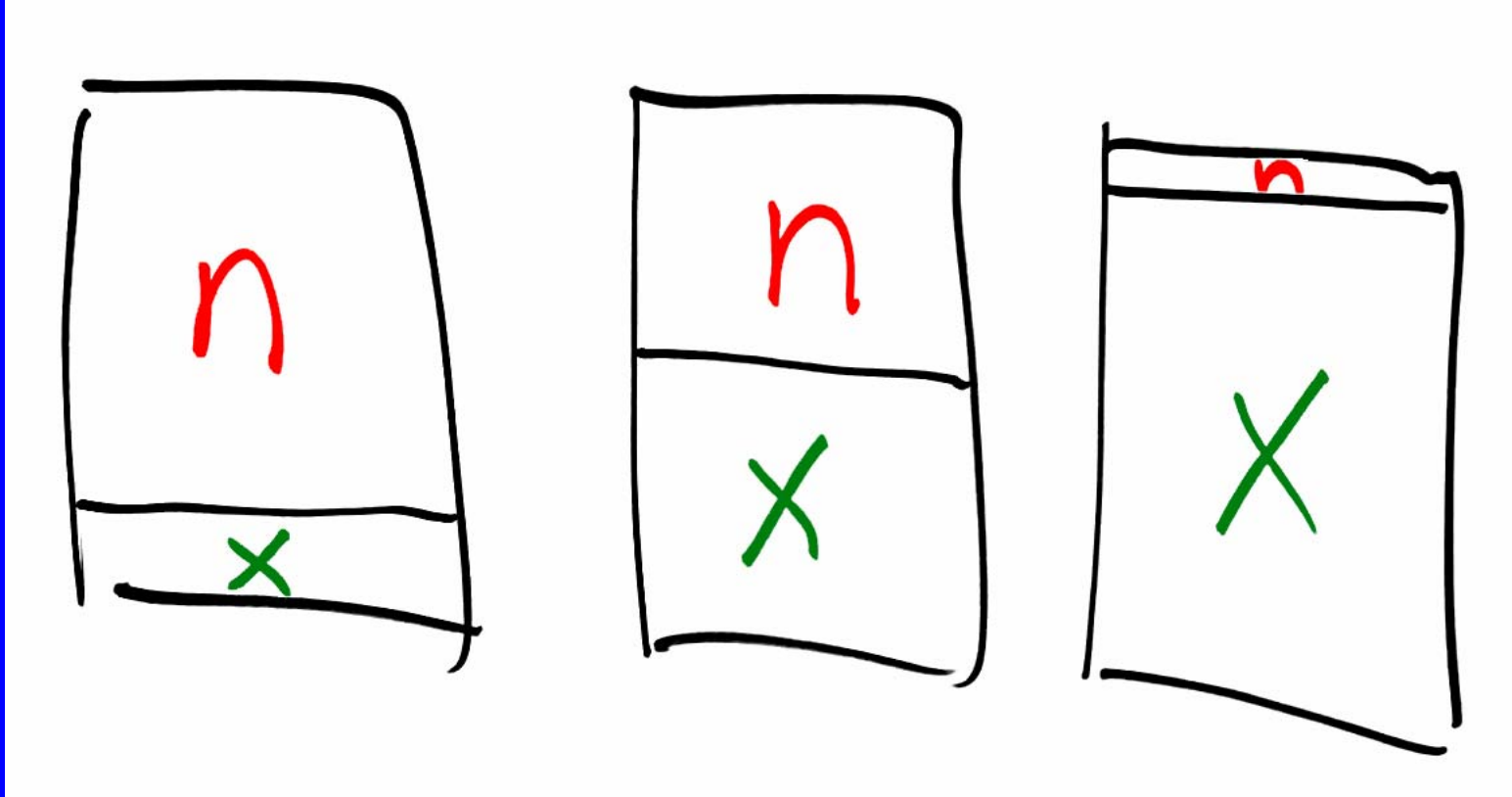
選擇...



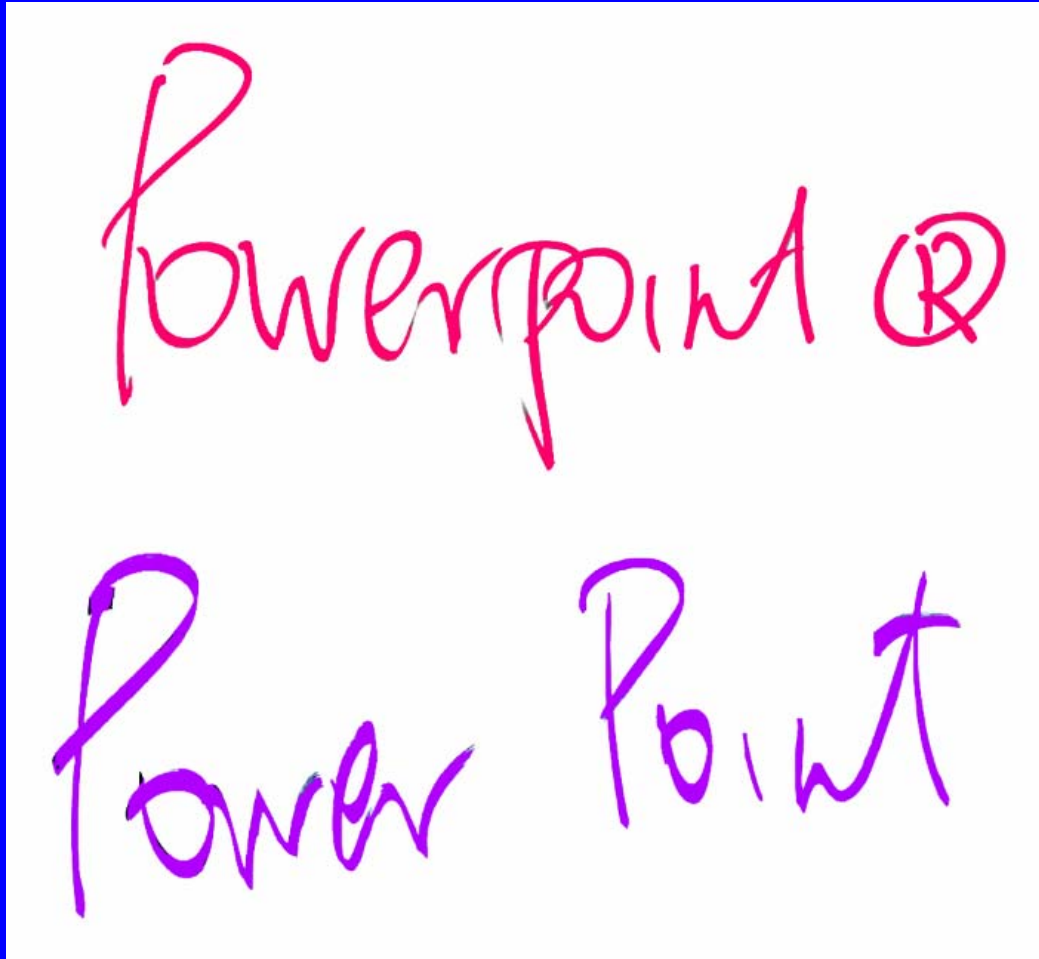
教練 ≠ 問 = 建立思路...



