Neurolinguistic Programming (NLP) In the Teaching Process

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ABSTRACT

The article discusses the possibility of applying neuro-linguistic programming (NLP) to teaching English.Neurolinguistic programming is one of the most superb areas of cutting-edge psychology. It provides psychological competencies for appreciation human beings and enhancing communication. The most essential thoughts and strategies of NLP are extensively used in a variety of fields. This helps to enhance them and make them extra successful. NLP stands for Neuro-Linguistic Programming. These are neurology, linguistics (transformational grammar) and cybernetics (systems theory). The suggested methods and tactics are provided, together with their benefits and drawbacks. Learning a foreign language is a challenging and complex skill, thus breaking it up into several related abilities is necessary to model it. With the use of NLP tools, you might discover several fascinating details that are often obscured to English language teachers. They include eye motions, behavioral patterns, underlying assumptions, tactics, nonverbal replies, anchor actions, and more. It's possible to simulate language learning.

Originally, Richard Bandler, a laptop programmer, mathematician and psychologist, (Biography, n. d.) and John Grinder, a professor of linguistics with a diploma in psychology, (Dilts, 1998) developed Neuro-linguistics Programming, (NLP), as a device for tremendous conversation and behavioral change. Neuro-linguistics is an amalgamation of the works of many outstanding, revered humans whose works Bandler and Grinder studied, researched, and emulated in their work. Noam Chomsky, a linguist, Milton Erickson, a psychiatrist, Fritz Perls, the founder of gestalt remedy and Virginia Satir, a therapist, had been the most influential. According to Jacobson, (1999-2002, p.1), the lookup performed in the subject of NLP "is quite unpleasant in phrases of the quality, organization, competence, and intentions of these doing". Bolstad, (1997, p. 1), cites simply a few of the research completed on the a number of methods reporting that the difficulty has no longer but been "fully researched".

Chomsky's work as a structural linguist centered on Transformational Analysis and Syntactical Structure (1957). Among Chomsky's ideas, there have been two ideas most essential to the area of NLP. The first used to be that deeply implanted in the brain, language and the capability to use it are genetic, and the second is that there is solely a restricted range of guidelines governing this process. Throughout his writings, Chomsky re-emphasized the underlying policies of the thinking as they practice to all languages. Chomsky's research of linguistics additionally led him away from the quantitative strategy used in behavioral sciences to the utilization of qualitative strategies as a substitute (Language and Mind, 1968).

Of specific software of Chomsky's work to Neuro-linguistics was once the notion that Language "is related with a particular kind of intellectual organization." Chomsky discovered that this deep structural stage of wondering and language utilized to all languages that he known

as "universal grammar", later postulating "the organic foundation of human language" (Language and Mind, 1968). This can be evidenced through the truth Neuro-linguistics is a science purposeful these days in Germany, France, and Sweden as nicely as in many cultures in which different languages are spoken. Chomsky drew a parallel between cybernetics and linguistics, discussing the opportunity of programming the laptop with a set of "universal...rules and principles...of...grammar" (Language and Mind, 1968). Bandler and Grinder later developed their representational structures of deep thinking and language agency into three categories, visual, kinesthetic, and auditory.

This used to be due to the impact of each Chomsky's and Milton Erickson's work. A psychiatrist and hypnotherapist, Milton H. Erickson, M. D. used to be famend for his successes as a therapist due to his spontaneity and "metaphors the usage of oblique recommendations and symbolic language" (Rosen, 1982). He labored with his sufferers in a manner that later lead to Bandler and Grinder's NLP method known as Pacing and Leading, (defined above) (Erickson, biography, 2004).

A professional in his therapeutic work, Erickson right away received rapport as he diagnosed and matched the verbal linguistic representational structures of his patients. Using his hypnotic voice, metaphor, matching, persuasion, humor, and pacing and main techniques, Erickson used trance and "unconscious learning" to information sufferers to states of inner combat decision (Rosen, 1982). (All phrases described above). Erickson developed a method that grew to be famous, in which he stated to sufferers as he hypnotized them, "My voice will go with you" (Rosen, 1982) which created security internet as they explored thru the unconscious mind. Erickson's use of "gestalt", reframing, oblique pointers or embedded commands, and well-formed outcomes, later end up vital principles in NLP.

The mentioned founder of the gestalt method, Frederick "Fritz" Perls, M. D. was once a German born psychiatrist who moved from Germany for the duration of the upward push of Nazism (Tobin, 2003- 2004). Noted for the improvement of Gestalt Therapy, "a phenomenological existential therapy", (the learn about of the phenomena of existence), the purpose of Perls' strategies used to be to create cognizance in his patients, which then generated the perception integral to locate options to issues (Yontef, 1993). Perls' gestalt remedy later grew to be an issue necessary in the improvement of NLP techniques in focusing on the "wholeness", or completeness, of the phenomena, the existential issue of interrelationships with others, as properly as the subject principle approach. (Field principle is a system that describes reality). Gestalt therapy's existential strategy was once one of the greater vital elements of Virginia Satir's work in working with households and women. Virginia Satir's biggest contribution to household remedy was once the manner in which she empowered people. She utilized function play as in gestalt therapy, metaphor and different methods of Erickson's and was once recognised for her flexibility to evoke a effective response that enabled her sufferers to obtain non-public increase (Andreas, 2003).

