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Possibilities in Mind, Canada

Positivity in mind

Statement of the Problem: The significance of effective positive counselling methodologies is increasingly crucial in the development of a well-rounded foundation for individuals' mental and physical health due to the rising number of individuals affected with mental disorders. Treatment methods for mental disorders that exclude positive personal and interpersonal functioning have shown to be ineffective and risk aggravating or prolonging the disorder.

Methodology & Theoretical Orientation: Initially developed by Richard Bandler and John Grinder in the 1970's at the University of California, Neuro-Linguistic Programming (NLP) is a language-based methodology of effective communication and understanding. NLP has recently gained popularity within private sector coaching and counselling as a method for communication and personal development used by business managers, trainers, sales people, market researchers, counsellors, consultants and more. The increasing use and application of NLP has given rise to recent academic research and examination of NLP as an approach within education, communication and positive counselling. Research now demonstrates that the use of NLP may be a powerful praxis in the prevention and treatment of mental and physical disorders. NLP has shown to promote general health, relieve depression, decrease anxiety, increase social function and remedy physical problems.

Conclusion & Significance: While mental health disorders cover a broad range, a focus on positive development of individual thought processes and/or social functions has shown to be a potentially powerful and effective methodology in both the prevention and/or treatment of mental disorders. NLP methodologies for counselling can be used successfully to assist individuals develop positive personal and interpersonal functioning, which can help to prevent and treat mental disorders.

Biography

Alain Jean Baptiste is inspiring a global consciousness movement based on the transformative power of Lead Intuitively™, an innovative approach to effective leadership today. He is author of the trailblazing book "The 7 Lost Senses", that shows you how to achieve twelve sensory living and unleash the full power of intuitive abilities. He is known for his profound ability to help people from all walks of life, achieve amazing results, and become intuitive leaders who consciously create success. He has worked with hundreds of business leaders who achieved incredible success such as the Montreal Chamber of Commerce Business Man of the Year, REFAP, Business Woman and Professional Woman of the Year (to name a few). He has conducted workshops for numerous corporations and governmental organizations such as Radio Canada, the RCMP and more. With over 25 years of experience, he is a highly sought-after speaker, leadership trainer and advisor.

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