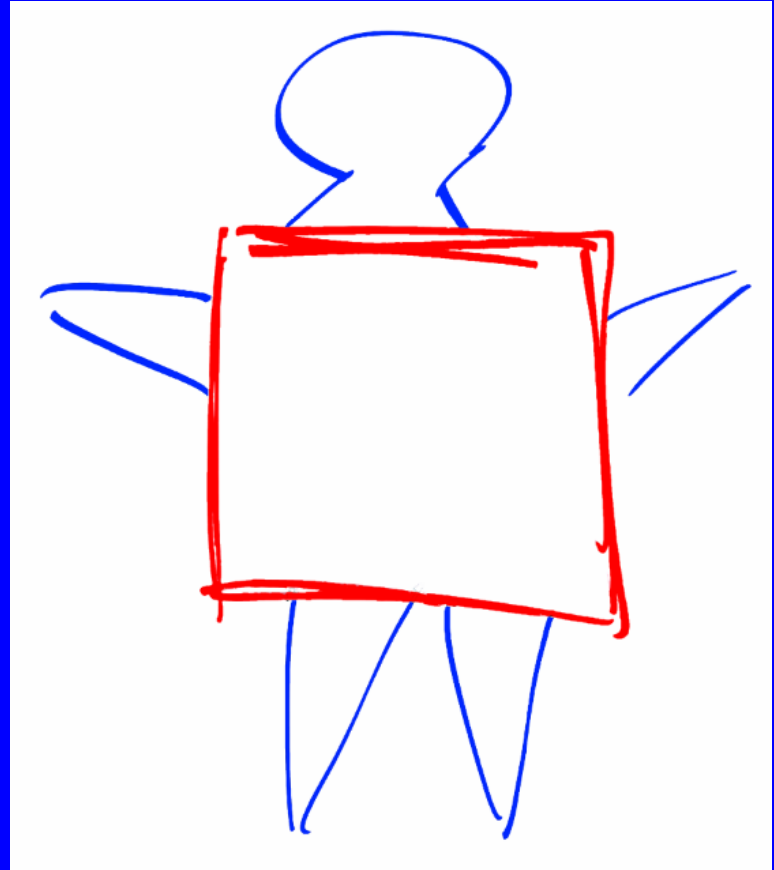
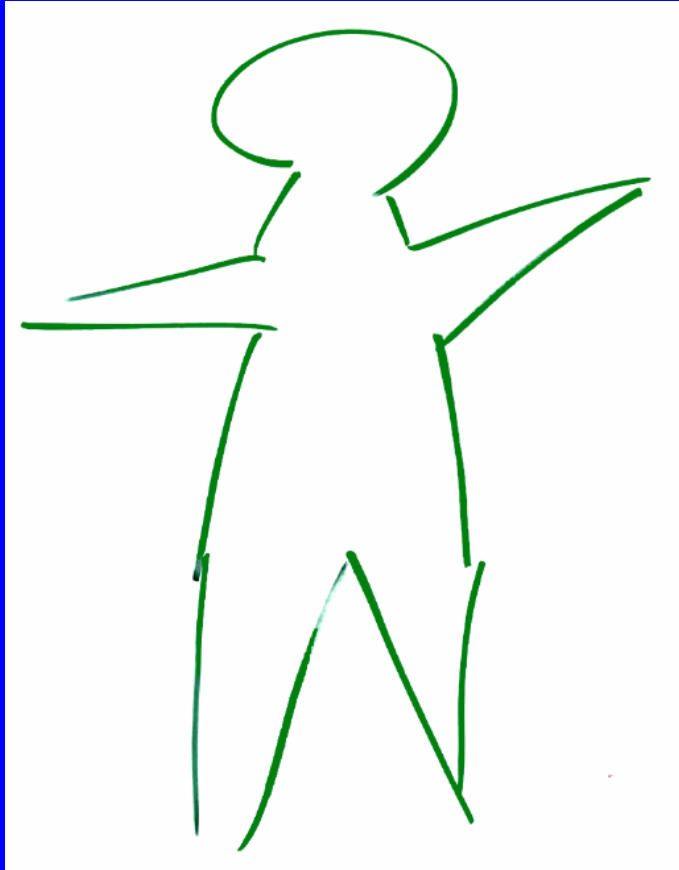
越多 Context → 思路...



你的 Point?



真我 / 假我?





什麼是 Coaching?

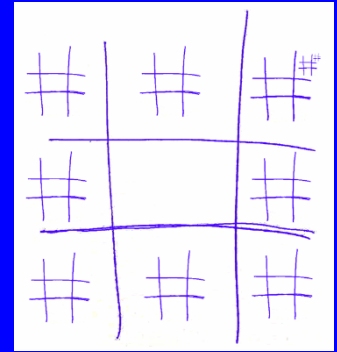
Re-Think



學習是...同時更新三元素...



教練 Diverging...



不想參與...

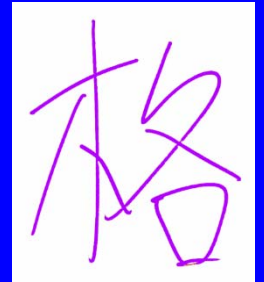
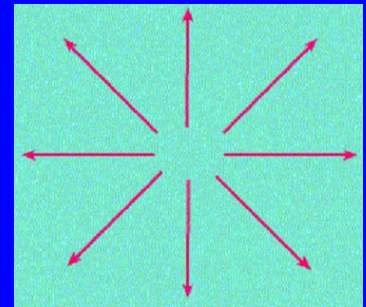
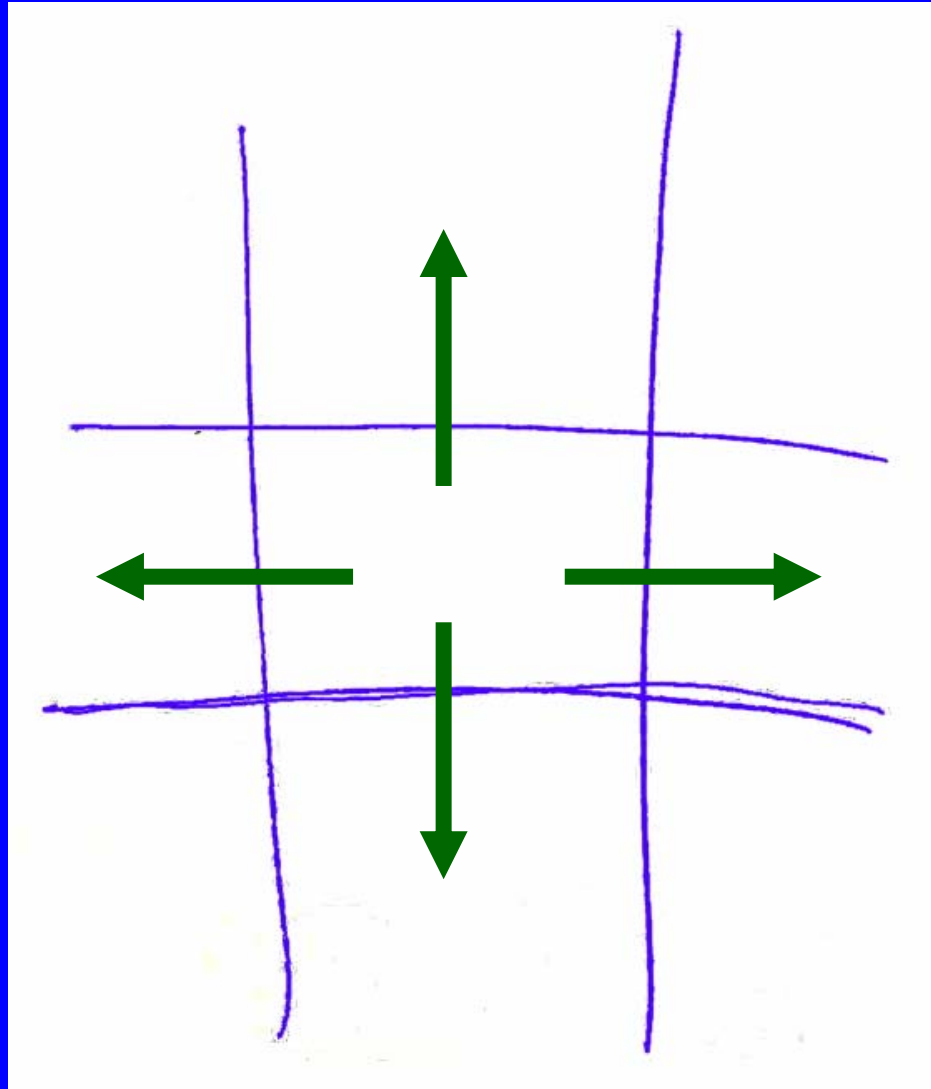


