

## A Case Study to index the place of Language Structures in Therapy

by  
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The critical place of language structures was indexed in this quote:

**Everything is language or more accurately the language structures of the language.**

**Fritzof Capra:** *Web of Life, A New Scientific Understanding of Living Systems*, Anchor Books, Doubleday, 1996,, page 288.

If what Capra indexes here is true, it would follow that whatever a person utters can be said to be:

1. derivations of the language structure he using at that moment
2. the linguistic emanations from the language structure he is using.

Below is the information given to us in the intake sheet of a patient who came to see us on Friday 05. June 2009:

Personal Information and Background:

*I am Colombian. I come from a family of good accomplishments and good values on both sides - father and mother. I received the best education, schooling and university that was available. Speak Spanish and English fluently. I am an architect and have been at this for 35 years. Have been both employed and employee and immigrated to Canada 11 years ago.*

History of the Problem:

*I am having difficulty dealing with feelings of non-accomplishment and blaming myself for it. I feel strongly I have left myself out of the equation to serve others and let them run or live my life and I have not done anything for myself and I do not like what I see when in front of a mirror. Depressive mood, family and marital dysfunction & work related issues. I feel that my biggest set of problems have an origin in my early years & adolescence dealing with my father's alcoholism & abuses ages 12 to 17. Lack of paternal image & trial and error process as a young man has left me in a state of confusion & has contributed to my low self esteem.*

If the problem can be solved, what do you want:

*I strongly feel that I owe to myself the search for an explanation as to why I deny myself the happiness that any human being is entitled to. Mainly*

This is the transcript of the consultation:

Q: How old are you?

A: 58

Q: If you had achieved the accomplishment of your life, what would it be?

A. As a man I would have total balance in my life financially, professionally and family.

With this answer, I used a the semantic equation that we have found to conclude what was the language structure he was using to say what he did and practically everything that he wrote. It was:

**I like things to be perfect.**

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The field of Neuro-Semantic Programming, NSP, found the manouevre of the Quadrant Search, QS. It is an inversion of by inversion

of the syntax of the Accessing Cues of Neuro-Linguistic Programming, NLP.

I therefore applied the QS to his language structure in all the primary four quadrants of the Accessing Cues to find out if he would spontaneously and unconsciously confirm if the statement was True or False. These were the answers:

With this confirmation, I initiated a sequence of psychotherapeutic exchanges:

1. Perfection is possible only in heaven.  
We are on earth.  
Therefore in heaven is PERFECTION  
On earth there is NO perfection.

2. In Catholic theology is the knowing that God cannot create an equal, i.e. another perfect entity.  
All creation is imperfect

(Here I decided not to index to him that he therefore was personally imperfect. I did not because I was quite sure he would have arrived at the transderivation that he indeed was imperfect.)

3. Therefore on earth he has NO hope for perfection in the things he did.
4. The alternative for him is the adventure of our life by which we strive to be better and better to reach his ideal.

Following the above, I then secured a trance by the pendulum method, deepened his trance and then uttered a hypnotic protocol to him. Below is the essence of what I uttered to him:

*This is earth, not heaven*

*You are not perfect and never can be.  
Upside for you is a life by exploration and discovery how you can  
be  
better and better to reach the goal of your idea.*

He was then dehypnotized and I asked him:

Q: How do you feel?

A: Good.

Then I said, "That is funny. I never once asked or tell you feel good."

Clearly what was done is not the total resolution of his problem state. He agreed to this and he in fact asked if he could come back. Of course I said, "Yes."

**Review:**

What we are saying by this article is that the Capra intimation of the meta position of language structures vs actual languaging is true-to-life and actual-to-languaging.

In any exchange, if you have the equation or formula to trans-derive the language structure then in life and certainly as the therapist you are in control of the situation.

We hold to Richard Bandler's teaching to us some 31 years ago:

**In therapy the client is in a problem stuck state and cannot get out of it.**

**As the therapist he comes to, you are to solve his problem.**

**Therefore, you have to be in charge. You have to be in control.**