

Diving Deep into the Bottom of the Soul. Two Journeys into the Worlds of NLP and PCP

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Abstract: I'm not the first one who pointed out to the fact that the increasing numbers of therapies and therapists have generated the increasing numbers of diseases and patients/clients. So, I imagined a world of health and wisdom and journeyed to some past experiences of NLP and PCP. For each of these fields I offered a) a map, b) a story and c) some models of mind. Also, I used the metaphor of "diving into the deep" to explore these memories, leaving open new possibilities of explorations and discoveries.

Keywords: *consciousness, unconsciousness, NLP, PCP, Bluebeard.*

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La maison en petits cubes

Kunio Katō created the short-animated movie, and later the album, entitled “La maison en petits cubes”. I’ll use throughout this article the metaphor of “diving into the deep”, a metaphor inspired by the masterpiece of Kunio Katō, to explore two fields: NLP (Neuro Linguistic Programming) and PCP (Personal Construct Psychology). But, first, I’ll summarize the movie and the album of Kunio Katō:

In a city where the waters were rising, there were some very special houses: every time a house was submerged, its inhabitants were building a new floor above it. Thus there were houses under the water stacked on top of each other, resembling small superimposed cubes.

Over time, the city was deserted by its inhabitants and, on these days, only few houses resisted the rise of sea level. One of these houses was inhabited by an old and stubborn man who was embarked, again, on the construction of a new level, atop of his previous ones.

One day, he dropped his pipe, by accident, in the lower levels and he decided to search for it. So he bought a diving suit, put it on, and made the jump into the deep of the waters.

Searching his pipe, he discovers, one by one, with new eyes, the old levels of his house and their old memories. As he dives dipper and dipper, he discovers, successively:

- *The death of his wife*
- *The marriage of his daughter*
- *The birth of his daughter*
- *And finally, at the bottom, the meeting with his wife and the construction of*

the first level of the house

Returning to the surface, the old man settles in the new level of the house. As night falls, he opens a new bottle of wine, his old pipe in his mouth, as he once did when young with his wife, and pours it into two glasses. Then he raises one of them in the air, clinks it to the other glass, and... enjoys the wine.

Like the old man of this story, I’ll dive into the waters of the past to explore two houses where I lived, two currents of psychology: NLP (Neuro Linguistic Programming – see below the section entitled “The Temple”) and PCP (Personal Construct Psychology – about which I’ll tell more in the section labelled “The Island”).

The Temple

Please find your fastest way of relaxation. Allow yourself to feel good: it’s your moment, you’re in good hands, it’s a pleasant atmosphere to

learning and... you might be surprised at what you'll learn from your intuition. Trust yourself and open the big door of the unconscious to go through with confidence.

Even if I use such poetic words, I know that you'll find your way. For it's not the words that matter, nor the way, but having confidence, breathing and being with you, the person you are now. And I invite you to access that creative and joyful part of yourself. And when the part arrives to the meeting, please read on...

Be grateful to the daily presence of the creative part of which you are not aware...

I invite you to create a place in nature for the words matter less than the images, the images matter less than the emotions and being here, present, matters more than the emotions...

Then demand that creative part to build a temple, and in the middle of it an altar. And from your place in nature to the temple, ask the creative part to make a path.

And with each breath, allow yourself to sink deeper into the unconscious and become more aware of the encounter with your intuition. And with each breath, take a step on the path closer to the temple. I invite you to enter inside it: deep, deeper... till you reach the deepest place inside you...

You'll discover that your intuition will take the shape of a master coming to the altar when hearing your call. This master could be a man, a woman, a child, an object or an animal. And whatever it is, let the master come...

As soon as the master arrived close to you, be grateful for its appearance and ask it to offer you, from its wisdom, from its sagemess, a map, a story and two models of an unknown world...

1.1. The map

1.2. The story

1.3. Two models

As you received these items, please put them safe and keep them: they will be needed later in life.

Appreciate the gifts received from your master and take them with you. And let it return to its altar. And know that as any times you need it, you could come back again to consult with it.

