Richard Bolstad

Parts Integration and Psychotherapy
A Neurological Model for Understanding the
Task of Therapy

CAN YOU TALK COMFORTABLY with non-NLP trained psychotherapists about what we are doing in NLP? Do you have a model which enables you to explain NLP processes to a neurologist or medical doctor? If you'd like to, this article is for you.

Firstly, I plan to present one NLP compatible framework for understanding what in NLP we term "parts integration". Parts Integration is just one example of an NLP change process. I trust that NLP Practitioners will generalize the framework I present and use it to think about other things we do, especially anchoring and strategy installation.

I will show how this framework for understanding the integration of parts also explains what most other psychotherapy is doing. This will be recognized by NLP Practitioners as an unashamed attempt to make connections across the arbitrary barriers of our field and suggest that all psychotherapy has the same highest intention. As NLP Practitioners, you will also understand that it really does not matter whether this is hypothetically "true". The question is, does it help our clients more for us to believe we are totally unique and unrelated to all other therapies, or to believe that we are the latest in a series of approximations to the goal of successful psychotherapy? The answer, as NLP Practitioners realize already, is "Yes!"

The brain
Since the brain is so closely linked to our psyche, it seems a good enough place to begin in attempting to explain what happens when we heal that psyche in psychotherapy. The human brain itself is made up of about one hundred billion nerve cells or neurons. These cells