CLEAN LANGUAGE – WHAT IS IT?

Clean Language is a questioning technique based around a handful of really simple questions.

In answering these questions, the client or group builds up a clearer model of what they are expressing. It requires the Coach to pay hiqh quality attention, repeat back the client's words to them (without any of their own inferences) and use the questioning technique.

Quite often the back-and-forth of question and answer delves into our symbolic and metaphorical world - our 'inner landscape' of where we make sense of 'stuff'- the structure of our thinking, patterns and truths that run our lives. Metaphors also make comparisons and can help us to understand the private world of others.

Clean Language is used in education, the health services, business, psychotherapy and coaching. It can bring people together, clarify common purpose, help people to collaborate, help individuals to generate new and useful ideas.

I use the 'Clean' with all my clients, in part or as an entire session model. It 'sits' well with NLP and is incredibly versatile. It is my method of choice – particularly a it works at the deepest levels of thinking and feeling.

Clean Language and Metaphor Models - Caitlin Walker

Clean Language is like What? - Caitlin Walker