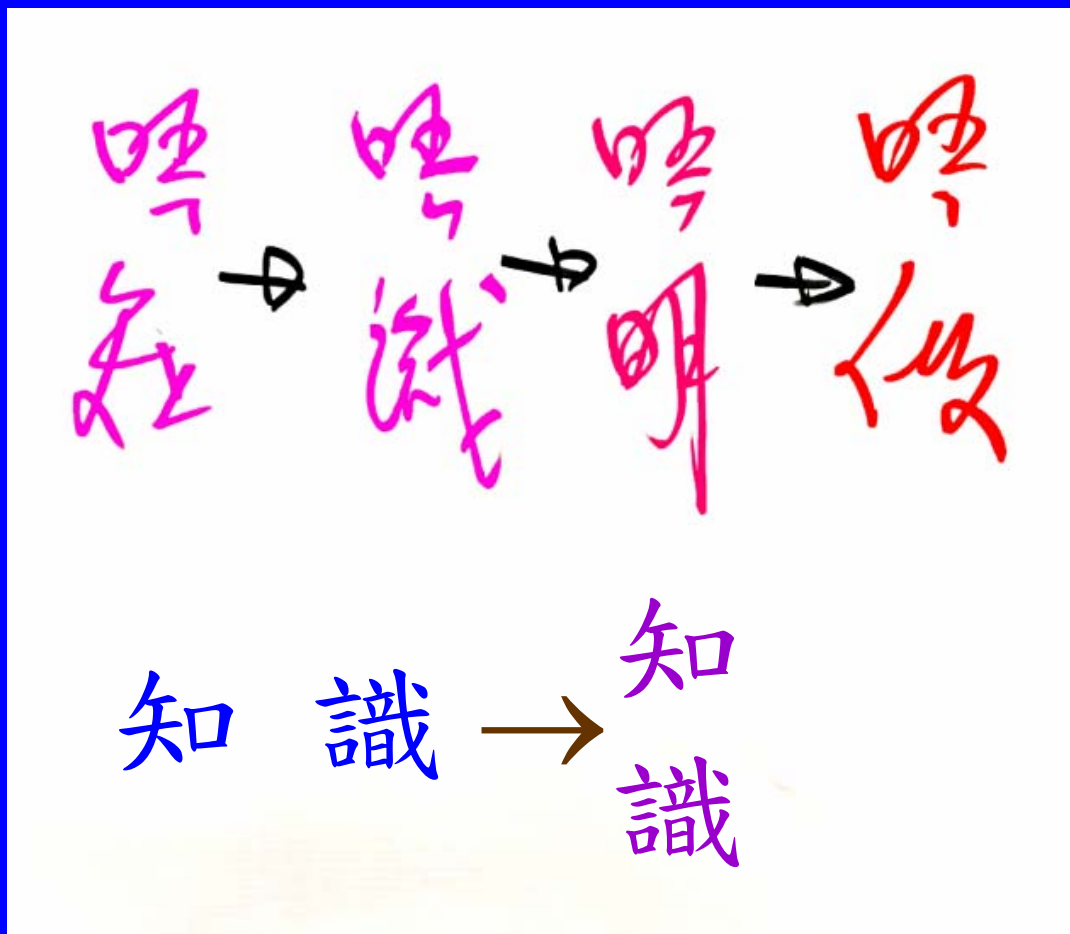
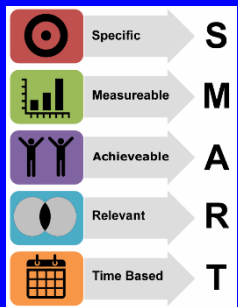
教練發問...

問什麼？

如何問？

如何教練?







Public Person

假我

Private Person

真我

3 種思維...

