

C O N T R I B U T O R O F N O T E

Robert Dilts

By Roxanna Erickson Klein

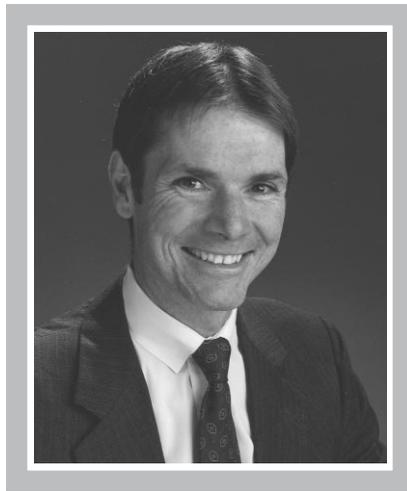
A rare combination of circumstance, brilliant thinking and reciprocal energy brought Robert Dilts into Milton Erickson's teaching seminars in the mid-70s. Dilts was a junior at the University of California at Santa Cruz (UCSC) and had enrolled in a linguistics class offered by Professor John Grinder.

On the second day of class, the 200 students were introduced to a technique of questioning called the Meta Model. The model had been derived from the collaborative efforts between Grinder and Richard Bandler for the purpose of examining the elements that distinguish effective therapists.

Having just completed their manuscript for *The Structure of Magic*, they were preparing to visit Erickson in Phoenix. Dilts and a number of other bright, energetic students were invited to join the investigative journey. Thus began a long collaboration between Bandler and Grinder as well as Dilts, who found himself in the forefront of ideas that would add sweeping change to the thinking and practice of therapy.

Dilts maintains a steadfast appreciation for what he learned from his original mentors. A recipient of the acclaimed President's Undergraduate Fellowship in 1977 for research correlating eye movement and brain function conducted at the Langley Porter Neuropsychiatric Institute in San Francisco, Dilts received a degree in behavioral technology from UCSC. As an undergraduate, he had the opportunity to work personally with both Milton Erickson and with Gregory Bateson.

Dilts is an artist—in workshops, in the classroom, on the computer and on the sketchpad—his



portrait of Erickson made during his visits remains one of the Erickson family favorites for its truth in likeness and spirit. Dilts' gentle and friendly style contrasts with his exceptional technical knowledge and with the powerful underpinnings of his work.

Recognized nationally and internationally, he has done consulting and training throughout the world to a wide variety of professional groups and organizations—including as a regular faculty presenter at the annual Congress as organized by The Erickson Foundation.

Dilts is credited with developing many core NLP techniques, including Reimprinting, Integration of Conflicting Beliefs, Sleight of Mouth Patterns, The Spelling Strategy, The Allergy Technique, Neuro-Logical Levels, The Belief Change Cycle, Generative NLP Patterns, and the Unified Field Theory for NLP. He has also significantly contributed to the understanding of the theory behind the model. He has spearheaded the applications of NLP to education, creativity, health and leadership. Between 1979 and 1981 Dilts was vice-president and Director of Research for Not Ltd. There he worked with Leslie Cameron-Bandler-Lebeau, David Gordon and

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Maribeth Meyers-Anderson, where he helped design the curriculum for the first NLP certification programs. In 1991 he and the late Todd Epstein established NLP University, which provides a full range of basic and advanced NLP training. Since 1994 Dilts has been involved with the Institute for Advanced Studies of Health (IASH), which he co-founded with Tim Hallbom and Suzi Smith. This nonprofit organization supports research and networking related to the applications of NLP methods and health.

Author or co-author of 18 books, many of which are considered of seminal importance to NLP (including the 1600 page Encyclopedia of Systemic NLP), Dilts additionally has

published 14 articles that explore the diverse applications and extent to which NLP can be applied to influence well-being and behavior patterns. The writings range from business applications to exploration of the ways that techniques can be used to explore spiritual growth. Dilts maintains a web page (www.nlpu.com) that gives a better understanding of the breadth of his current endeavors. His desire to help "create a world to which people want to belong" is evident in this educational site. The potent and innovative manner in which he carried his ideas forward now reaches far beyond the constraints of traditional approaches. This is the imaginative genius of Robert Dilts.

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