Now get out of the temple and return to the path you came till you reach your place in nature. Thank the creative part for all the received gifts and, from there, take a leap and reach the big door of the unconscious again...

And when this phrase is over, you will return here and now, becoming more and more aware of the sounds, lights and feelings around you!

1.1. Here is the map of NLP

Presupposition 1: The map is not the territory		Presupposition 2: The mind and body are systemic processes		***...***			
				...			
Dilts		Dilts		Spirituality	***...***		
				Identity	(Meta) Programs	James, Charvet, etc	Metaphor
				Beliefs & Values	Frames	Erickson, etc	Milton Model
				Capabilities	Strategies	Galanter, Miller, etc	
				Behaviors	Anchors	Pavlov, Skinner, etc	Bandler & Grinder
				Environment	(Sub) Modalities	Aristotle, etc	
Time & Space		Perceptual Positions		Bateson, Satir, Perls, Erickson, etc			
				Hall			

1.2. And here is the story:

“My dear grandma,

I’m writing these lines to ask if you remember the cold winters when we gathered around the stove and you were telling stories with fairies, princes charming and dragons?

Well, NLP is a dragon of one of your favorite stories: with three heads (Perls, Satir and Erickson – that’s their names, grandma), several layers of scales (Grinder, Bandler, Dilts, Hall and so on, because they are put one on top of each other just to avoid injuries by iron or by fire in the middle of the battle), as well as two powerful wings: one is called Neuro and the other is called Linguistics. And it would be nice to recall the dreadful tail, by its name Gregory Bateson, an English name – to be honest!

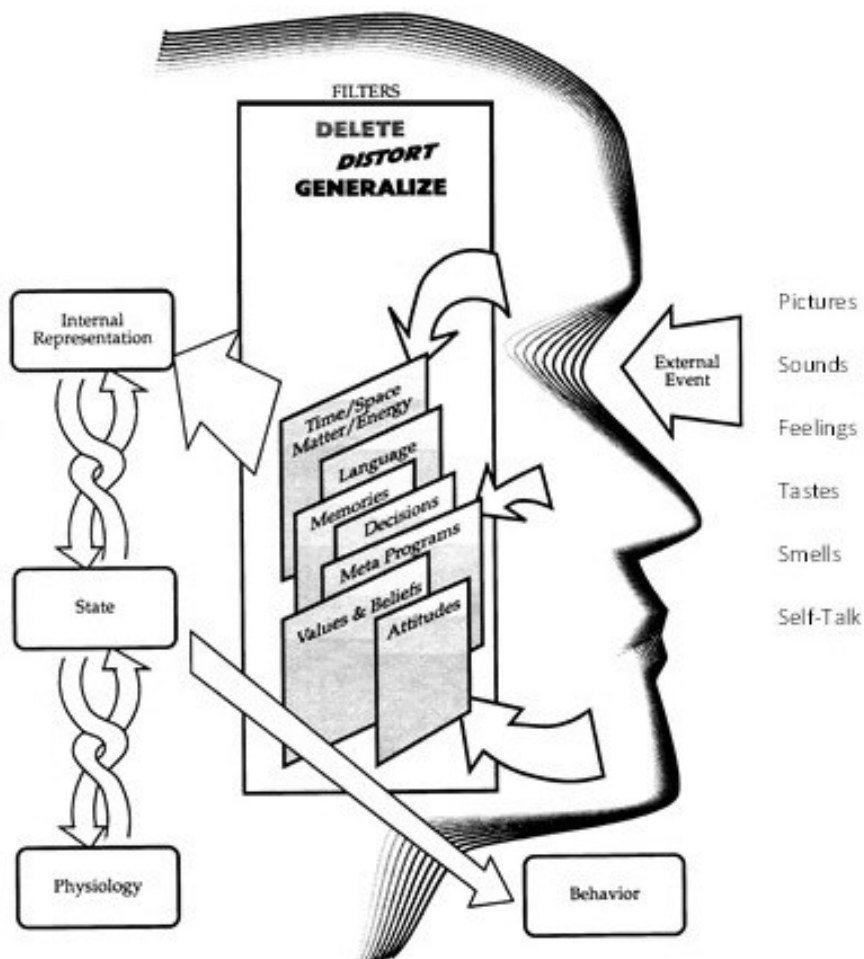
This creature was born in the 1970s in the nest called Santa Cruz. And there is much to say about his youth, but I’ll only stop at the fact that this dragon has led many battles with witches, devil’s daughters, ogres and cursed princesses, winning most of the time. And when he didn’t defeat the battle, he took the exploits as a try that, be sure grandma! was followed by another tries until he proved. And you’ll be surprised that these fantastic monsters that NLP fights are called in daily life neuroses, psychoses, borderline states, addictions, phobia, or maladjustments – names that frighten every being on this earth. And where he succeeded, there grow clean meadows of creativity, dreams, power and communication.