因果

Logical

Linear

全看

證據

Critical

關鍵

全看

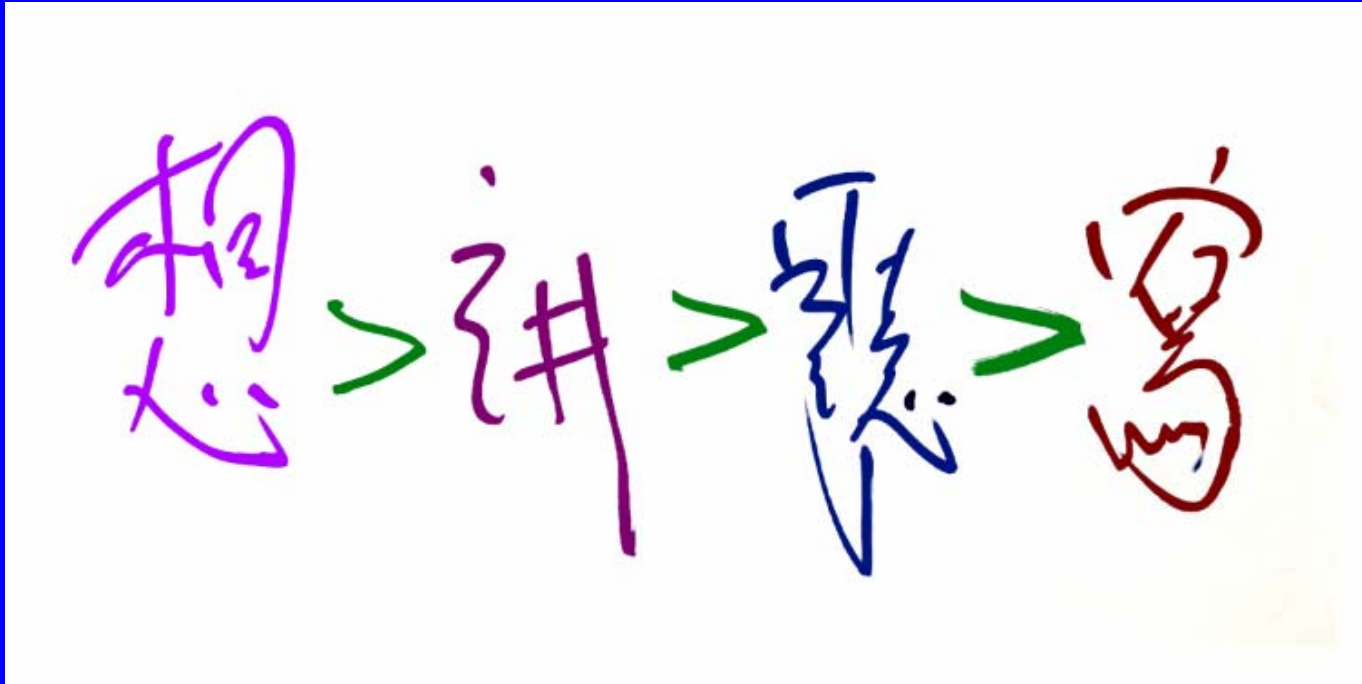
相關

Creative

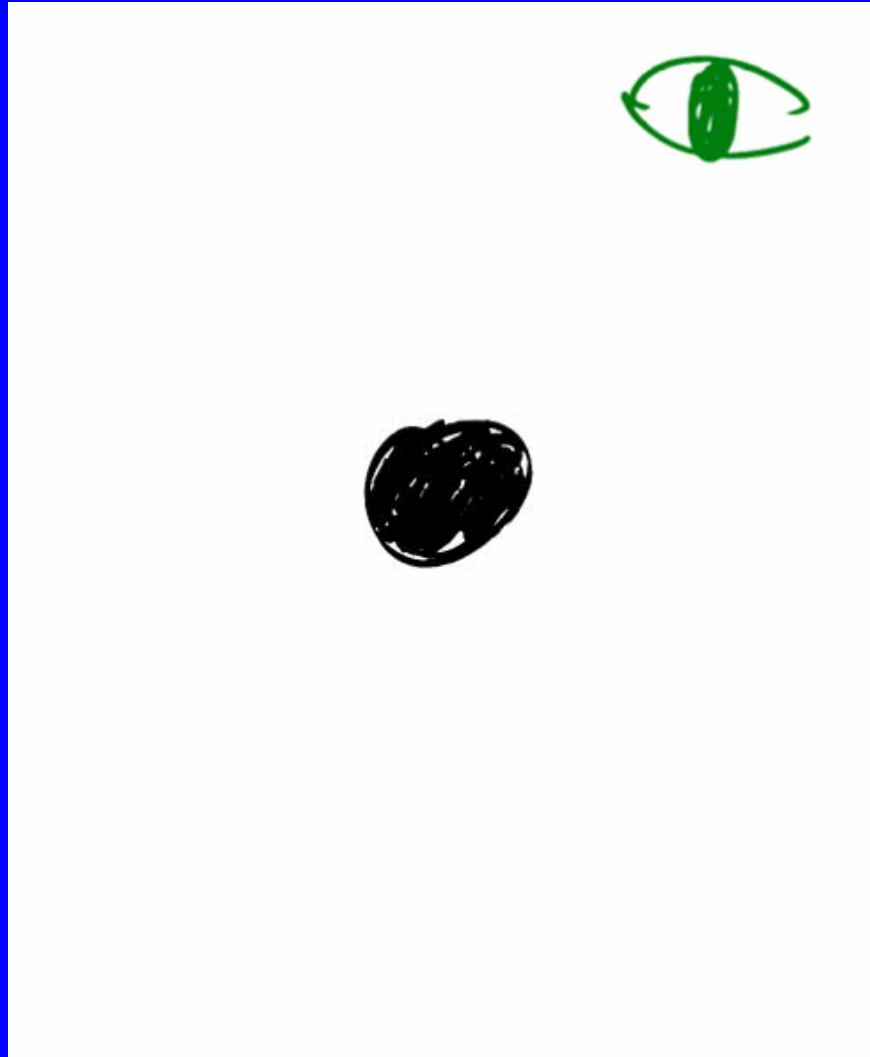
規則

全看

Facilitation Process?



教練：宏觀 Divergent...在外看



Fuzzification...

