

*Lucas Derks*

## NLP in Psychiatry – Success in the Making

### *Introduction*

In Berlin, NLP-based psychiatry has been evolving in silence since 1991. My acquaintance with it comes only through my knowing Wolfgang Walker. And it took me three trips to Berlin to realize how unique the Prenzl Komm project really is. While teaching Social Panorama seminars over there, I had the opportunity to meet forty of Prenzl Komm's co-workers and also Robby Jacob the director and initiator. Although Robby and Wolfgang are not looking for publicity, I had a strong urge to let the NLP world know what they are doing. This article is based on an extensive interview with Robby and Wolfgang. The complete version will be published in German in *Multimind* sometime in 2002.

### *Repeated failures*

In my practitioner training, six years ago, I met Jan and Piet, two senior therapists at a major Dutch institution for the detention of psychiatric criminals. And although the training started at ten, they were there at nine, busy discussing how and what techniques to use with their patients. In response to my expression of wonder, they explained: 'It's because our regular working day starts at nine, and since our clinic is paying for this course, we just come an hour early. You see?'

Two years later, both these men had lost their jobs: they had too enthusiastically tried to integrate NLP into their field. By so doing they had aroused strong resistance, and medical psychiatry had ejected them.

Over the years I witnessed at least twenty other psychiatric workers taking NLP courses. In the Netherlands at least, most of them became fully convinced of NLP's potential. However, none of them stayed long enough in psychiatry to really implement it. Just like Jan and Piet, these people all found medical psychiatry unable to cope with the necessary