

FAQ

What does the Rapid Transformational Therapy (RTT) session feel like?

The experience feels different for different people. Some people feel a floating sensation, some do not. Others may feel sleepy, some do not. Most people feel relaxed and at ease. What's most important is to know that how you feel isn't an indicator of how effective it is. Regardless of what it feels like – it's working. I promise.

How does it work?

Hypnosis is not magic – it's science! It works by creating a burst of brain waves that are the same as when you're in REM (rapid eye movement). These brain waves allow you to access your subconscious mind. RTT is very easy and anyone can do it, you'll see for yourself when you do it too!

Why is the subconscious mind so important for changing unwanted behaviour/beliefs?

The subconscious mind is where you store all of your experiences, beliefs, self image and knowledge. It is basically the driving force behind how we live our lives, react to situations, what we believe about ourselves and where we see ourselves fitting into the world. You can appeal to your conscious mind to change your behaviour and beliefs but it is the subconscious that will ultimately dictate these things. Hypnotherapy is such an effective way of bringing about change and resolving the issues we might be dealing with because in hypnosis you are able to have a dialogue with the subconscious to bring to the surface the reasons for these issues and then wire in new constructive, beneficial beliefs.

Will you make me do anything I don't want to do?

Hypnosis is a powerful tool to bring about change but only the change that you want. Hypnotherapy is not stage hypnotism used for entertainment purposes but a method to deal with issues that affect your life in a negative way. My only aim is to help you move past limiting beliefs/blocks/behaviours so that you can live your life more fully than you would be able to with the issues. You are in control at all times!

What if I can't come out of hypnosis?

You are in control at all times whilst in hypnosis, you have full awareness, you are able to communicate with the therapist just as you would out of hypnosis and you are able to come out of it at any time. If the doorbell rings or if something urgently requires your attention your mind will spring back to normal waking function. Remember; a hypnotic state is just a relaxed state where your brain waves are functioning at a slightly different level to normal, much like with meditation.

What if I don't "go deep" enough?

Don't worry about how deep you go. I want you to forget all about that. It's really not important. The depth of trance is not linked to results at all. So don't get stuck on "Am I deep enough?" Just tell yourself the truth – "This is working" and it will absolutely work. Just know that it is effective.

What if I think I already know the reasons behind my issue?

What makes RTT amazing is that even if you think you know what is holding you back, you see it in a COMPLETELY new way. Rapid Transformational Therapy allows you to change your perspective and ultimately, change your beliefs. And for many clients they go back to scenes that are totally different than what they expected. Just relax and trust that your subconscious mind will show you exactly what you need to see.

What if I go back to scenes that are painful or scary?

If you go back to memories from your life that are related to events like sexual or physical abuse, or other trauma, it's important to remember that you are not reliving that scene, you are simply reviewing it and you are safe. I will support you and create a safe space for you to express your emotions and heal – you'll be OK.

When will I start to see changes?

There are three types of change from Rapid Transformational Therapy – every person is different:

Immediate: You feel a massive shift right away – immediate changes in your physiology, thoughts and behaviours right in the session.

Incremental: You see consistent shifts every day, or over time.

Retroactive: You don't see the shifts right away and then one day you suddenly look back and see all of the things that are different in your life.

What is the difference between face-to-face and online sessions?

Online sessions are available via Zoom, and this technique is equally as effective as face-to-face sessions. Zoom is a free platform and full instructions will be provided to you when you book your appointment.

What if our online session gets disconnected?

If our online session gets disconnected, you may drift into sleep if you're very relaxed, but eventually you'll notice that you're not hearing my voice and you may open your eyes. Zoom will automatically reconnect our session once the internet is up and running again. Please note, disconnections don't happen often but are possible on either side.

Are all sessions confidential?

Absolutely! I take confidentiality very seriously and keep all my client records secure. My work stands under medical confidentiality.

What if I need or want another session?

[Rapid Transformational Therapy](#) is designed to give you a powerful breakthrough and create big changes in your life. Some clients may need more than one RTT session on a particular problem. Depending on how entrenched the behaviour, you may need up to three sessions. Additionally, many clients return for extra RTT sessions to work on other areas of their life.

You may also want to receive extra coaching/support to further integrate the new beliefs and build new positive habits and behaviours into your life.

In either case, we can discuss what would be most beneficial and appropriate for you.