Fuzzify

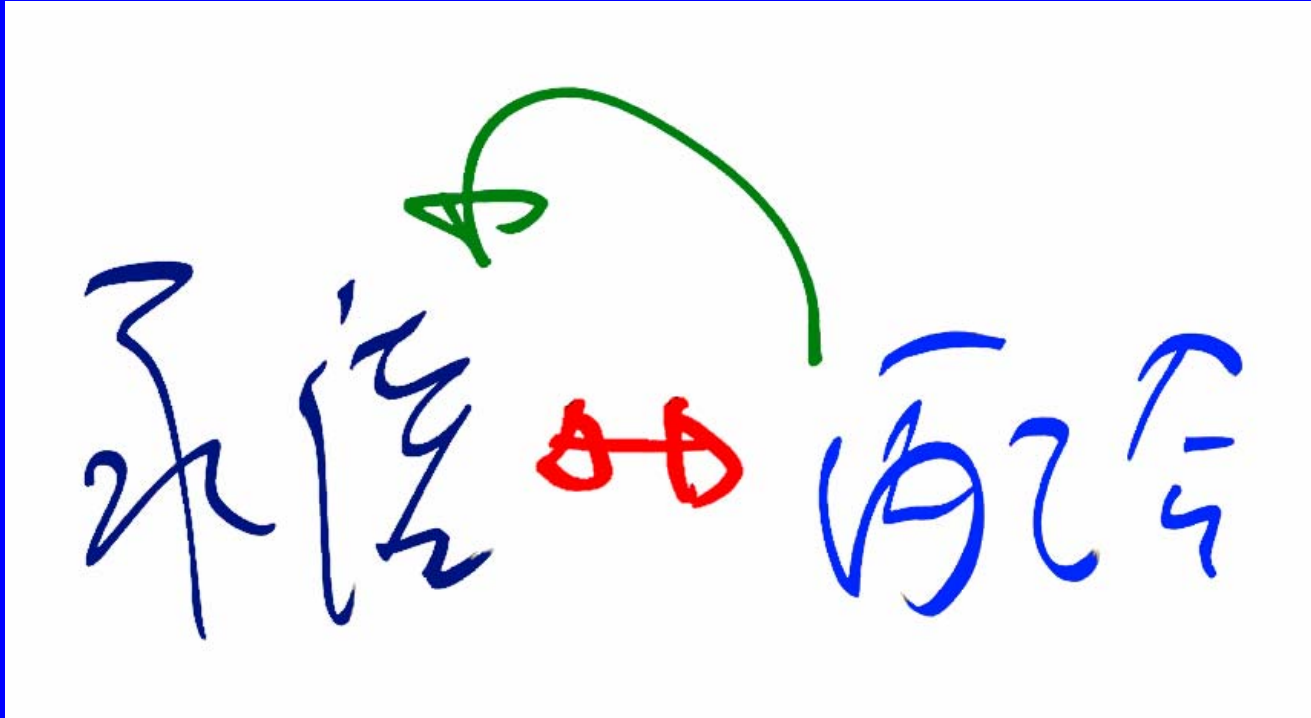
F-I \rightarrow F-S \rightarrow F-O

Professional
ethics
Knowledge

做/不做什麼

直接/間接/周邊

為什麼合作？



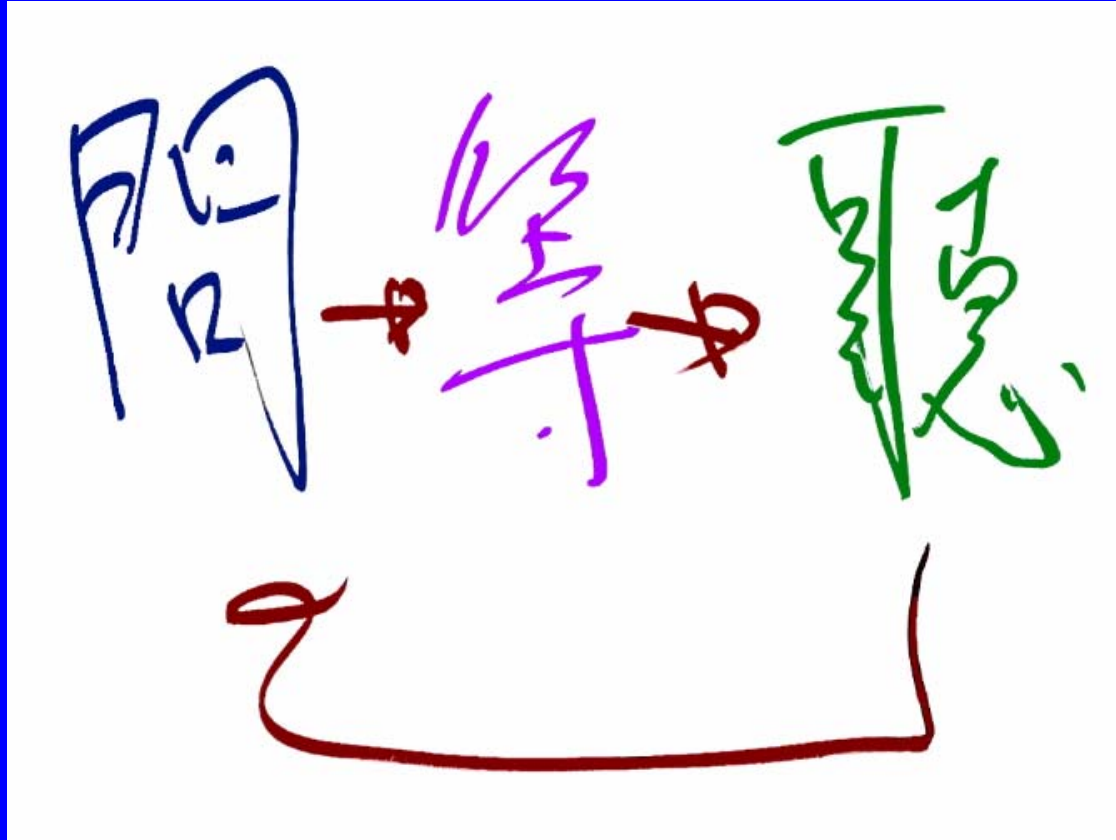
教練 = ?

Anti-先入為主

教練 = 移離聚焦



教練微觀程序...



不同角度看催眠

Event

→ 步驟

State

→ 放鬆想像集中

Interaction

→ 信任放心

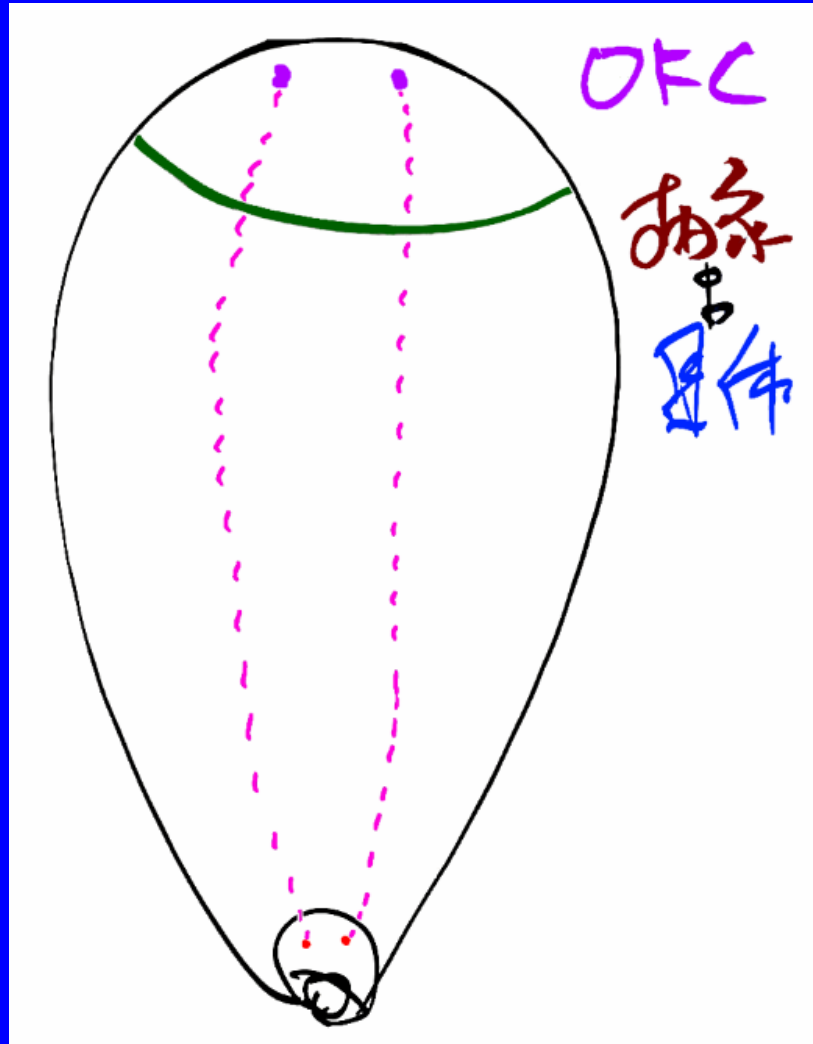
Interaction

顯意識無意識

有意識非意識

腦神經科學

外在刺激→OFC→連繫記憶→模擬未來→選擇...



教練助人想通三事項...



GP
預習機





收 → 受

教練不是步驟...



Optims
Steps

→ 彈性

Facilitation is...



催眠狀態下...

