



STUDY CASE PRESENTATION

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European Association

for

Neuro-Linguistic Psychotherapy

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AGENDA

- ❑ GENERAL DESCRIPTION OF THE CASE
- ❑ NLPt PERSPECTIVES
- ❑ NLPt INTERVENTIONS & RESULTS
- ❑ CONCLUSIONS & DISCUSSIONS



GENERAL DESCRIPTION OF THE CASE

DIAGNOSTIC

Complex post traumatic stress disorder
(ICD 11 – 6B41)

Masochism Disorder
(F65.5/ ICD 10)

Sophia is a brave 37 woman.

She overcome the masochism behavior in her sexual life, by working with tenacity in psychotherapy, using NLPt interventions.

In therapy from 2016 * 1 session/ 2 week

lawyer | unmarried | no kids | no drugs
no smoking | occasional alcohol

OBJECTIVE

To build an intimate relationship with a man and to trust other people

MT. EVEREST SUMMIT
8,848 metres

CAMP 4 SOUTH COL
8,000 metres

DEATH ZONE:
The lack of oxygen above
8000 metres can be fatal
to climbers.

8,000 metres

CAMP 3
7,162 metres

CAMP 2
6,400 metres

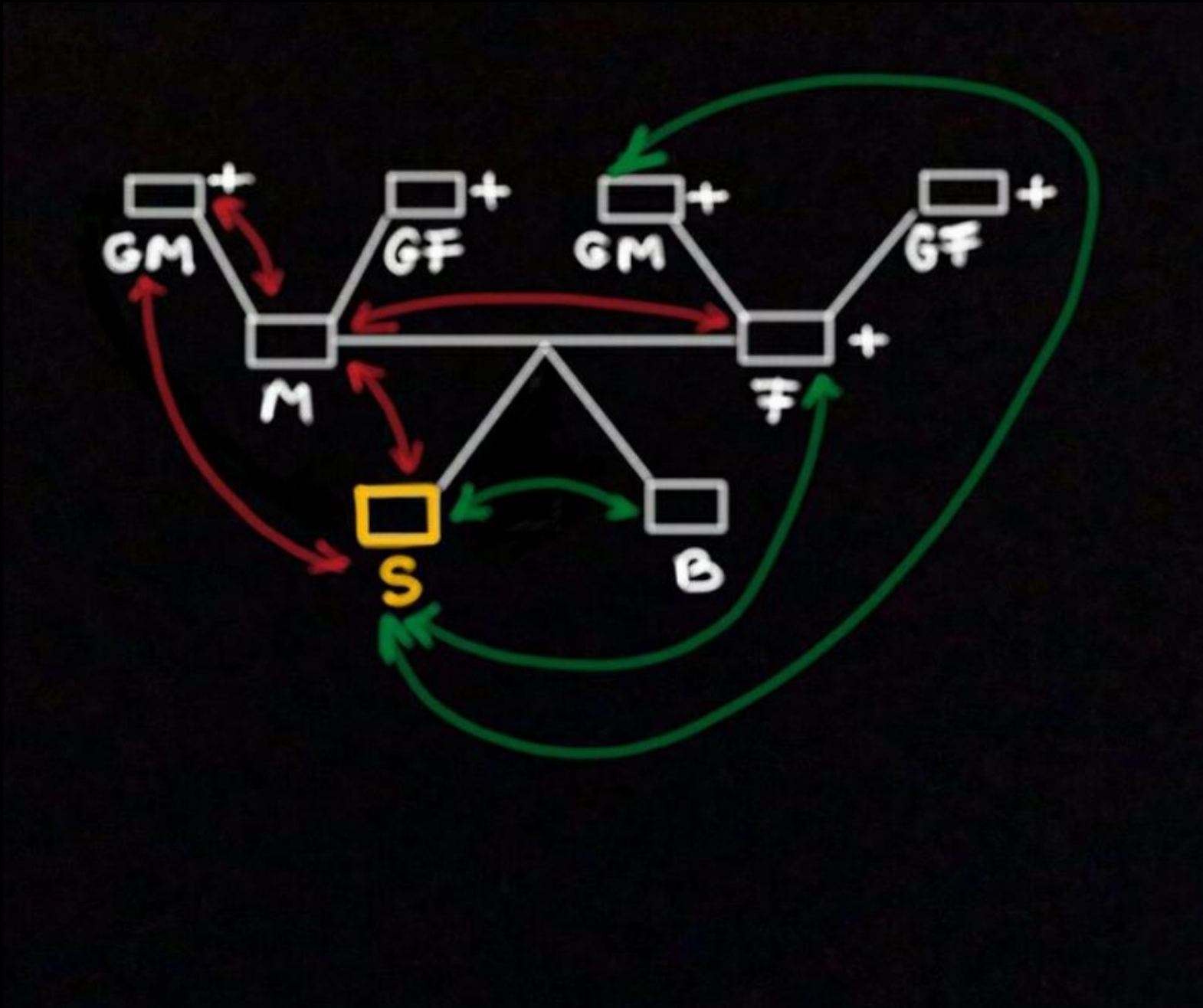
CAMP 1
5,943 metres

BASE CAMP
5,334 metres

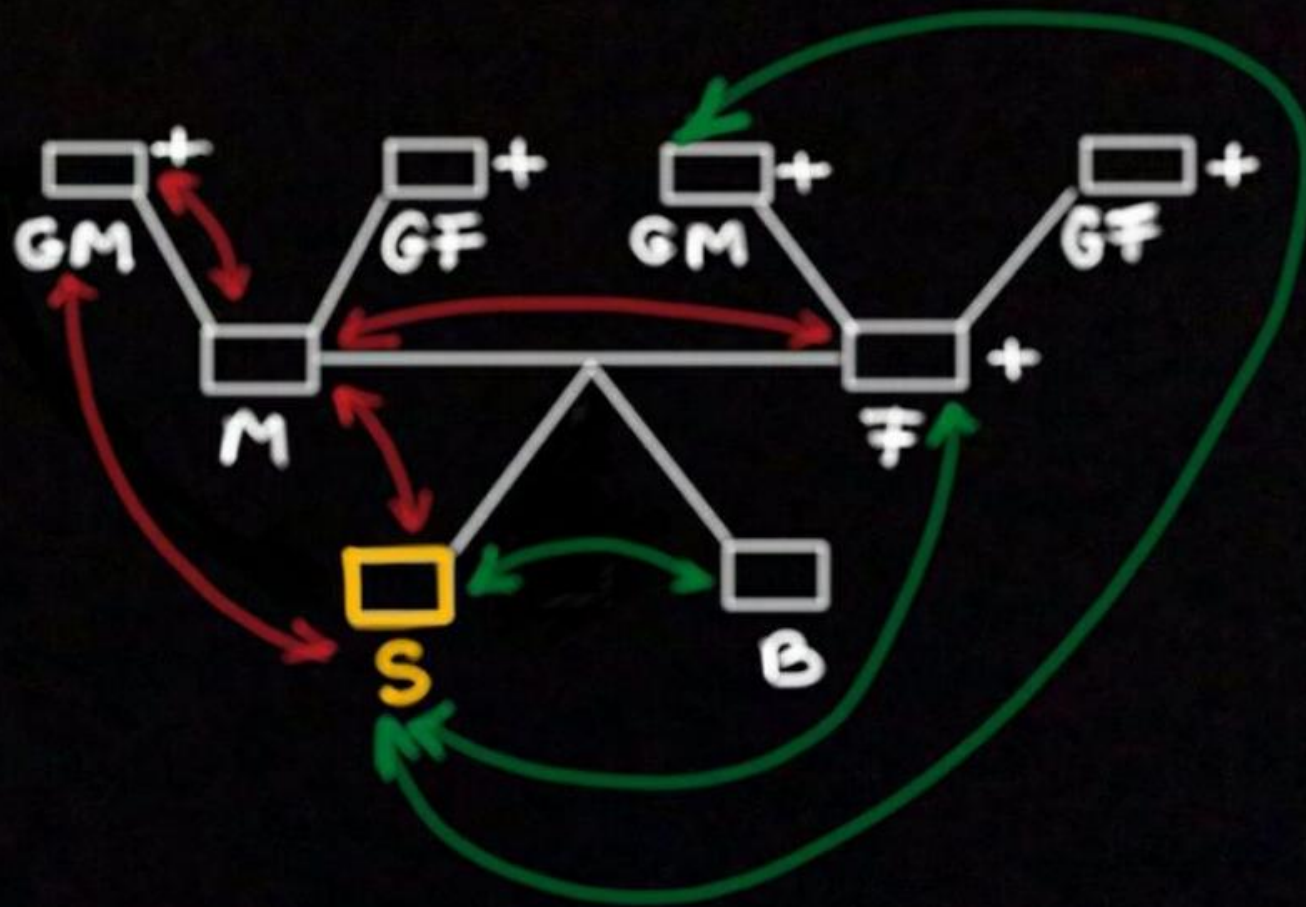
My
metaphor



Genogram



- M**
- Depression
 - Criticism: You are a bad girl! / You are good of nothing! / You are capable of nothing
 - Jealousy of her mother in law



Fear | shame
helplessness
worthlessness
empty

- F**
- Alcoholic
 - Physical aggressivity with M
 - Frequent fights with M
 - Died of lung cancer
 - Poor communication with S

