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## **A Review of Literature and Application of Neurolinguistic Programming to the Treatment of Stress in Educators**

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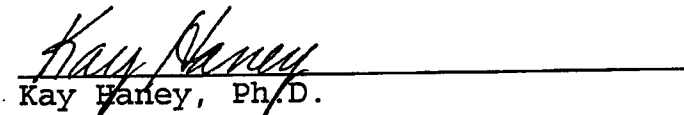
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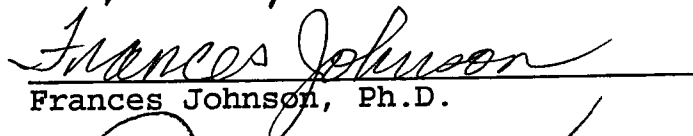
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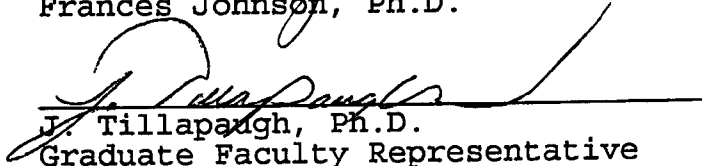
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A REVIEW OF LITERATURE AND APPLICATION OF  
NEUROLINGUISTIC PROGRAMMING TO  
THE TREATMENT OF STRESS  
IN EDUCATORS

by

RICHARD W. DENNEY, B. A.

RESEARCH IN EDUCATION

Presented to the Graduate faculty of Education

The University of Texas of the Permian Basin

In Partial Fulfillment

of Requirements

for the Degree of

MASTER OF EDUCATION

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN  
August 1996

## Abstract

A literature review of the work related and individual factors involved in educator stress was completed. The study of stress among educators is a growing field of study. Intervention strategies that have been successful are mentioned. A literature review of the counseling approach Neurolinguistic Programming was completed. An explanation of seven neurolinguistic programming techniques was completed. Each technique was modified in dialogue form to give examples of how each could be used in the treatment of stress in educators.