蠢左

聰明左

慢左

快左

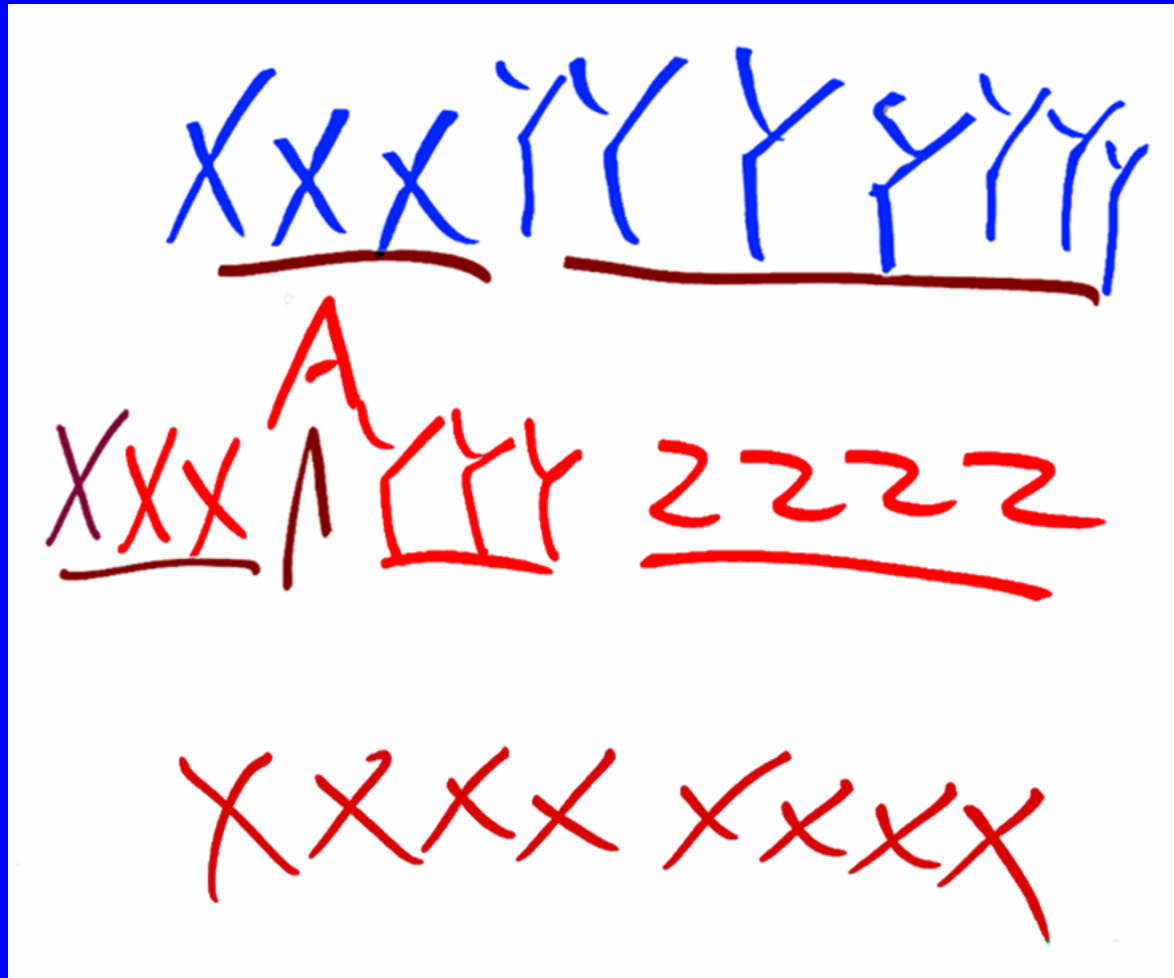
想得更少

更多

想得更難

更易

7 vs 10 vs 8



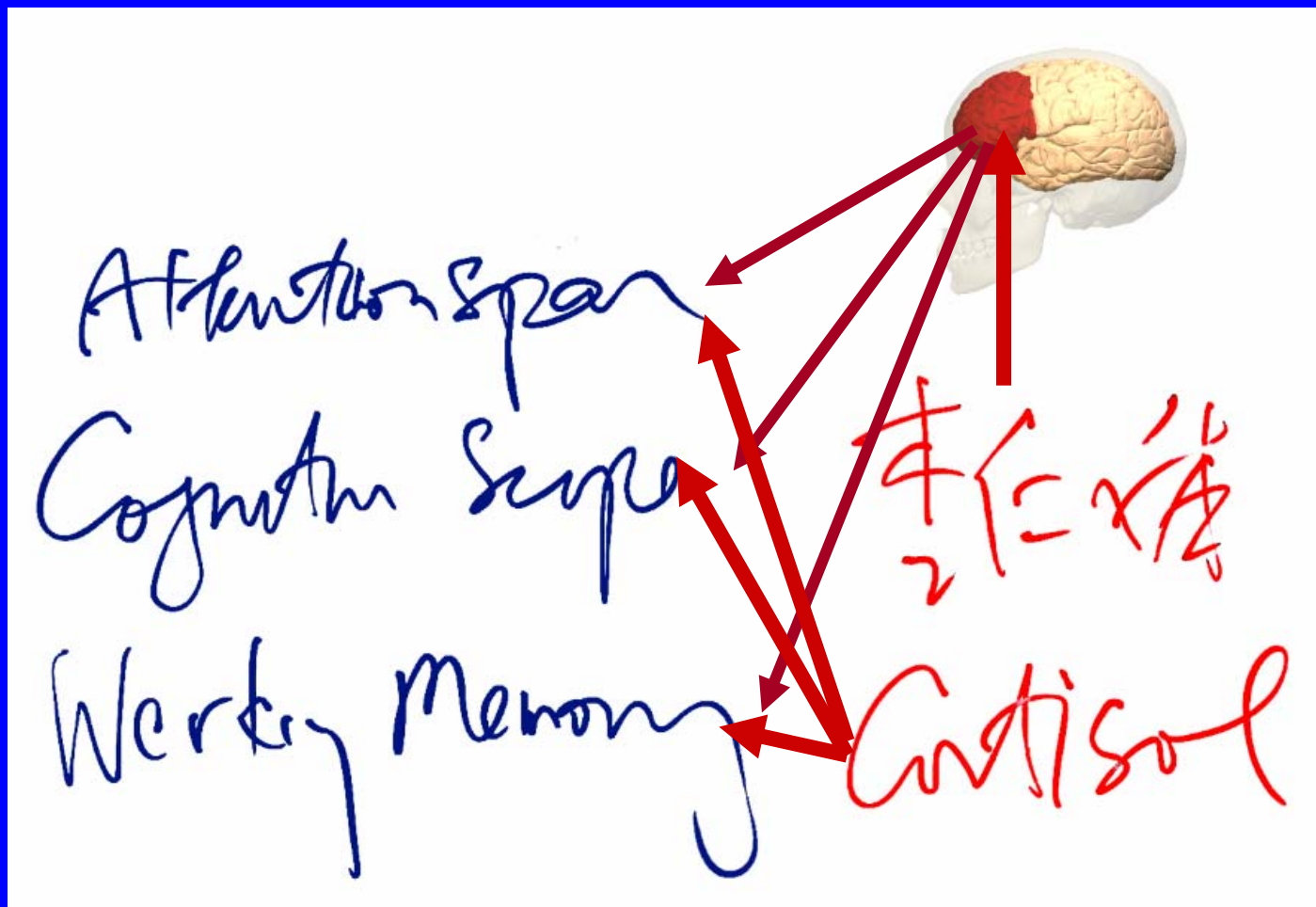
學習→提昇認知能力...

Learning....

① 語言

② Brain

緊張 → ...



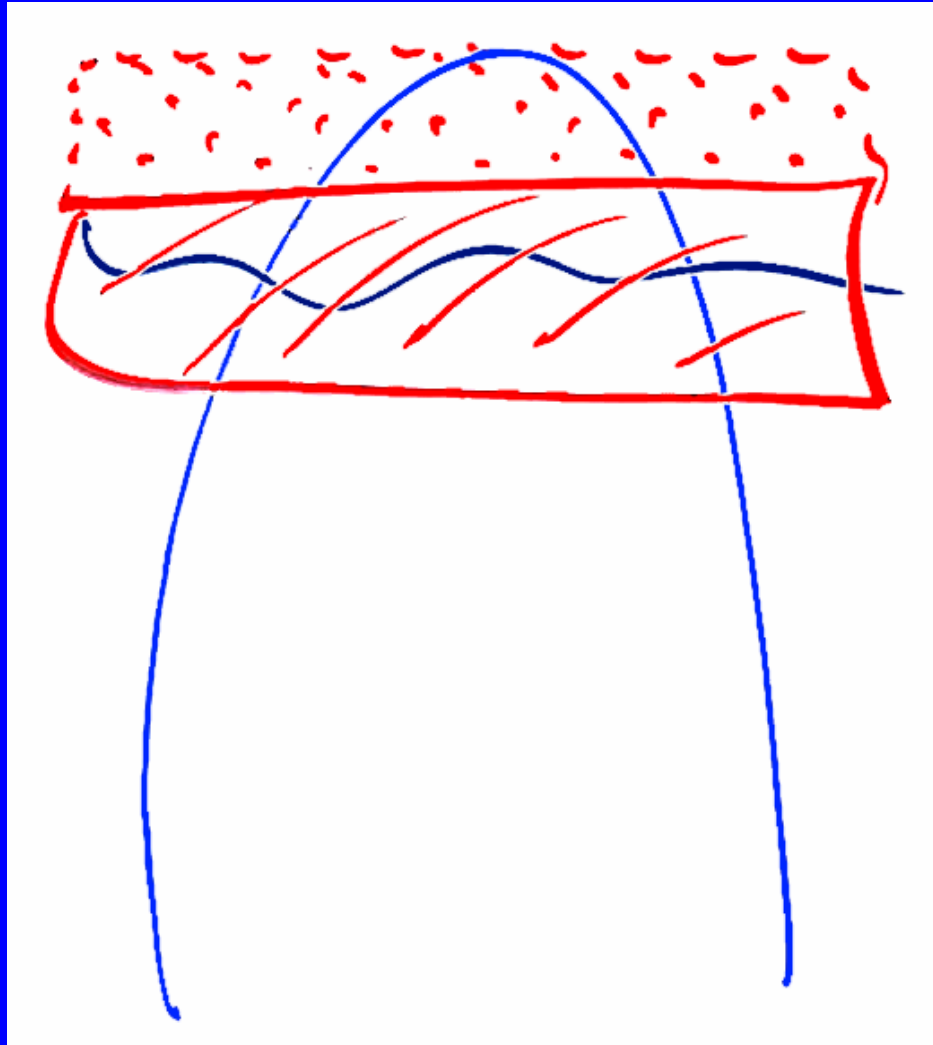
沒有 Uncoachable Person...

