

SUCCESS STRATEGIES

Innovation and Growth



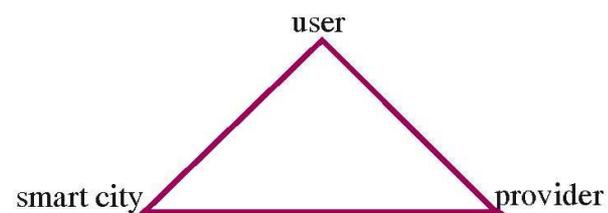
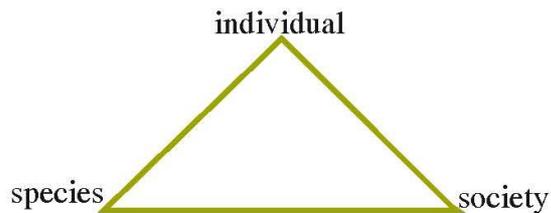
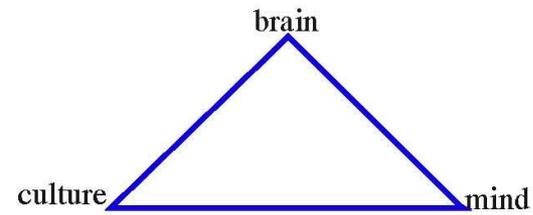
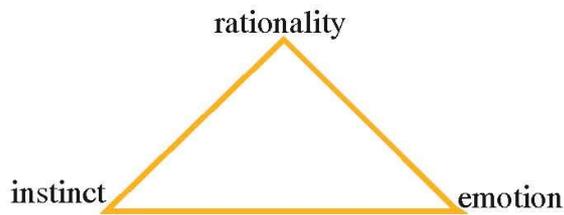
A Humanistic Approach



Human beings are distinguished from other animals by the weakness of their instincts and by the extent of their mental capacities. [R. Nelson-Jones]

Loops cycles*

(*see Edgar Morin, *Les Sept savoirs nécessaires à l'éducation du future*, Seuil, 2000)



Skills learnt in previous occupations can often augment experience and understanding as a psychologist. [The British Psychological Society]

I have worked for all manner of firms and companies, in all sorts of interesting places, all across the globe. It's been a strange journey during which I have worked in hospitality, auto engineering, interior design, chemical sales, mass media communication, banking, clinical psychology, industrial catering equipment and information technology. In that time, my interest and training in psychology has assisted me to help others and to achieve some inspiring things.

I feel deeply privileged to have been able to move around as I have, for both work and pleasure. This massive journey has allowed me a lot of unique and unusual experiences – it's given me the opportunity to experience different cultures all throughout the world. Not just with the optic of a “senior executive” or “marketing director” or even as a tourist, but also with the insight and deep knowledge of a number of different skills.



Psychologists have a diverse range of skills, from effective communication to planning and project management. [The British Psychological Society]

Effective communication to planning and project management are some of the skills that have successfully progressed with me for the whole of my working career; from my early jobs in Hotel Management to meetings with Directors and/or CEOs at Maserati, Lotus, Cartier, Grupo Munreco, Zandra Rhodes or Olivetti. My Psychology and Body Language skills have always been useful and have allowed me to enhance my progress from one activity to the next providing me with unique knowledge, competence and expertise.



Applied psychologists combine knowledge with enthusiasm, flexibility, and resilience to bring about positive changes for both individuals and organisations. [The British Psychological Society]

Encompassing all of the above has allowed me to develop an enviable umbrella of knowledge drawn from many industries. It has favoured the help of individuals and a diverse range of organisations, benefiting them to make positive and successful changes to their work.



Some of the Skills used in Psychology are listed below. These are also the reasons for which my humanistic approach differs from standard criteria and from the work of other practitioners.

While the therapist may be called, amongst other terms, a “psychologist” or “counsellor”, I, likewise, may use the same terms and experience but also expand these with a collage of other studies as well as a wide business/career background.

- making sure that people are happy at work and perform to the best of their abilities
- supporting the police, courts and prison service to perform more effectively
- assisting athletes and sports people to perform better
- helping people to overcome depression, stress, trauma or phobias
- easing the effects of parental divorce on children
- speeding up recovery from brain injury
- helping stop or prevent bullying at school or in the workplace
- ensuring that school pupils and students are being taught in the most effective way.



Psychologists help by applying scientific methods to obtain a better understanding of behaviour. This includes observing, measuring, testing and carrying out statistical analysis with individuals and groups to gain relevant information to support different situations. This enables psychologists to find solutions to problems in various settings. [The British Psychological Society]

Biology, mathematics, history, economics and similar arts or social science subjects are all useful pillars of preparation .

