



## RTT Frequently asked questions

### **What happens during an RTT session and what does it feel like?**

Firstly, I start by putting you into a very relaxed state of hypnosis. Let me reassure you it's just like daydreaming. It is very similar and often compared to how you may feel during a meditation.

If you've ever drifted off for a moment whilst watching a good film, reading an engaging book or whilst you've been driving your car, then you've been in a state of 'hypnosis'. After talking with me, I can assure you that you will feel very safe, at ease and comfortable. Going into 'hypnosis' will be relaxing and easy to do as I gently guide you through the process.

Lots of people worry about being out of control, whilst under the 'spell' of hypnosis, and I too thought this before I personally experienced it, but hypnotherapy is not like anything you've seen on stage shows. No one will be clucking or squawking like a chicken in my sessions!!!

You can be reassured that you will always be in control and will stay 'awake' throughout your session, you will actually be in a heightened state of awareness, that allows for improved focus and concentration. We will be talking back and forth throughout but you will likely be in a very relaxed state with your eyes closed. You will remember everything afterwards and you will not say or do anything against your will.

In this state your mind is able to uncover where the emotions and beliefs come from that are causing the negative patterns today. RTT uses regression to the events in your life that are the root, the cause, and the reason behind the presenting issue to help you uncover your unwanted behaviours so you can move forward.

The subconscious mind holds all your memories, and the answers to how, why, when you started a belief or a behaviour. Once you have the understanding, the mind can be redirected, and brand-new, empowering beliefs can take their place. Results can be rapid and more successful because the mind is more suggestible in hypnosis and the conscious mind is quietened.

RTT hypnotherapy sessions can take up to 2.5 hours because the whole process of transformation is completed in one session. Generally, people report that they feel relieved, lighter, and less burdened although everyone is different, and each session is unique.

You will take away a 15-20 mins bespoke self-hypnosis recording, made in the session that you listen to for at least 21 consecutive days to wire and fire in the new changes. It is critical to your long-term success that you listen to the recording as the mind learns by repetition and by hearing these suggestions every day you are programming yourself with habits of thoughts which will lead to the right habits of action.

### **How many sessions will I need.**

Usually it only takes 1 – 3 sessions to achieve your desired results and bring about huge beneficial and permanent change, however each person is unique and responds differently. For many people, only one RTT session is required for issues such as quitting smoking or a fear of flying, however when people have multiple issues, or if an issue has many layers such as anxiety, depression, weight loss, then 2- 3 sessions maybe recommended. This can be discussed during our free discovery call.

### **Results vary from person to person.**

Although I am getting fabulous results and some wonderful testimonials from many of my clients, RTT alone cannot offer any guarantee of success because many factors are at play.

What you can expect to get from each session though is incredible insight and understanding.

Each individual session is designed to give you a powerful breakthrough and create positive and lasting changes in your life.

Most of my clients say that they feel 'lighter' after our session together.

### **How long does it take to work?**

Everyone experiences their transformation differently however there are three main ways that the changes happen. You may even experience all three changes.

- 1) Instantly - You instantly feel changed, a shift has happened, and you immediately feel changes in your physiology, thoughts, and behaviours during our session together.
- 2) Cumulatively - you notice little things creep up on you and you start noticing the changes to your daily life or over time.
- 3) Retroactively – you don't necessarily see the shifts or even notice that you have changed until you look back over time (this is known as lag time) and then you realise looking back wow I have changed so much, and you can see how different your life is now.

Whatever way you experience the changes will be right for you and your healing journey so it's a matter of trusting the process, listening to the recording, and integrating these changes by taking conscious action during the 21 days to really embed all the subconscious shifts.

### **How do online sessions work, and are they as effective as face-to-face sessions?**

Online sessions are generally conducted over zoom and are just as effective as in person sessions in fact a lot of people prefer the convenience of being able to do it in their own home without the need to travel and they can actually be more relaxed being in their own environment.

Currently around 70% of my sessions are held online.

I would just need to be able to see your face particularly your eyes, your arms and hands and be able to hear your voice so on a laptop or computer is advised as appose to a mobile phone as you do not want to be holding anything you want to be able to sit your device on the side and to be able to fully relax ideally in a comfortable chair and be somewhere where you will not be disturbed.(the more comfortable and relaxed you are the better)

### **Face to face sessions**

If you would prefer a face-to-face hypnosis session, then I offer this within my garden office at home in Woodbridge, Suffolk at no extra charge. Obviously, the location needs to be within a suitable distance for you to do this.

I have off road parking I just ask that you arrive 5-10 minutes before your scheduled time, so you come feeling relaxed as opposed to rushed.

### **Why do you need to listen to the hypnosis recording for 21 days?**

The RTT session itself accounts for around 60 – 70 % of the transformation however the other 30-40% happens through you listening to the hypnosis recording as repetition is fundamental in helping to lay down new neuropathways to bring about lasting desired changes. (This is not optional; this is paramount to your long-term success).

