The Milton Model

I wonder, can you easily read and understand the paragraph below? In order to answer the question honestly, I wonder, how will you do that?

“I just know you will curious about the many applications of the Milton Model and its good to be curious and its important too because curiosity leads to experience and experience makes for a greater more generalised body of knowledge in many very specific aspects and so an equivalently adaptable set of resources and of course before you go off and explore this more thoroughly for yourself and make a proper evaluation of what has been proposed you might like to consider that it is you that always in all circumstances interprets and classifies all of the information you consider you couldn’t not do things that you must do and also you must not necessarily do things you could do so thinking about that the situation the learning and classification the experience and certain evaluations you may like to learn to understand to express what is important both to you and for you can you not the same way people integrate what is immediately relevant in the same way your learnings can be more than you consciously realise you are aware and you can know your own thought processes including a more fundamental awareness with your own deeper practical understandings and you could choose to learn this much more easily than you thought would have been possible or you could simply realise you already know all the structure and words and know you already know it on many levels that choice is up to you you know some people say that learning is very seldom learning something entirely new when it is entirely new its even easier and learning is often a matter of creating new connections and new categories and honestly knowing there is often more than one explanation of a series of results that you will now and in the future have as information and resources that you can use them in all ways you see for to use them as you will."

The Milton Model was ‘modelled’ and subsequentially coded by Bandler and Grinder from the American Psychiatrist and Hypnotherapist Milton H Erickson. The ‘Milton Model’ is not what Erickson used to use, do or apply, it’s an interpretation. The Milton Model is the codification of the language patterns Grinder and Bandler acquired from modelling or studying Erickson.

The language Erickson used with clients was just a small proportion of his overall attitude and approach to therapy. This ‘Milton Model’ is another linguistic model. As such it is something all natural speakers and speakers of englsih can already do. You know this already at an unconscious level. Now it is simply a matter of drawing and focusing your attention …

Some say the Milton Model is the inverse of the Meta-Model. Some are absolutely correct, some are absolutely incorrect and there is plenty of room for crossover. The Meta Model is about detecting linguistic statements that ‘impoverish’ people and then offering or applying a specific verbal response in order to attempt to assist the the client in expanding their own thinking and ultimately attain some therapeutic goal. Also the Meta-Model is about being specific, very specific and so transferring high quality information. The Meta-Model can, very simplistically be reduced to two statements

- What specifically
- How specifically

I communicated someone was doing something

I talked to a woman who was laughing

I talked to Mary about gardening and she was laughing at Peter
The Milton Model is concerned with using language in a ‘artfully vague’ way with the express purpose of creating the context where a client can spontaneously begin the process of therapeutic change for themselves. The idea of ‘artfully vague’ is a rather poor way of conveying ‘the intention to create the context for beneficial change’. There is a very definite purpose behind the glib statement of ‘artfully vague’ and that is the overriding intentionality. The Milton Model can, very simplistically be reduced to two statements

- What - unspecified
- How - unspecified

The purpose of being intentionally vague is to allow your client maximum range of their own creativity to fill in, delete (or add to), distort and generalise for themselves.

- Deletion - remove what is, or is not relevant
- Distort - creatively create and shift meanings
- Generalise - to learn and classify

The Patterns

The following labels for groups of experiences are not important - UNLESS you plan to teach this to the people who like and or need labels in order to process their learning. For all other people or those with feet in both camps, the labels are useful ‘handles’ for getting hold of a series of examples of a particular pattern, learning them and then collectively, having grasped one particular pattern have a reference name for the pattern and it’s application.

This is like saying the word Dogs or Tables. Immediately you have reference for the generalised characteristics that accompany the labels Dogs and Tables. You may find if you check your internal representations that when you hear / see / comprehend the word Dog - you have a particular dog in mind. Anyway to say it again, that labels are what you make, take or currently understand them to mean.

Here is an interesting question for you: Do you want to learn the patterns first or do you want to know just some of the things you can do with the patterns? Hold onto that answer even if you don’t know it consciously yet.

Mind Read

I know you probably wont be interested in what I have to say
I understand you will want to start using this in you own ways very soon
You know, you will want to talk to her later

Lost Performative

It’s good to be curious
It’s important to try new things
learning new stuff is great

Cause effect

Running will make you become healthier
I didn’t complete the homework because Aunty Sue came to stay
IF you ordered it THEN you have to eat it!
Complex Equivalence
Practising means your performance improves
I have started so I will finish
Your looking at me that way means you have a question

Presuppositions
A topic all in and of itself. Before you continue to learn more of this though, ask yourself a question. In what ways are you currently aware that your learning is actually altering in beneficial ways your ability to operate with more resources in the world?

Universal Qualifiers
you always make me laugh!
you never do anything interesting any more!
Everybody is capable of more than they currently know.

Modal Operators ( necessity and possibility )
I can't finish on time
you must finish it soon!
I could finish it by tomorrow

Nominilisations
Its an interesting situation
your curiosity about this society is incredible
Her decision is still causing her pain

Unspecified Verbs
Run to the shops
I saw her walking down the street before
pay attention to that person

Tag Questions
You can easily understand can you not?
Everybody does something do they not?
You will be putting your new skills into practice whether you know it or not wont you?

Unspecified Referential Index
She was having a great dance
People are always doing stuff
He said he likes cats and dogs
Comparative deletions
Its **better** to burn out than to fade away
this subject is **more** interesting
I want the **best** olive oil

Pacing
A topic all in and of itself. As you read this and process information you will soon take another breath and when you do, you may be ready to continue though I don't know if you are ready to learn more now or in a little while?

Double Binds
Will you be more comfortable in this chair or that chair? -> you will be comfortable.
Are you going to tidy your room now or in five minutes? -> you will tidy your room.
I don't know if you want to learn this effortlessly and easily or if you will prefer to simply learn it all without any hassle and no hard work? -> you will learn.

Extended Quotes
I met a person who told me to “enjoy the experience and contemplate your learning later”
people always say “shut up talking about it and get on with it”
Once when I was much smaller a horse said to me “people say the most peculiar things”

Ambiguities

Syntax Ambiguities
they're **relaxing muscles**
they're **specialising people**
we are **understanding people**

Punctuation Ambiguities
I know people who can relax very **easily** take your next breath
I can see on your wrist you are wearing a **watch** closely what I do
As you breath in and **outside** are many things you can experience

Phonetic Ambiguities
**in security, insecurity**
**a part, apart**
**wait, weight**

Scope Ambiguities
Its full of beautiful **people and actors**
I would like you to draw me a picture of yourself **in the nude**
they are dancing **men and women**
Conversational Postulate
I wonder, could you listen, and keep your question until later will you have a deeper understanding later? Can you help me?

Selectional Restriction Violation
his father is pregnant even a book has knowledge a bank account is happy to be full

Utilisation
A topic all in and of itself, yet by just reading this your understanding is changing again.

Embedded Commands \ Questions
as your sitting there, i wonder if you can relax a little more? I am sure you want to learn these patterns. every body including you want to learn, we just do it in different ways.

Other Milton Patterns
Unconditional Acceptance
Tasking
Metaphor
Nested / Embedded / Interrupted Metaphor
Time Orientation
Analogue Marking
Outcome Orientation
Utilisation
Pacing
Splitting
Future Pacing
Direct Intervention
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...
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