Diploma in Anatomy & Physiology

I possess a BSc in Marketing (1982) and over twelve diplomas in the field of and associated with psychology. In fact, after my psychology and counselling diplomas, one of my first interests was to study and get a diploma in Anatomy and Physiology. It is often said, in Psychology, that mind and body are separate. I don't think so and one could look at the mind-body relation with Anorexia and Bulimia, and even Schizophrenia where the size of the corpus callosum was found to be smaller anteriorly in the genu of the corpus callosum and posteriorly in the splenium in schizophrenic patients than in normal individuals.

As well as past working experience, Diplomas in Psychology and Advanced Counselling, I expanded my "umbrella" by including Anatomy & Physiology too as I believe these areas to be important to our understanding of the way that the whole body actually (interacts) works.

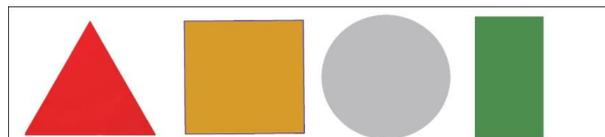
History, biology and economics are my main hobbies.



Neuro Linguistic Programming (NLP) can be a powerful communications tool. It offers an in-depth understanding of how people communicate and how to use that knowledge to maximize the effectiveness of interpersonal relationships.

Diploma in Body Language
Diploma in NLP
Socionics

In the arc of just over a twenty years period, I took two separate Body Language Diplomas. Even Body language (non verbal communication or the silent command) has changed a lot from its origins (Charles Darwin, perhaps?) to more recent “experts” like Joe Navarro. In 1972, John Grinder, an American linguist and Richard Bandler, an undergraduate student of psychology, started working (et al. Perls, Satir, Erickson) on the basis of the Gestalt therapy, on Neuro-Linguistic Programming (NLP). NLP refers to: ‘Neuro’ - mind and how we think; ‘Linguistic’ -how we communicate, how things are said with body language and voice tone; ‘Programming’ - addresses our patterns of behaviour and emotions. The (eye) six directions represent "visual construct“ which I followed in Socionics (Rod Novichkov, Julia Varabyova) and (G. Jung) Myers-Briggs personality types + Revised NEO Personality Inventory (J. Russell, R. Cohn)



SOCIONICS
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The issue of what constitutes a skilled human being is fundamental to counselling and psychotherapy and, accordingly, the concept of skills is central to the cognitive humanistic approach.

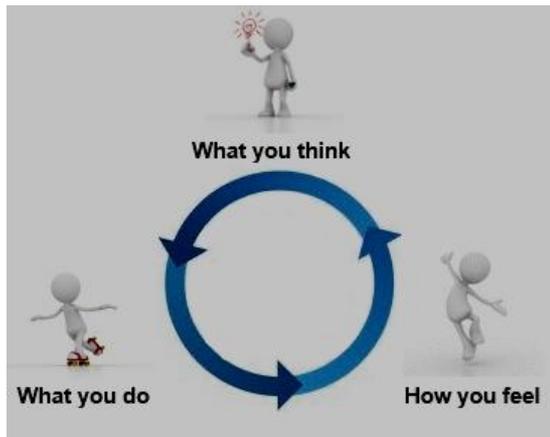
Diploma in CBT

Diploma in Child Psychology

Diploma in Psychotherapy

Skills? I am still adding to the previous list. Cognitive behavioural therapy (CBT) is a type of talking therapy that can help a client to manage his/her problems by changing the way they think and behave. CBT may go back to the late 1930s but it is thanks to B. F. Skinner and, in recent years, to Albert Ellis and Aaron T. Beck that this form of therapy has gained popularity. The umbrella is almost complete. From the “basics” of psychology I looked at “advanced” counselling while later encompassing child (developmental) psychology, CBT and Psychotherapy.

Work Skills + Studies + Experience.



Communication and action skills involve observable behaviours. They are what people do and how they do it rather than what and how they feel and think. For instance, it is one thing to feel human sympathy, and another to act on this feeling. We need psychology as it can give us a clearer picture on how we think, act, react and communicate with others.

Diploma in Hypnotherapy

Working, studying and improving goes on all the time. I have been an hypnotist for a few years now but with little desire to practice it on its own. Why Hypnosis? It is important that this natural state of selective, focused attention became part of my “umbrella” of knowledge; not much for me but for the benefit of my clients. In my view with greater knowledge – there are also wider solutions – with speedier recoveries and outcomes. Our ability to enter this unique state of consciousness opens the door to countless possibilities for self-exploration and change. It goes hand-in-hand with other forms of therapy while allowing me to create a wider discipline that is not focused on any singular solution or analysis. While there is an incredible amount of work (study, progress, research) on each and every type of remedy, I cannot ignore that there is still more out there. Oriental Medicine (TCM) – with the Tao philosophy and holistic nutrition are also of interest to me. The “font of knowledge” from which one can draw greater understanding from is there to provide us with a countless amount of information and culture – our wellbeing.