Uncoachable
moment

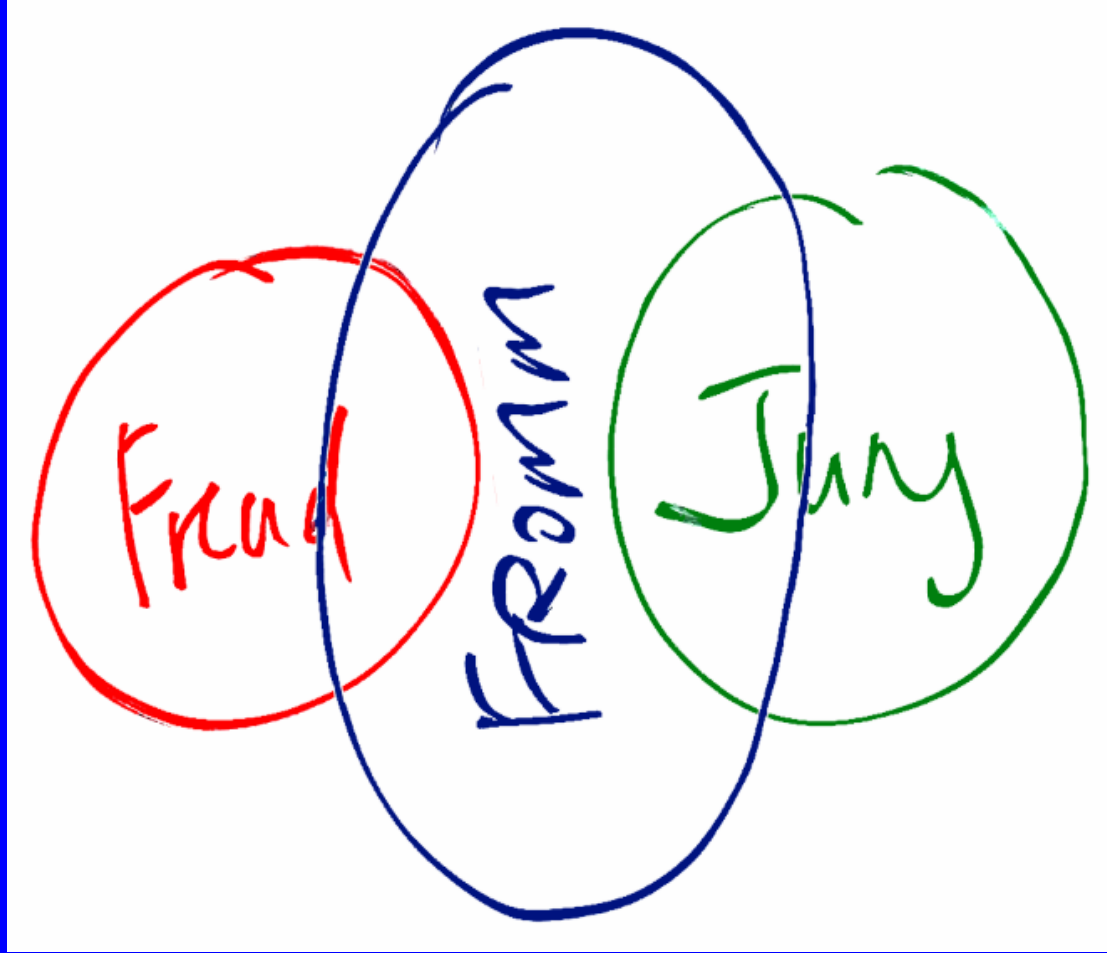


催眠：為什麼不能出，不能入？

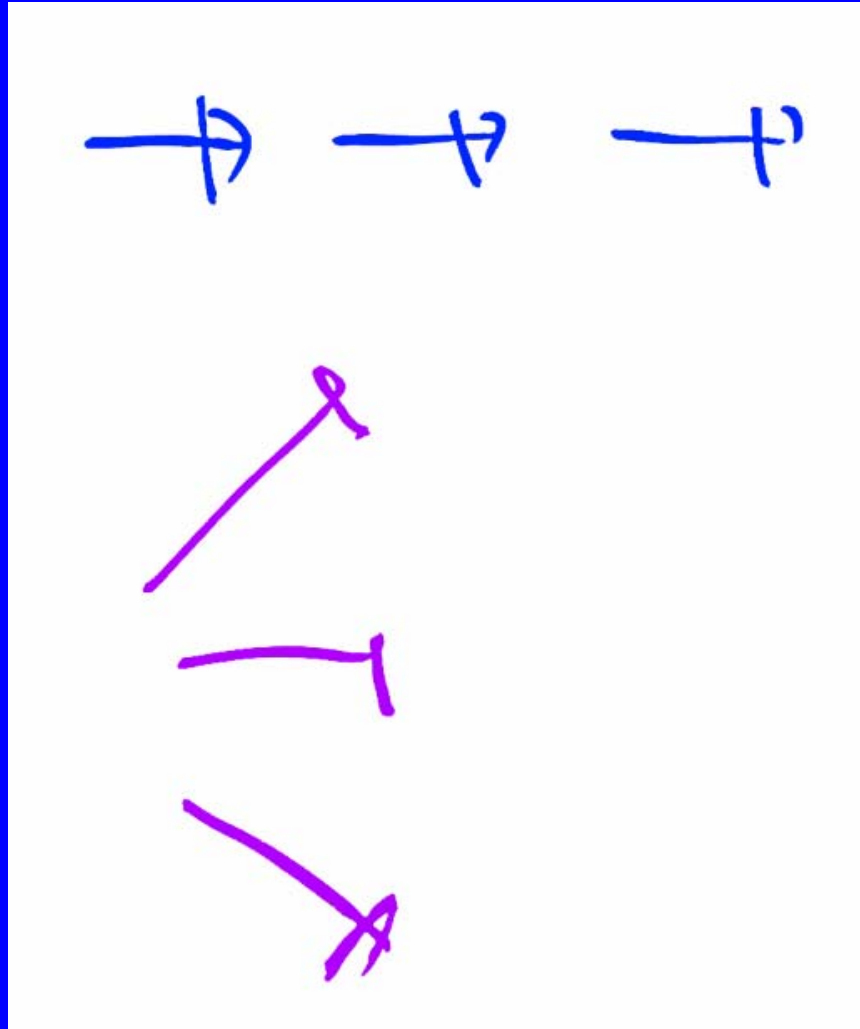
Ego



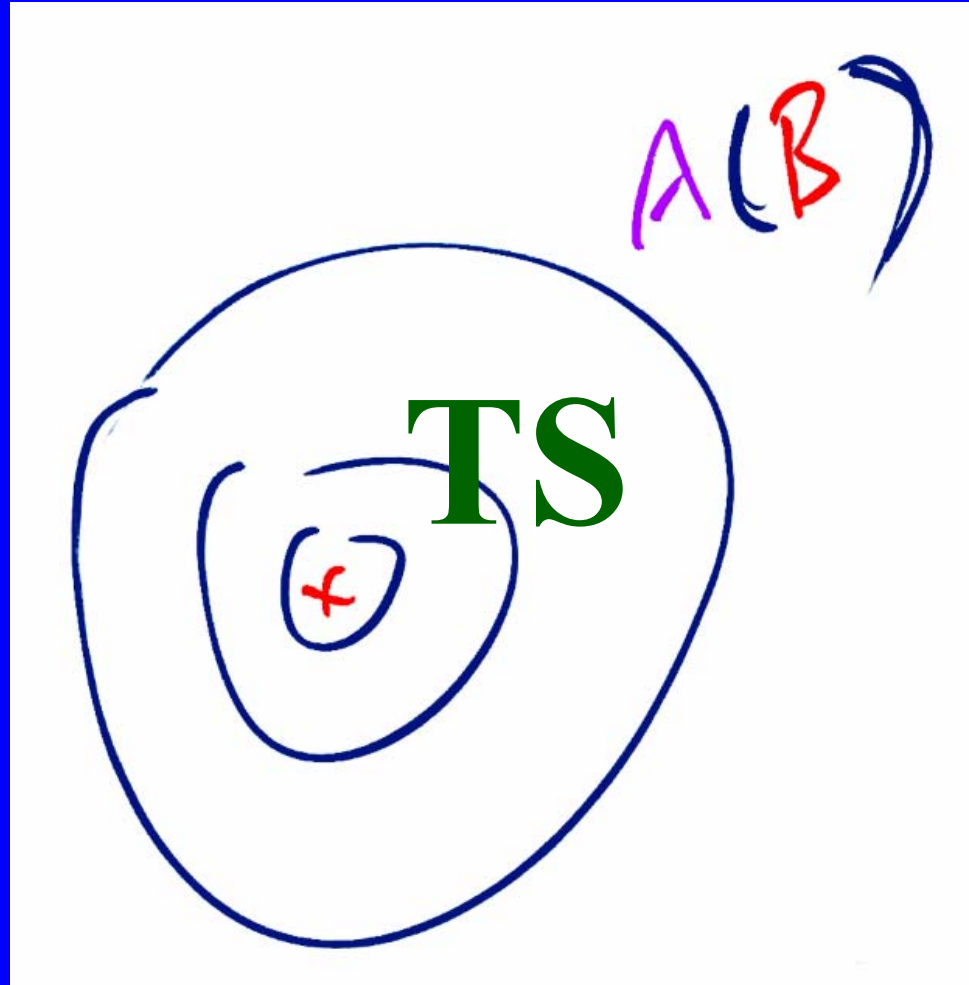
解夢: Freud, Jung, Fromm...



