



NLP SUB MODALITY INTERVENTIONS

This handout will provide some basic information about the basic NLP interventions that you can build into your sessions. I highly recommend you take a Basic NLP course as soon as possible. Most likely, you will be so excited about the further power it brings to your sessions, you'll want to go on to a Master NLP course.

A sensory stimulus is any event or object that is received by the senses and elicits a response from a person. The stimulus can come in many forms such as light, heat, sound, touch, as well as from internal factors. ... Unusual responses to sensory stimuli are typically referred to as hypo- or hypersensitive reactions.

Did You Know There Are 7 Senses?

Sight (Vision)

Hearing (Auditory)

Smell (Olfactory)

Taste (Gustatory)

Touch (Tactile)

Vestibular (Movement): the movement and balance sense, which gives us information about where our head and body are in space.

Within NLP, the various senses in their role as information processors, are known as representation systems, or sensory modalities. The model itself is known as the VAKOG model (from the initial letters of the sensory-specific modalities: visual, auditory, kinesthetic, olfactory, gustatory).

The three major elements in successful sub modality interventions are visual, auditory and kinesthetic. These finer distinctions are called sub modalities and define the qualities of our internal representations. Generally, we work with only these 3 modalities.

4 NLP Techniques to Prepare for an Important Meeting or an NLP intervention:

NLP Technique 1: Stepping into Someone Else's Shoes ...

NLP Technique 2: Determining the Outcome of the Meeting ...

NLP Technique 3: Creating Movies in Your Mind (Association and Dissociation) ...

NLP Technique 4: Using a Model of Excellence.

A sensory modality (also called a stimulus modality) is an aspect of a stimulus or what is perceived after a stimulus. The term sensory modality is often used interchangeably with sense. The basic sensory modalities include light, sound, taste, temperature, pressure, and smell. The type and location of the sensory receptor activated by the stimulus plays the primary role in coding the sensation. All sensory modalities work together to heighten stimuli sensation when necessary.

Human external sensation is based on the sensory organs of the eyes, ears, skin, vestibular system, nose, and mouth, which contribute, respectively, to the sensory perceptions of vision, hearing, touch, spatial orientation, smell, and taste.

There are 5 different types of sensory neuron receptors.

You can classify cells based on their morphology, location or by what kind of stimulus they respond to. It is common to group them into 5 classes:

1. mechanoreceptors,
2. thermoreceptors,
3. nociceptors,
4. electromagnetic receptors
5. and chemoreceptors.

As a hypnotist, it isn't necessary to understand the physiology and scientific language. Just know that accessing these sub modalities creates access to a real and powerful ability to shift energy, rewire unwanted connections and associations, and expand perception.