

L of a way 2 Pass

By Diane Hall with contributions by Sandra Read and Sean Quigley.

Price £12.99. Reviewed by Stuart Walker

A hot topic for debate within driving instruction is the methods currently used and the exploration of using different methods to get the same or even better results. Coaching and Client Centred Learning are currently the buzz words, with endless opinions expressed on the forums and association meetings. In the background there are other lesser known methods with not so vocal pioneers who are looking at other solutions to the problems people face when learning to drive.

Diane Hall is an ADI and is one of those pioneers who believes that our standardised training doesn't go deeply enough into the psychology of learning and has looked at how, amongst others, a relatively new method to the UK - Thought Field Therapy (TFT) - can be applied to driver training, and she's produced this very well written book on the subject. The ethos of the book is to provide solutions to the psychological barriers we all have to overcome at some point in our lives in order to be positive, motivated achievers.

Take A Left Turn

It would be easy to think negatively about the application of TFT and the sceptics out there will automatically start thinking 'psycho mumbo jumbo', but in cases like this I often think of a line from the late great Frank Zappa: 'A mind is like a parachute, it doesn't work if it is not open'.

TFT is intended to be a simple but effective therapy for treating all manner of issues, including emotional stress, trauma, phobias and a range of other afflictions. For learner drivers the



techniques are probably most useful for trying to eliminate test day nerves and increasing the pupil's ability to visualise a positive performance. Neuro Linguistic Programming (NLP) is a set of behaviours, skills and attitudes aimed at helping a person understand how they organise information and communicate with others. This can then be used to understand what is useful to communicate to others in ways that allow them to achieve beyond what they could previously conceive, whilst developing a more positive attitude to challenges. This book is targeted at both the learner driver and their instructor, and provides very simple to understand explanations of TFT and NLP. In addition to the concise explanations, and probably because the author is a

trainer, these explanations are supported by easy to follow exercises.

Straight Ahead

The book contains an excellent chapter on dealing with dyslexia and dyspraxia, and in recognition of the need for a more qualified contributor, Diane has enlisted the help of Sandra Read Cert Ed, OCR Diploma, SpLD, MPNLP. Having read a number of books/articles by driving instructors on these topics, I found this chapter to be the most useful guide to dyslexia and dyspraxia I've come across in the learning to drive context. Not only does it provide understanding of these conditions, it also gives clear guidance on the strategies we can use to combat issues that may arise from trying to teach

such pupils. I will definitely be returning to this chapter in particular as a useful source for future reference.

Other chapters include 'Test Day Stress Busters - The Top Ten Reasons for Failure and How to Avoid Them', and there's even one on 'How Much Your Personality is Costing You'. Diane has done a fantastic job of putting this all together, taking beneficial advice from experts in the layout and design of the book to ensure it is as inclusive as possible. However, she openly admits that she would have liked to have gone further by using pastel coloured paper and more diagrams, but was limited only by the fact this is a self-published book (not that you'd notice).

I'm Pleased to tell you...

The applications of the content of this book are potentially limitless. Diane has done a great job of recognising how these methods can be well used in this industry and linking them to the learning to drive context. I've no doubt that even the most sceptical person who opens their mind and explores the benefits will see how this can be applied to learning to drive, training to become an instructor, or even woven into an ADI's current skill set. With this in mind, I would highly recommend this book to anyone who is serious about developing their skills.

Available from Amazon.

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Competition

Competition: What's the book called? All answers to the usual addresses on page 3 by the 28th November. First three correct answers out of the hat win.

Stuart Walker is Instructor Training Development Manager for RED.

Having qualified in 1990, he ran his own business for ten years before joining The Instructor College as an ADI trainer and eventually became Head of Instructor Training. He is both ORDIT and Fleet registered, and represents RED on the DSA MDT Steering Committee and Working Group, the ADI NJC council and is an Industry Board Member for GoSkills.