I’d tell you more, grandma... I promise I’ll do it when I’m back to you.

Find you healthy!”

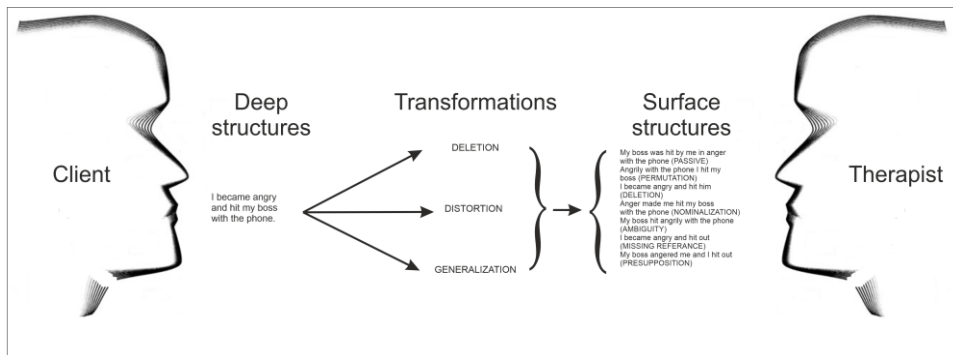
1.3. Finally, there they are the two models of the mind:

The first model...



Note: I discovered the model for the first time in the works of Tad James („Time line therapy and the basis of personality”, p. 4; or <https://www.nlpcoaching.com/nlp-a-model-of-communication-and-personality/>). The three components of the model are: 1) the external event, 2) the filters and 3) the internal representation [thoughts]/ state [feelings]/ internal physiology & external behavior [behaviors]

And the second model...



Note: This is a model I found in the work of Charles Hampden Turner (“Maps of the mind”, p. 147). The three components of the map are: 1) the deep structure, 2) the transformations (for example – deletion, generalization and distortion) and 3) the surface structure. In fact, Charles Hampden Turner presented the Bandler & Grinder’s NLP model

The Island

I would like you to put yourself in such a way you feel good and safe. Being relaxed, more and more relaxed, please inhale and, then, exhale: inhale again, and exhale... Allow yourself to be aware of the path that the air travels when you inhale: how it enters the nose and goes down the lungs and from there the oxygen spreads throughout all the body carried by the blood: first to the heart, then to the liver and kidneys, and from there to the feet down the soles. Then, become aware of how the oxygen returns, from the soles through the feet, to the kidneys and liver, up to the heart and lungs. And from there, the air will be exhaled outside...

In this state of relaxation, call your creative part and ask to give you a sign when near to you. Then thank for supporting you, now as well as always done. And read on when you’re with the creative part...

Ask the creative part to build up a beach with fine sand, sprinkled with algae and small, sharp shells. The sun is shining up and the water is counting its waves: one wave, another wave, one wave and then another wave. For this is the nature of water – to roll the waves like the breath of a living being...

Ask again the creative part to make, in the distance, an island. There, in the middle of it, an important and dear person is waiting for you, meditating under a tree.

