

Sailing the 7C's of Courage. A Framework for One-to-one Work Emerging from Neuro- Linguistic Programming (NLP) – a Single Case History

Bruce N. Grimleyⁱ

Achieving-Lives Ltd, Cambridge
London Metropolitan University, UK

Abstract

Introduction: *NLP is well known and used internationally within coaching psychology and psychotherapy, however has often been criticized for lacking an empirical evidence base. This paper provides a brief explanation as to why this may be so, based upon the author's Ph.D. dissertation.*

Objectives: *The purpose of this paper is to build upon the author's Ph.D. dissertation and after examining the history and development of NLP, introduce a new experiential framework for consideration.*

Methods: *With the use of a single case study the author describes a new framework for working therapeutically which has emerged from his 25 years practice as a psychologist specializing in psychotherapy, exploring and using NLP as his main modality.*

Results: *It is suggested the development of such frameworks is a part of a wider phenomenon within the NLP community which is currently addressing the above criticism from academic psychologists. Results from therapeutic work within these frameworks, like the result from this single case study are anecdotally positive.*

Conclusions: *The paper concludes that such new frameworks to develop out of NLP make a useful first step in addressing the critique of academic psychologists. However, this momentum needs to be developed and built upon, in order to increase the standard of scholarship within the NLP community. Further, standardized patterns of intervention which can be tested within specific contexts using the randomized controlled study method, need to be increasingly developed so underlying theoretical perspectives can be effectively evaluated.*

Keywords: *7C's, Frame, NLP, Pattern, New, context, Meta Program (MP), Alter Ego, Core Code, SMACTEPPOMF process variables*

*

*

*

ⁱ Corresponding author: Bruce. N. Grimley, psychologist and senior practitioner of psychotherapy on ROPSIP register at Achieving-Lives Ltd, Cambridge, Associate Lecturer at London Metropolitan University, UK, email: bruce@achieving-lives.co.uk.

The Therapeutic Endeavor in Diminishing Boredom and Regaining the Quality of Life During the Pandemic

Roxana Maierⁱ

“Babes Bolyai” University, Cluj Napoca, Romania

Abstract

Introduction: *The study brings data about a method to offer therapeutic support in order to diminish boredom and negative emotional states that have emerged during the pandemic. Once work has mostly moved online, with fewer outings, the decrease in social contacts, with the fact that we live with the same people, all of these have resulted in an augmentation of the degree of discomfort, experience of multiple losses, the decrease of the positive state and our quality of life. During this period of massive changes brought in our life by the pandemic, one of the dysfunctional characteristics that has impacted us, in terms of the quality of life, was the onset of boredom.*

Objectives: *The objectives of the study have been centered on observing the different changes in the clients' well-being, the apparition of boredom and on finding solutions that are appropriate according to each individual, in order to help them come out of this existential impasse, in the case of people who sought out therapeutic support in this period.*

Methods: *To evaluate the starting parameters, two questionnaires are used in the study, to describe the survey and to highlight the levels of boredom and quality of life. According to these parameters, the individual therapeutic plan was realized for all 21 persons who asked therapeutic support for challenges occurring during the pandemic.*

Results: *The results point out the changes that were noticed after therapy. For each client, the definition of time, space, and personal equilibrium changed with the pandemic emergence and its unfolding, therefore undergoing some steps in redefining all these aspects was necessary.*

Conclusions: *The undergone therapeutic process brings out new possibilities for resolving these problems, but also for re-establishing one's own balance and increasing the quality of life.*

Keywords: *quality of life, existential impasse, therapy, boredom, COVID-19 pandemic, online*

*

* *

ⁱ Corresponding author: Roxana Maier, PhD, associate professor, “Babes Bolyai” University, Cluj Napoca, Romania, email: roxanamaierpsiho@gmail.com.

