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Friday, June 10, 2016

(Room 6)

14:00 - 14:55 WS #42: Practical Uses of Neurolinguistic Programming in Primary Care

15:05 - 16:00 WS #54: Practical Uses of Neurolinguistic Programming in Primary Care (Repeated)

anxiety thru the NLP lens

bruce arroll

director of the goodfellow unit

**dept of general practice and primary health
care school of population health**



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getting less anxious about anxiety

more tools in the toolkit



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HOME > GEMS

Gems

Goodfellow Gems are chosen by the Goodfellow director Dr. Bruce Arroll to be either practice changing or practice maintaining. The information is educational and not clinical advice.



Judicious antidepressant use in pregnancy

Published on: Wednesday, May 25, 2016



Is this red eye a bacterial conjunctivitis? – a user's guide to correct treatment

Published on: Wednesday, May 11, 2016



Acne: low dose isotretinoin 10 mg daily is effective with fewer side effects

Published on: Wednesday, April 27, 2016



Head lice. Dimeticone (or dimethicone) appears superior to traditional treatments (like permethrin or malathion)

Published on: Wednesday, April 13, 2016

podcast



Goodfellow Clinics are a series of podcasts featuring topical and relevant information for health professionals.

Click on an episode title listed below and then click on the play button. You do not need to be logged in to listen to Goodfellow podcast episodes. You can also listen to the Goodfellow Clinics podcast via itunes.



Depression in adolescents - Sally Merry

Date Published: 31 May 2016

Length: 17:40



Childhood Eczema - Paul Jarrett

Date Published: 24 May 2016

Length: 16:25



Nasal Obstruction - Salil Nair

Date Published: 18 May 2016

Length: 25:54



Otorrhea - Melanie Collins

Date Published: 18 March 2016

Length: 34:24



Iron deficiency - Ali Jafer

Date Published: 08 March 2016



Continuing Medical Education

*general practice and
primary health care*

Online Catalogue



Goodfellow Learning provides an online catalogue of material for continuing education... [more](#)

Annual Symposium



The Goodfellow Symposium is held annually in Auckland over two days and is... [more](#)

Goodfellow Events



The Goodfellow Unit holds a variety of face to face events, workshops and seminars throughout the year for... [more](#)

Goodfellow Clinics



Podcasts, Gems, Live webinars, forums, and more...



Recommended health websites

This contains links to a number of websites and resources relevant to health professionals.

Webinars



Goodfellow Webinars are online interactive live CME events featuring topical and relevant information for health professionals. Our online webinars are free to register enabling participants to attend CME events from work, home or anywhere in the world.

Most of our webinars are recorded allowing you to watch at a later date even if you are unable to attend the event live. You need to be logged in to view past Goodfellow webinar events.

Professional development points are available for attending all Goodfellow webinars.

Previous Webinars

The archive list below contains videos, slides and resource links from previous webinars. Click on a title to see resources available from that webinar.



Webinar: Nutrition made easy

Event Date:

Wednesday, May 4, 2016



Webinar: TIA/Stroke Management in Primary Care - Anna Ranta

Event Date:

Tuesday, December 1, 2015



Webinar: Red rash made easy - Paul Jarrett

Event Date:

Monday, October 19, 2015

Can you remember a time

- a patient with anxiety
- you feel anxious
- what next?
- drugs, talk, problem solving
- what tools for anxiety

successes

- David hairdresser
- can now stand on ladders

- Martin at gym
- can stand on walls







successes

- **70% get improvement**
- **RCT 45% effect size**

first clinical nlp

- **nigel thompson GP queenstown**
 - pain
 - how does it look from 50,000 miles (first world problems)

NZ average male → GP- 12 months



10.7% → 12.2%

NZ average female → GP-12 months



18.6% → 26.6%

Back
pain

- Anxiety → GP

Back
pain

- No anxiety ≠ GP

- **anxiety is the final common pathway**

today

- **explain NLP**
- **anxiety rx phobia cure video**
- **symptom shifting**
 - **Intangible to the tangible**
- **case of paroxysmal AF & anxiety++++**
- **a number of techniques for anxiety**

nlp

- **neuro => brain**
- **linguistic => language**
- **another way of reframing**
↔



- **neuro**



- **linguistic**



- **wrong programme**

aim of nlp



others' successes

- **steve gurney –lucky legs**

5 treatments for anxiety

- **symptom shifting**
- **reverse direction**
- **phobia cure (phobia is situational anxiety condition)**
- **relaxation anchor**
- **Karen R #1, 2 and 3 all helped with anxiety/depression**

1 symptom shifting

- **symptom shifting**
 - **Making the intangible into the tangible**
- **good for anxiety and pain**