At present, the requirements for the study of a foreign language are quite high, since one of the tasks facing the teacher is the formation of students' communicative abilities. That is why the use of various methods and techniques allows you to open up new opportunities in learning.

NLP is a set of specific techniques and techniques that simplify relationships with people. From the very name "neuro-linguistic programming" one can understand the idea of this method: "neuro" is an action on the brain, "linguistic" is language, communication, "programming" is an inducement to a certain action.

To understand NLP in more detail, one can imagine that a person is a computer to which various programs are selected that determine his behavior. So, thanks to NLP technologies, it is possible to influence the "human program", i.e. on his behavior and reactions.

NLP is one of the most powerful psychotechniques that helps you change yourself and others in the most efficient and

elegant way. Neuro-Linguistic Programming (NLP) is a field of knowledge that studies the structure of the subjective experience of people who analyze language, describes it, reveals the ways and mechanisms of modeling experience in order to improve and transfer the identified models to other people.

NLP emerged in the early 1970s as a collaboration between John Grinder, then an assistant professor of linguistics at the University of California at Santa Cruz, and Richard Bandler, a psychology student at the same university. Richard Bandler was also interested in psychotherapy. Together they studied the actions of three eminent psychotherapists: Fritz Perls, an innovator of psychotherapy and founder of the school of therapy known as Gestalt therapy, Virginia Satir, a family therapist who managed to resolve such difficult family relationships that many other family therapists found it difficult -feet, and, finally, Milton Erickson, the world famous hypnotherapist.

In the spring of 1976, Grinder and Bandler named their work Neuro-Linguistic Programming, a cumbersome phrase that hides three simple ideas. The "neuro" part reflects the fundamental idea that behavior originates in the neurological processes of seeing, hearing, smelling, tasting, touching, and feeling. We perceive the world through our five senses, we extract "meaning" from the information and then we are guided by it. Our neurology includes not only invisible thought processes, but also our visible physiological responses to ideas and events. One is simply a reflection of the other on the physical level. Body and mind form an inseparable unity, a human being. The "linguistic" part of the name indicates that we use language to organize our thoughts and behavior and to communicate with other people. "Programming" refers to the ways in which we organize our ideas and actions in order to get results. In NLP there are many methods, techniques, methods and techniques devoted to how to: correctly formulate the goal; find the most appropriate ways to achieve it; change behavior; get rid of fears; model someone's effective behavior; find ways out of a seemingly hopeless situation; predict the behavior of the interlocutor and eventually simulate the situation, successfully find contact with others, constructively resolve conflicts, achieve success in life and much more. NLP tools allow you to reveal various interesting points hidden from the average English teacher: eye movements, behavior patterns, beliefs, strategies, non-verbal reactions, anchor actions and much more.

In NLP, the following levels of learning and development are distinguished:
- environment (external opportunities or limitations of activity, place, time and material conditions necessary for its implementation);
- behavior (specific steps, actions or operations required to achieve the goal);
- abilities (a system of cognitive maps, plans and strategies of activities, criteria for selecting and evaluating specific actions);
- beliefs and values (motivation and choice of a general direction of activity, taking into account existing abilities, goals and conditions; the answer to the question "why?" Regarding this activity and its psychological reinforcement);
- identity (person's awareness of his role, the answer to the question "who?" regarding this activity);
- mission (perception of one's task within the framework of a larger system, of which a person is a part - families, groups, etc.).

NLP allows you to describe at the same level the rapid interaction of physiology, nervous system, behavioral programming and language, that is, the main components that create subjective experience. Presented as a process, NLP is a strategy for effective communication and accelerated learning, including techniques and skills for developing systemic cognition, competence and flexibility, and a set of frames. NLP is also a special attitude, which is based on a system of assumptions and beliefs about the scope of human processes, capabilities, communication and change.

Different from other areas of knowledge, NLP is one of the areas of human knowledge, one of the first to step into the field of describing successful models of human experience, practically touching on how the

thinking and behavior of a "model" is organized and arranged - a person who owns some kind of skill , competence.

It is recommended to carry out your own modeling projects, and understanding and understanding of new tools will come as a result of the research done on the experience of other people. In this way, you can enrich your own experience based on the unique tools of Neuro Linguistic Programming and enrich Neuro Linguistic Programming based on the uniqueness of each.

