

Who We Reference... And Why

Overview

Choose Your Life draws from the ideas and concepts of some major thinkers in the field of psychology. We want to acknowledge the “giants upon whose shoulders we stand.”

John Grinder and Richard Bandler

The developers of Neuro Linguistic Programming (NLP).

NLP is a psychological approach that ties thoughts, language, and patterns of behavior - learned through experience - to specific outcomes... POSITIVE OUTCOMES.

They arrived at their NLP processes by analyzing the strategies successful people applied to their personal goals.

Virginia Satir

Virginia Satir is known as the “Mother of Family Therapy.”

She recognized that *family roles*:

- Play a significant part in contributing to an individual's problems
And, therefore, *family roles* are...
- Vastly important to the healing process

John Bradshaw

John Bradshaw is the pioneer of Inner Child Work. He popularized the Bowen Family Systems approach to family dynamics.

His seminal book, *Healing The Shame That Binds You*, has helped millions identify their personal shame, understand the underlying reasons for it, *and* release themselves from the shame that binds them to their past failures.

Alice Miller

Alice Miller is known for her rejection of psychoanalysis. She felt it made it impossible for former victims of child abuse to recognise the violations inflicted on them and to resolve the consequences of the abuse. She extended the trauma model to include *all* forms of child abuse - including those that were commonly accepted, which she called *poisonous pedagogy*.