自由聯想...向後聯想...遠離「符號」...



Erickson 的關鍵: 彈性來源...

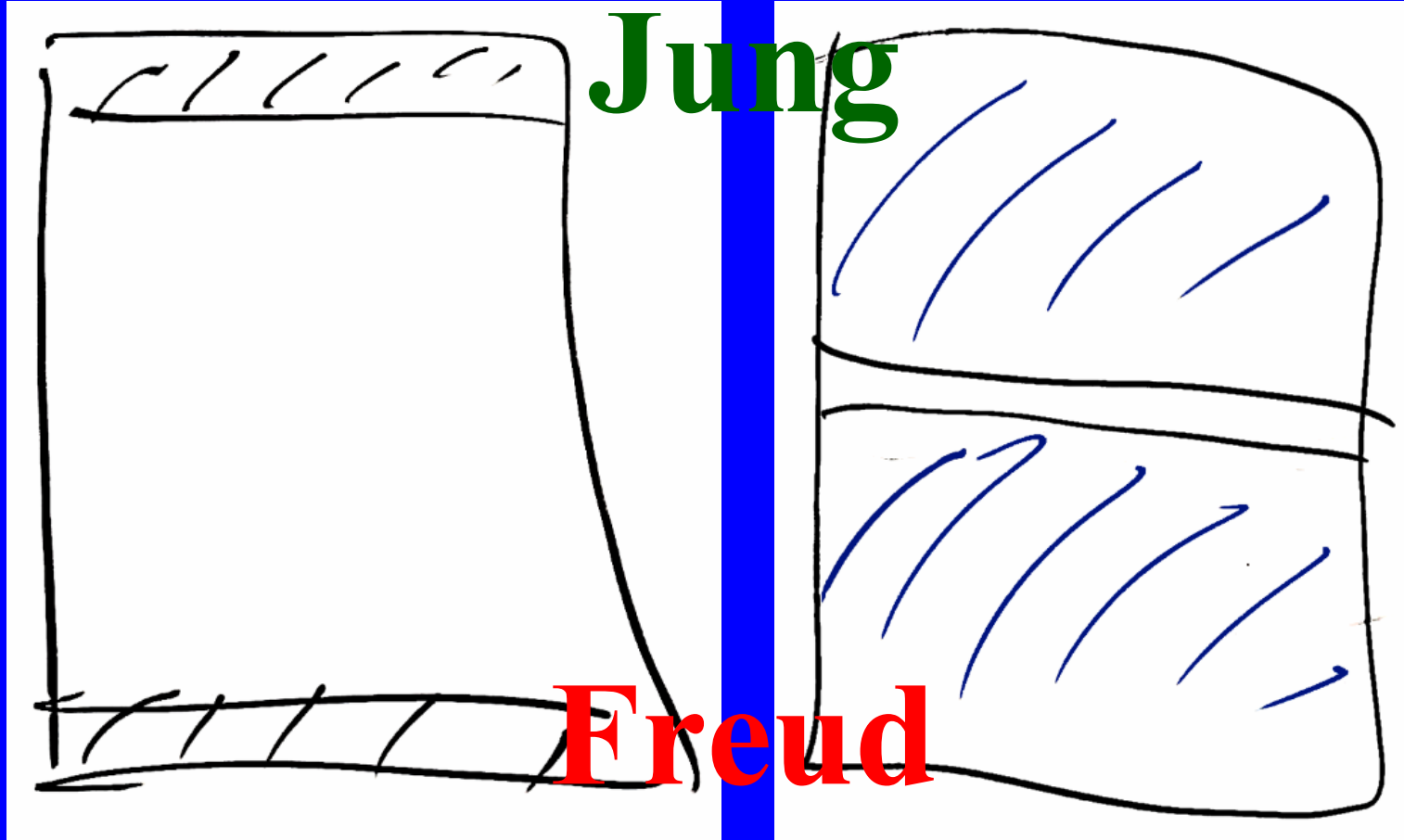


Meta Model / ALP...

有人說地...

每三次的...

最高/最低 Mind/Humanity...



不想參與...



學習之門...

