

From one of the world's foremost developers, trainers, authors and practitioners of NLP, **Robert Dilts**, a unique opportunity to join a special, three-day seminar:



## Dealing with Double Binds



*"We can help people to deal with problems that seem unsolvable."*  
Robert Dilts

### Dealing with Double Binds

Double binds — often called 'Catch 22s' — can be either the source of insight and creativity, or of stress and even severe psychological symptoms.

When you understand the deeper structure of the pathological 'binds' you can develop skills and strategies for transcending or transforming them. You can also learn to construct positive or 'therapeutic' double binds.

In this special seminar we'll explore these fascinating structures and free up our choices, creative energy and flair for living.



### Robert Dilts

Robert Dilts is an original co-developer of NLP.

His writing and developments stand at the forefront of achievement in the understanding of human experience and the structures of personal and organisational change.

He has pioneered advances in the areas of health, beliefs and leadership. Robert is author of many of the classic texts of NLP such as: *Visionary Leadership Skills*, *The Strategies of Genius* series, and *The Encyclopedia of Systemic and New Code NLP*.

### Book now, for this amazing seminar

Date: Saturday 28th February to  
Monday 1st March, 2004

Venue: Central London location

Price: £410 (£481.75 including VAT)

### New article

To find out more about Robert Dilts and this seminar, read the new article/interview '*Robert Dilts: Double Binds – no win to no lose*' on the PPD Learning website

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