Usually, learning a foreign language is associated with the way it happens at school: boring classes, incomprehensible homework, unwillingness to learn. This is called "negative anchoring" in Neuro Linguistic Programming parlance. To make learning a foreign language a holiday, you need to create a large number of positive anchors. We are surrounded by a huge number of opportunities. For example, listen to a tour of the museum in English with the help of an audio guide, while listening and viewing multimedia laser discs.

To model such a complex and complex skill as learning a foreign language, it is required to break it down into several interrelated skills. NLP tools will reveal various interesting points that are hidden from the average teacher of a foreign language: patterns of beliefs, behaviors, strategies, eye movements, non-verbal reactions, anchor actions, and others. In learning a foreign language, you can model a lot.

NLP technologies, as well as effective strategies and techniques in mastering the English language with practical examples of conducting lessons, are considered in the works of A. Pligin and I. Maksimenko.

Before you start learning, you need to understand what level you want to achieve in English, what skills you hope to develop and where exactly you want to use the acquired knowledge. Any high-quality training can be represented as a chain of goals that need to be converted into a specific result. From this point of view, it is recommended to apply the so-called T.O.T.E. model, developed by psychologists (K. Pribram, J. Miller, Y. Galanter),

who had the goal of making the management of their activities more efficient.

Abbreviation T.O.T.E. means:

T1 (Test) - the formulation of the goal and the criteria for achieving it. In order to successfully master the English language at the beginning of your studies, you must clearly define the first milestone of growth or the level that you plan to achieve. For example: fluently conduct seminars in the target language, read and understand books without a dictionary, know English grammar well, etc.

O (Operations) - specific operations and actions to achieve the goal. Once you decide on a goal, you should understand what you will do to achieve it. For example: attending English courses, reading simple adapted literature, watching educational films in the target language. First you need to write possible actions, and then try to arrange them in the most effective sequence.

T2 (Process test) - comparison of the actions performed with the criteria for its achievement. Some time after the training, a comparison takes place: what you have already learned with the desired results (Test 1). For example: you understand films in English by 40 - 60%, began to read and understand adapted texts, began to answer calls from foreign citizens in English. At this stage, you make a decision - to complete the process of moving towards your goal or continue it. If you have reached your goal, then you can move on to the process of moving to the next level of learning English that you have determined for yourself.

E (Exit) - making a decision to stop the process of achieving the goal and fixing the result. How will you know that you have achieved results? For example: start thinking in English; you will begin to understand people who speak English, you will be able to negotiate in English.

When learning a foreign language for self-control, it is recommended to use a method called the "Wheel of Success". Having started learning a foreign language, students use a ten-point system to evaluate their skills (if any) for each type of activity. 10 points - the estimated level they want to reach, for example, after two or three months of learning the language. Then

the students connect all the dots that they put on straight lines. It turns out a wheel that needs to be improved. Pupils can clearly see the areas that need to be paid close attention so that the wheel looks as correct as possible.

To a greater extent, the difficulties of mastering any foreign language are associated not so much with the abilities of a person, but with effective methods of cognition and training programs that are built on their basis. So, A. Pligin and I. Maksimenko offer a number of strategies in the field of mastering the English language, as well as special exercises for their identification and correction, if necessary. The list of stated strategies and methods (useful tips) includes:

1) Strategy for memorizing English words;

2) Strategy for the perception of English speech (audio or video recordings);

3) The strategy of learning watching videos;

4) The strategy of retelling the text;

5) Grammar teaching strategy;

6) Useful tips for speeding up spontaneous speech, etc.

The above principles for constructing training sessions and their content should encourage independent creative search.

Meanwhile, a number of authors express critical remarks about the use of these elements of NLP in the process of teaching foreign languages. For example, T. Baitukalov cites the following remarks.

1. The main disadvantage of the proposed techniques is translation exercises. But if a person speaks and understands English poorly, then no translation exercises will advance him to achieve his intended goal. Even if we make these translation exercises interesting and fun, the effectiveness of these exercises in terms of language acquisition will not be quite low.

2. Large availability of charts and tables. Looking at these diagrams and tables, the student can understand the principle according to which English sentences are built, but this will not help him much to unconsciously and quickly generate these sentences in his speech. Having heard this grammatical construction in a sounding speech, the student will not immediately understand it. First, he will remember a diagram or a table, and only then, through a complex system of conscious microstrategies, will he come to something similar to understanding. Even if the grammatical structure is easy, this extra step of remembering tables / diagrams can get stuck in the student's head for a long time.

3. The next drawback is the student's motivation to compare Russian and English. You can try to look for analogies in Russian to each grammatical form of the English language for an infinitely long time, but knowledge of these analogies will not contribute to the natural unconscious generation of these English constructions in your own speech.

Thus, most of the time devoted to learning a language should consist in observing and copying native speakers. This stage of modeling is called unconscious assimilation. The NLP method is an effective technology for learning a foreign language.

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