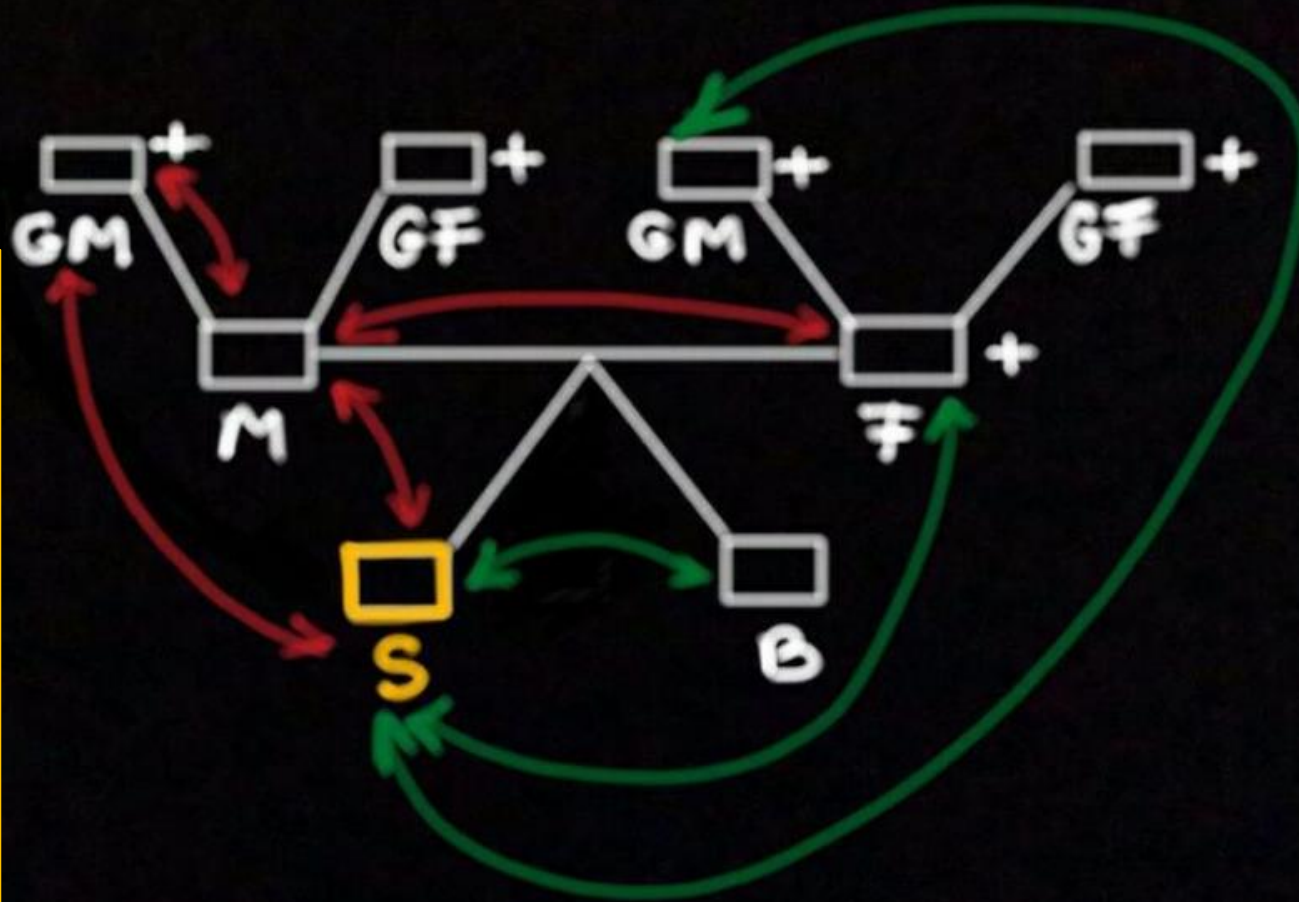
GM
- Alcoholic

GF
- Hard worker

GM
- She has grown her
from 1 year

GF
- Alcoholic

M
- Depression
- Criticism: You are
a bad girl! / You
are good of
nothing! / You are
capable of nothing
- Jealousy of her
mother in law



F
- Alcoholic
- Physical
aggressivity with
M
- Frequent fights
with M
- Died of lung
cancer
- Poor
communication
with S

**Sophie was 5 years of
age when a
traumatic experience
happened...**





NLPt PERSPECTIVE

I am a bad person!

I am a problem!

I feel bad!

It is bad to be like this!

**I can't do anything, because I
was like this all the time!**

I harm people!