While talking with the creative part, you reached the shore where a boat is floating. You climb into it and start shoveling towards the island. Its mountains are getting closer and bigger, so close and big that, if you stretch your hand, you can feel their rocks. And in the middle of them there is a crevasse you start navigating while the light is gradually fading and the echo of the water is gradually becoming more sharp and dark. The sound of the shovels splitting the waves is deep.

And so, the light left behind and the darkness envelops you from all sides until, suddenly, only the heart of the darkness remains, and... in the next moment, also the arms of the light envelopes you again! For you reached the middle of the island and you are close to the important and dear person who is meditating.

Near to this person are three gifts, three pieces of paper, rolled into rolls and tightly tied with thread. One contains a map; another contains a story, while in the last one there is a model of mind.

- 2.1. The map
- 2.2. The story
- 2.3. The model

Take these gifts with you and leave, as a sign of gratitude, something important to you: whether it is a smile, a memory, a hope, and whether it is a sorrow or an evil trick.

Climb back into the boat, cross the crevasse in the mountains and return to the beach with fine sand, algae and shells – where you left the creative part, which you will embrace and thank for this journey.

After that, all you have to do is to come back to the present, here and now, and let yourself be preoccupied with your usual concerns: here you are... now you are...

2.1. There is the map of PCP

<u><i>The postulate †</i></u>	<p><u>Process assumptions</u> *construction *experience *choice *modulation</p>	<p><u>Theory</u> (Kelly)</p>	<ul style="list-style-type: none"> ➤ Experience cycles (Kelly) ➤ Creativity cycles (Kelly) ➤ CPC cycles (Kelly)
	<p><u>Method</u> (Kelly, Freud & Moreno, Chiari & Nuzzo)</p>	<p>*verbal</p> <ul style="list-style-type: none"> ➤ Creativity: Tight/ loose (Kelly) ➤ CPC: Constricted/ dilated (Kelly) <p>*non-verbal</p> <ul style="list-style-type: none"> ➤ Fixed-role therapy 	

<p><u>Level assumptions</u> *individuality *commonality *sociality</p>			<p>(Kelly)</p> <ul style="list-style-type: none"> ➤ (Counter)-Transference (Freud) ➤ Enactment (Moreno) ➤ Narrative hermeneutic therapy (Chiari & Nuzzo)
	<p><u>Structure assumptions</u> *dichotomy *organization *fragmentation *range</p>	<p><u>Theory</u> (Kelly, McCoy & Fisher)</p>	<ul style="list-style-type: none"> ➤ threat/ fear/ aggressiveness/ hostility/ guilt/ anxiety (Kelly) ➤ McCoy = Kelly + 9 ➤ Fisher = Kelly + 7
		<p><u>Method</u> (Kelly, Hinkle, Landfield, Tschudi, Procter, Feixas & Compan)</p>	<p>*verbal</p> <ul style="list-style-type: none"> ➤ Rep. Grid (quantitative & qualitative - Kelly) ➤ Self-characterization (qualitative - Kelly) ➤ Laddering (qualitative – Hinkle) ➤ Pyramiding (qualitative – Landfield) ➤ ABC model (qualitative – Tschudi) ➤ Bow-tie (qualitative – Procter) ➤ Dilemma intervention (qualitative – Feixas & Compan) <p>*non-verbal</p> <ul style="list-style-type: none"> ➤ Observation (qualitative) ➤ Drawing (qualitative)

2.2. Following is one important story belonging to PCP...

“There is a time-worn photography somewhere in the world. It features an anthropologist surrounded by the Aboriginal members of a tribe that adopted him.

It is not known exactly who the anthropologist is – probably Malinowski during his research in the Tobriand Islands, or perhaps Mead while observing the customs of New Guinea; or just an empty Newton, in the middle of nature, unaware of his own beauty.