Food Addiction, a Potential Psychological Factor Involved in Cardiovascular Risk

Andreea Elena Mustațăⁱ

Faculty of Psychology and Educational Sciences, University of Bucharest
“Prof. Dr. Agrippa Ionescu” Emergency Clinical Hospital, Romania

Abstract

Introduction: *The literature indicates the presence of specific elements of addiction in connection with eating behavior.*

Objectives: *The first sub-study of the paper had as objective the analysis of the psychometric properties of the Romanian version of an assessment scale, and the second had as objectives the analysis of the differences in food addiction, in BMI, in the frequency of addictive food consumption, between people with and without cardiovascular diseases, as well as the analysis of BMI predictors in people with and without diseases.*

Methods: *The research group consisted of 375 adult participants, aged between 20 and 65 years, of whom 100 had cardiovascular diseases, who completed instruments for food addiction, compulsive eating and consumption habits.*

Results: *Statistical analyses supported good test fidelity, as well as content, convergence, and criterion validity, and the factorial structure with one factor was supported. Research data do not support the existence of significant differences, regarding food addiction, between people with cardiovascular diseases and those without, but it has been observed that people with diseases have a statistically significantly higher BMI compared to those without diseases. The research data support the existence of statistically significant differences between groups only in terms of frequency of consumption of sweets, not starchy foods, fats, or sweetened beverages. The best predictors of BMI in people without diseases were compulsive eating, age, frequency of fat consumption, which together explain 14.8% of the variance. Food addiction and frequency of fat consumption were the best predictors, explaining together 28.9% of the BMI variance, in the case of people with cardiovascular diseases.*

Conclusions: *The results support the usefulness of the concept of food addiction and of the Yale Food Addiction Scale 2.0 in psychological assessment and counseling for preventing and managing obesity and cardiovascular risk.*

Keywords: *food addiction, cardiovascular risk, compulsive eating, frequency of consumption, body mass index*

ⁱ Corresponding author: Mustață Andreea Elena, PhD student, Faculty of Psychology and Educational Sciences, University of Bucharest, 90 Panduri Street, Bucharest, Romania, email: andreeamustata14@gmail.com.

Unlocking the Maternity Experience by Accepting the Identity Dimension Ensured by the Biological Mother in Adopted Young Women who are New Mothers. A Case Study

Silvia-Carmen Mikulovićⁱ

Hyperion University, Faculty of Psychology and Educational Sciences, Bucharest
Craiova County Emergency Clinical Hospital, Romania

Abstract

Introduction: *Often those who have been adopted feel rejected and abandoned by their biological parents, particularly their mothers. Adopted children must integrate both their birth and adoption experiences, as living with adoptive families. In the case of pregnant women who have been raised by adoptive parents, they oscillate between loyalty towards the adoptive mother and unconscious debt in relation to the biological mother.*

Objectives: *This case study aimed to achieve the assumption of the maternal role and reconnection to the biological roots, by a pregnant woman, hospitalized at the time, who was preparing for the birth of her second child, by working on accepting the identity dimension ensured by the biological mother, building awareness and expression of her emotions, processing the personal adoption experience, as well as the understanding of the biological mother and forgiving her.*

Methods: *The methods used were projective: Draw-a-Family Test, DASS 21-R, the Tree Test, as well as Experiential and Unification psychotherapy means.*

Results: *The therapeutic approach managed to help the client give meaning to and process the event of meeting her biological mother and its influence in the current childbirth, to clarify the client's expectations, and understand her behavior, and her fear to consciously participate in the birth.*

Conclusions: *The psychotherapeutic intervention of maternity patients contributes in the integration of painful experiences, in the acceptance of recent or more distant traumatic experiences, thus helping clients maintain emotional balance, reactivate resources, optimize body functioning, build and strengthen the attachment relationship with the fetus, assuming one's identity and improving the decision-making process.*

Keywords: *pregnancy, abandonment, loss, adoption, identity, loyalty, duty, gratitude, forgiveness*

ⁱ Corresponding author: Silvia-Carmen Mikulović, PhD, Faculty of Psychology and Educational Sciences, Hyperion University, 169 Calea Călărășilor, district 3, 030615, Bucharest, Romania, email: psiho_rot@yahoo.com.