Metamodel :

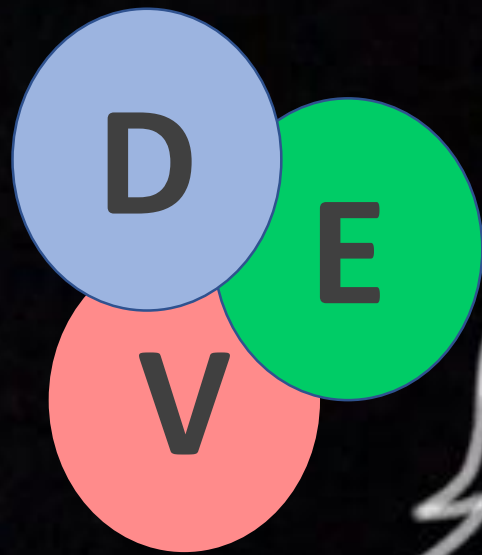
- deletions | lost performatives | cause & effect | mind reading

Metaprograms :

- external references | reactive | associated | past oriented | digital visual

Limiting beliefs :

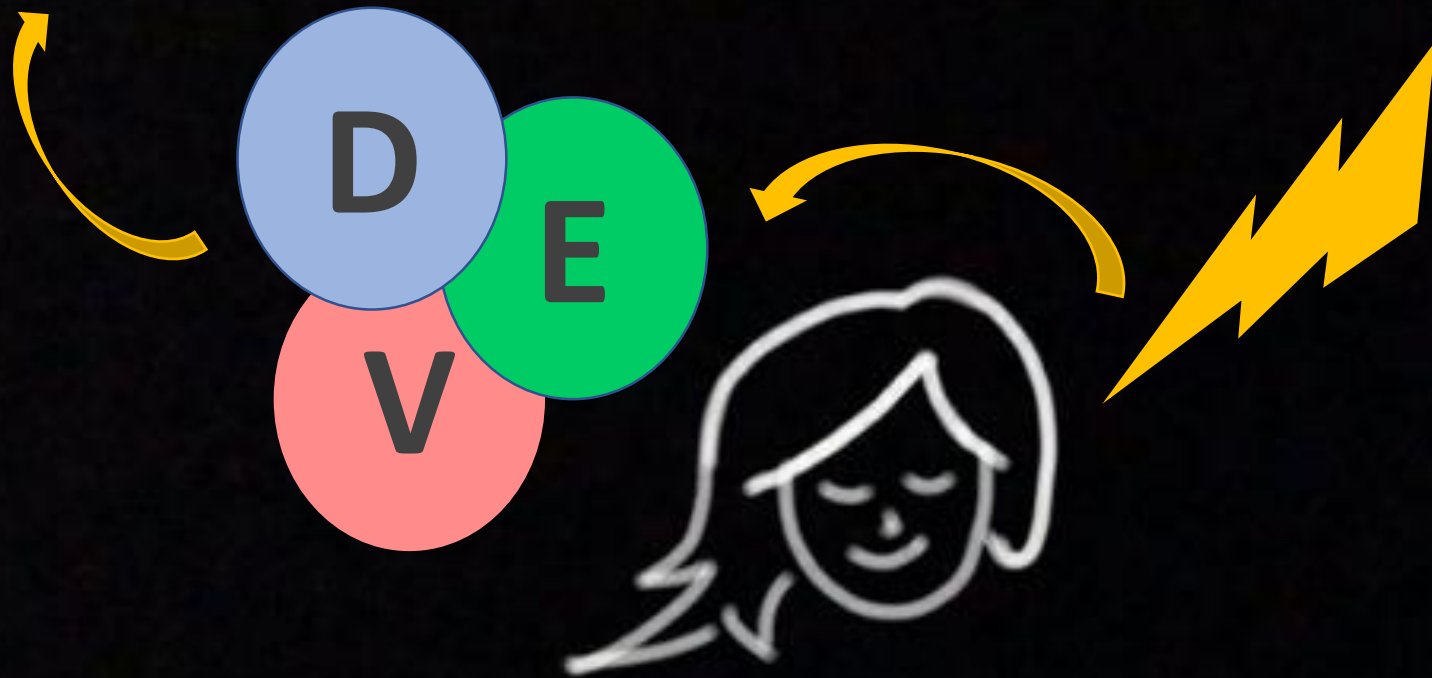
- Helplessness
- Worthlessness



Sophia was 5 years of age when a traumatic experience happened...

Synaesthesia

**MASOCHISTIC
behavior**



**Sophie was 5 years of
age when a
traumatic experience
happened...**

Synaesthesia



NLPt INTERVENTIONS & RESULTS

❑ Change history

❑ Submodalities

❑ Inner child work

❑ Parts

❑ Alignment of
neurological
levels

❑ Metamodel -
reframing

Kinesthetic awareness increased

Self confidence increased
(courage to "stand up for her",
during conversations)

Her posture changed

Started to train for a marathon

Stopped being part of BDSM
Community
(Bondage Domination Sadism
and Masochism)

EFFECTS



CONCLUSIONS & DISCUSSIONS



GRAZIE!

CIAO!