- **KL**
- **letter from tax dept**
- **location**
- **shape and colour**

2-reverse direction

3 phobia cure

- **relaxation state –create an anchor**
 - to ensure safety if re-traumatization occurs
- **safe to trauma to safe**
- **watching a movie from seat + projection box**
 - 2 levels of safety
 - movies allows dissociation from event
 - 2 orders of safety

phobia cure-

- **run movie forward in black and white slowly**
 - B & W old and in the past
- **hop in movie + colour and run back quickly**
- **re run movie in black and white**
 - keep doing this until trauma is gone
 - ask them how they feel- usually better
 - Its all in my mind

phobia cure -

- **like emdr –effective Rx for depression**
 - eye movement desensitization and reprocessing
- **next topic**

4-anchor

- PP headmaster who does a lot of public speaking
- performance anxiety
- relaxation anchor
 - demonstrate
- able to get up and speak as he did in past

5-message on forehead

- message on forehead
- behavioural experiment

insomnia case-64 yr woman mrs ga- sleep consult

- PHQ-9 = 18 moderate major depression
- GAD-7 = 18 severe anxiety disorder
- 7/7 nights not sleeping
- precipitating event- paroxysmal AF 1 year ago
 - tambocor (flecainide)
- long discussion on options
 - reassured that not going to die but pulse 160/mins

- throwing an anchor for relaxation
- shape and colour and location of anxiety
 - heart to round
 - white to blue
 - location far away and flat on the floor (50 cent to 10 cent)
 - tambocor (flecainide)
 - felt a lot better immediately

social issues

- husband concerned
- daughter concerned
- family “consumed” with the anxiety
- BA called cardiologist for regular Tambacor
 - good idea but normal echo and ETT

outcome

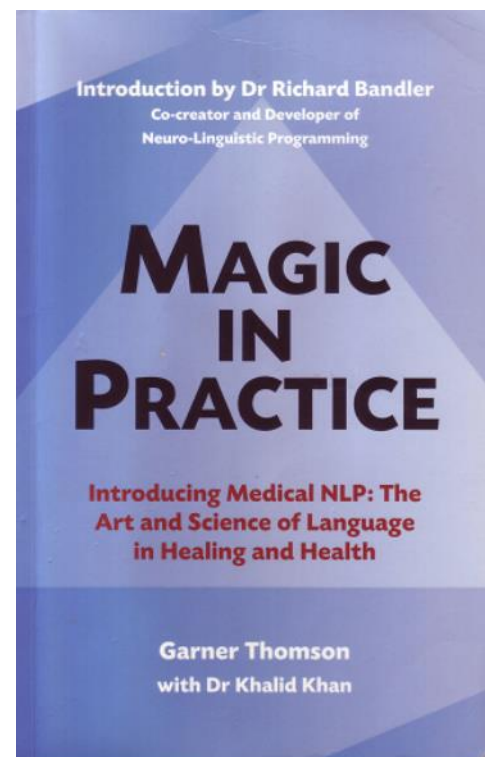
- GAD7 = 7 immediately after
- Sleeping 6/7 one week later
- GAD 7 one week later
- 6 months later 7/7
- said it was not the ETT but the symptom shift

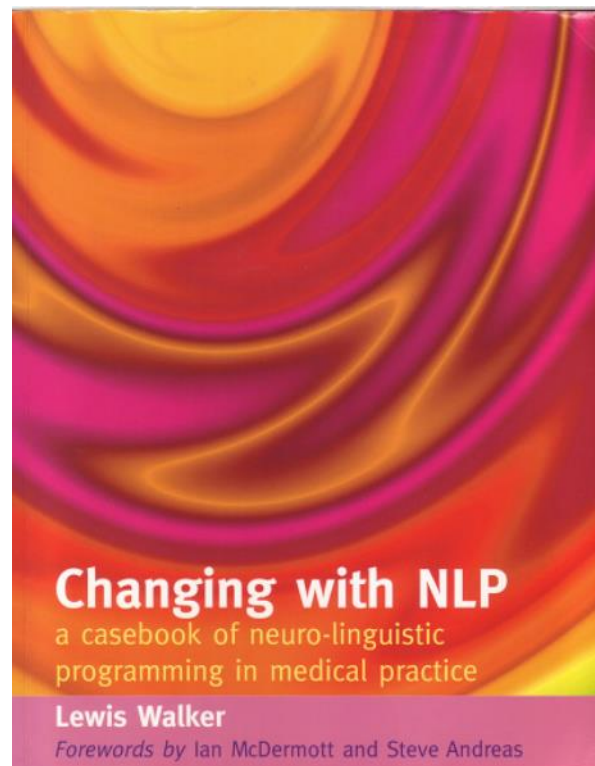
5th treatment

- things not going well at work
- how do you want the world to see you
- what message do you want tattooed on forehead
- I am a talented person-respect me
 - What happens

talking therapies

- all about reframing the ‘problem’”





richard bolstad

- <http://www.transformations.net.nz/>



take home message

- anxiety is common and difficult treat
- NLP offers some more tools
- some are very simple- for next monday
- consider doing some training

the end



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