Executive Functions and Adaptive Behaviors in Adult Patients Diagnosed with Schizophrenia (part 1)

Teodora A. Rusuⁱ, Elena O. Vladislav

Department of Psychology, Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

Abstract

Introduction: *Patients diagnosed with schizophrenia present a level of impairment on a wide range of areas, such as cognition, memory, and adaptive mechanisms. Cognitive impairment, along with the degree of impairment of executive functions is a fundamental predictor of the degree of recovery and becomes a target in developing an intervention plan (Giraldo-Chica et al., 2017). However, despite the large number of years of study, the etiology and pathophysiology of schizophrenia are not fully understood, making treatment only modestly effective (Tandon et al., 2008).*

Objectives: *The purpose of this paper is to evaluate the degree of impairment of executive functions and adaptive mechanisms in order to better understand the nature and source of these deficits.*

Methods: *Research was conducted on a sample of 10 patients diagnosed with schizophrenia, aged between 30 and 60, of both genders – male (1) and female (9), who were selected by non-random sampling, volunteers receiving a set of questionnaires with early completion of the data processing agreement. The sample was extracted from 3 Psychiatric Hospitals in Bucharest, Romania. The degree of impairment of the participants was evaluated using the results obtained in the WCST (Wisconsin Card Sorting Test), D2 Attention Test, ABAS-II Test (Adaptive Behavior Assessment System) and MMS-2 Test (Mini Mental State Evaluation).*

Results: *The results indicated a severe impairment of executive functions and adaptive mechanisms, along with a moderate cognitive impairment. The general conceptual level of the subjects was placed in the severely affected performance range. Thinking processes were marked by perseverance in approaching a problem or situation, despite receiving negative feedback and continuing with it beyond the limit at which someone else would have sought another approach.*

Conclusions: *A future direction of research might be extending the number of participants in the study, in order to better evaluate the degree of impairment present in the targeted population. Better understanding the degree of impairment and extending existing research will offer a broader understanding in treating patients diagnosed with schizophrenia.*

Keywords: *schizophrenia, adaptive mechanisms, early trauma, Theory of Mind, cognition, memory, attention*

ⁱ Corresponding author: Teodora A. Rusu, Faculty of Psychology and Educational Sciences, University of Bucharest, 90 Sos. Panduri, District 5, Bucharest, Romania, 050663, email: psih.rusu.teodora@gmail.com.

The Psychoemotional Dynamics in Gerontogenesis

**Rozeta Drăghiciⁱ, Claudia D. Bălan, Ioana Găiculescu,
Polixenia Stan, Alexandra Rusu, Ancuța M. Neaga**

“Ana Aslan” National Institute of Gerontology and Geriatrics, Bucharest, Romania

Abstract

Introduction: *Gerontogenesis is the stage in which the de-structuring processes that appear simultaneously with age acquire precedence over the processes of ontogenetic development and adaptation. Aging is a complex process that reflects the relationship between hereditary and environmental, the border between the two being the expression of a significant heterogeneity.*

Objectives: *A team of psychologists from the Social Gerontology – GerontoPsychology Research Laboratory of the “Ana Aslan” National Institute of Gerontology and Geriatrics initiated, in 2019, the longitudinal study “Biopsychosocial factors and the dynamics of the gerontopsychological profile – GeRoPsi”. The general objective was to identify the psychological factors and other types of elements involved in the adaptation process, and the analysis of the protective factors that contribute to the conservation of capacities and tools for adaptation and modeling of the environment. Identifying the psychoemotional dynamics that accompanies gerontogenesis is a first step in the longitudinal study and the subject of this article.*

Methods: *The analysis, by quantitative and qualitative methods, of a sample of 1638 people, aged between 65-95 years, gave us a representation of their psychoemotional life in the face of aging and its limitations.*

Results: *The data obtained indicate the presence of specific environmental factors that produce a reactive affective symptomatology in the elderly, with specific impact at psychological, physiological and behavioral-attitudinal levels. Specific to the usual conditions, age-related stress integrates a specific negative affective symptomatology characterized by irritability, age dysphoria in men, and depressive, anxious-depressive symptoms in women.*

Conclusions: *Gerontogenesis involves specific changes in psychoemotional dynamics, and the identification of factors that reduce the existence of negative affective symptoms contributes to better assimilation and adaptation to age and the possibility of developing integrated intervention measures.*

Keywords: *ontogenetic adaptation, aging, biopsychosocial factors, psychoemotional indicators, age dysphoria, anxiety, depression*

ⁱ Corresponding author: Rozeta Drăghici, PhD, Research Laboratory Social Gerontology – GerontoPsychology, “Ana Aslan” National Institute of Gerontology and Geriatrics, Bucharest, Romania, email: rozetadrighici@ana-aslan.ro.