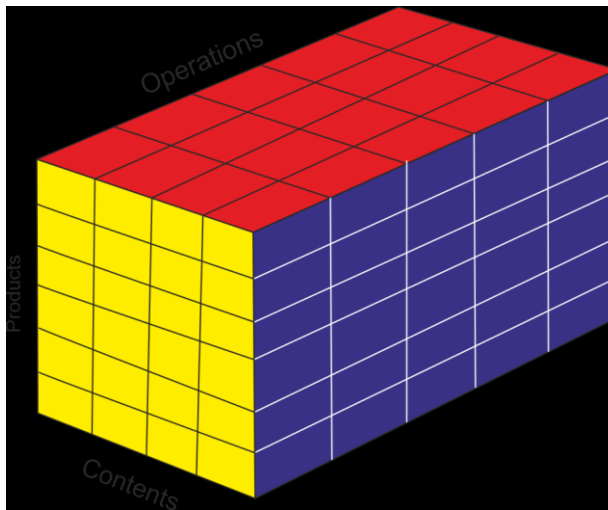
However, it is clear that the anthropologist scarcely notes his observations in a notebook. For instance: <Risking to oversimplifying, there are two types of people: lark-

people and nightingale-people: 1) the lark-people are those who are very active during the day; therefore they put a special emphasis on the things that are seen because it is known that the larks sing at the rising sun; 2) the nightingale-people are those very active ones at night, their world being focused especially on the things that are heard – precisely because the nightingales sing their song at the falling sun>.

During this time, some of the Aborigines were line up near the anthropologist's chair. They elbowed and whispered, avoiding disturbing the stranger, his work and his efforts to be accepted at any cost by them. They were respecting him much and were observing any mark of thought on his forehead, trying to get in his way.

Although much is known about what the anthropologist thought and felt about these Aborigines, very little is known about what the Aborigines thought and felt about this anthropologist... a matter of fact that is found also in our day-to-day living life in the cities”

2.3. And now it is time for the model of the mind...



Note: Joy Paul Guilford wrote several articles and especially the 1959 article – “Traits of creativity” – placed him close to the sphere of PCP. Guilford describes, in those articles, the structure of the intellect organized in three dimensions: 1) operations (process assumptions), 2) products (structure assumptions) and 3) contents (theories and methods).

The ultimate jump

“It was morning and I opened my eyes wide. Next to me was my darling, who smiled enigmatically. Immediately the door opened wide and the housekeeper entered with two steaming coffees, and – behind her – my children: a boy and a girl.

After drinking my coffee, and after playing with my children, I went to the bathroom. It was all glass, a special glass that let light in but an outside observer could nothing see inside. So, I could see all around me, 360 degrees, inside the other parts of the house, as well as the nature in the middle of which was the house.

Leaving the bathroom, I get ready to go to work. I thought calling the helicopter to pick me up, but then I changed my mind. I went down to the garage, through the interior stairs of the house and climbed in my sky-blue color car. I passed the card and the car started, while the garage door opened.

I finally reached my office at the top floor of a skyscraper. It was a full day and many people were waiting for me. In fact, there were only three persons: my secretary and two assistants, but no patients or clients.

The secretary smiled and...”

- Stop! How come there were only three people waiting for you? You are sure?

- Yes! I'm pretty sure there were just these three...

- Hmmmm.....! Please, then, leave this story for another time. I have more important things to do. And – I think – you too...

Further divings and NOT a conclusion

This imaginary world, emerging from a failed creative session, points out of the utility or futility of NLP and PCP.

But, in a world where the number of therapists is growing alertly, and the numbers of patients/ clients (either lay persons or specialized staff – including therapists) is growing several times faster than the number of therapists, in this real world the reason reigns: the reason raises thousands of pyres for non-reasons (understood as something morbid and pathological) precisely because apart from reason there can not be health and wisdom!

Indeed, it has become common practice for everyone to play with each other's skeletons. These skeletons, although locked in unknown rooms – see for instance the myth of the Bluebeard (and its interpretations – for example, Bruno Bettelheim's phallogocentric view, or Verena Kast vulvocentric perspective; or its variants – like not the last one of Pascal Bruckner) – these skeletons have become, from sacred living, bartered items...

And anyone can raise the question: what or who took the sacred place of these skeletons?... That is a question worthy of further exploration!

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I have created the pictures of this article, if not otherwise mentioned in the text.

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