### **What is the best way of listening to the recording?**

In order to maximise your success you will need to actively listen to your bespoke recording in a quiet place, where you will not be disturbed, where you can fully relax and where you feel safe.

You will be putting yourself into a heightened state of relaxation so that you are most receptive to absorbing the new programming that will lead to the desired changes that you are making in your life. It requires your full and undivided attention.

This isn't something that you can do with your headphones on, whilst do the dishes or making dinner!

### **Am I a candidate for Rapid Transformational Therapy and Coaching?**

If you are fully engaged, committed and open and have the willingness and desire to transform certain areas of your life, then you are a candidate for both RTT and Coaching.

My RTT clients, must be committed to listening to their personalized recording for at least a minimum of 21 consecutive days to really engrain the new beliefs after our RTT session together and my coaching clients must be committed to completing the fun homework exercises before our next coaching call/session.

### **Who is not a candidate for Rapid Transformational Therapy?**

RTT is not recommended for anyone who has psychosis, epilepsy, or any type of borderline personality disorder.

### **How long does the RTT session take?**

Each Rapid Transformation Therapy session lasts between 1.5 and 2 hours because the whole transformation is completed within one session. I always allocate 2.5 hours for each session to ensure we are not rushed and so you have enough time to centre yourself after the session.

### **What does hypnosis feel like?**

The experience of hypnosis is unique to the person experiencing it. However, to give you an idea some of my clients feel sleepy, some feel a floating sensation, some just feel relaxed and calm. Some people feel a tingling, a heaviness, or a lightness, or even an absence of feeling in their body. There is no right or wrong way its whatever feels right to you.

### **How does it actually work?**

Hypnosis is not magic – its science!

It works by creating a burst of brain waves that are the same as when you're in REM (rapid eye movement) That's what allows you to access your subconscious mind.

Scientists will tell you that under hypnosis your mind is more willing to change which allows positive suggestions to be received and accepted that otherwise would not.

It's really easy and anyone can do it. We will do a practice together before our session starts and you will see for yourself how easy it is.

### **Are the sessions confidential?**

Yes. All clients are assured of confidentiality about any disclosed material in accordance with professional codes of ethics. I do not contact doctors or other health practitioners who the client may also be under, without first seeking my client's permission.

I will always respect my client's privacy however if a situation arises that involves serious risk of harm to themselves or someone else, I will contact the appropriate health service.

I destroy inactive files after three years in order to assure clients total confidentiality.

### **What age range do you work with?**

I personally work with 12 yrs. and upwards. RTT is very effective for all age ranges.

I hold the appropriate DBS Checks.

Please note that no matter the age it must be the client's highest priority that is addressed in a session (this often differs from parental priorities) and the client's own choice to work with me.

### **Can I get stuck in hypnosis/will I be in control?**

No, you cannot get stuck in hypnosis.

If our online session was to get disconnected for any reason you may drift into a sleep if you're really relaxed but after a while, you'll notice that you're not hearing my voice and you will open your eyes naturally.

You are in charge. You cannot be made to do anything, and you cannot be taken into hypnosis against your will. It is your experience; I simply facilitate you.

### **Does RTT involve regression.**

Yes, RTT included regression back to scenes, as it helps me to locate the root cause or belief, sitting behind the presenting issue.

Regression is about REVIEWING and OBSERVING a scene, you will not be RELIVING the experience.

After reviewing and observing a scene, we can make sense of the significance, relevance and meaning attributed to it. Some scenes may bring sadness, some may bring joy but whatever comes up, as the adult, you will be completely safe with me as you observe.

### **What if I find out something that I don't want to talk about in our session?**

That's fine I respect you and your feelings. Occasionally clients uncover something they feel uncomfortable sharing and we can often work around the intimate details of a scene, without having to disclose everything. Remember you are in control.

### **I already know the reason why I have my issue.**

Sometimes people do know the reason for their issue but during an RTT session experience it a completely new way. That's what allows you to change the meaning and ultimately change your limiting belief(s) about it. For many clients though what they thought was going to show up in the scenes don't and something completely different shows up or something they had even forgotten about. Whatever the subconscious mind shows you will be exactly what you need to see so you can just relax and let your brilliant mind do the work for you and then together we will work it all out as the session unfolds.

### **What if I don't go deep enough, will it still work?**

You don't need to worry about how deep you go. The depth of hypnosis is not linked to the results you get. I want you to forget all about that and just tell yourself that this is working, and it will definitely work for you!

### **What if I feel I need or want another session.**

Depending on the issue, up to 3 sessions maybe required for such things that are multi layered such as anxiety, depression, weight loss whereas a habit or phobia such as smoking, or a fear of heights are likely to only require 1 session.

Once clients see the power of RTT they often want to work with me on other things in their life so will take advantage of the packages I offer as there is a price reduction on the 2<sup>nd</sup> and 3<sup>rd</sup> session.