



112 PARKER STREET, NEWBURYPORT, MA 01950

What to expect during your Session

Confidentiality

Anything discussed during your hypnotherapy session is entirely confidential. The sessions are not recorded. The only recording is an audio of your personalized transformational recording towards the end of your session. Your Specialist will take notes during your session, which are transferred to a secure electronic platform.

The only time your hypnotherapist would discuss your session is if they had reason to believe that a child or vulnerable adult was at risk.

When in Hypnosis

Don't expect to feel Hypnotized, it is a natural state. Many people think that there is something about hypnosis which is markedly different from their "normal" state of consciousness. A light trance / hypnotic state will likely feel no different from relaxation. In fact, you will be more aware of hypnosis. There is no right or wrong way to experience hypnosis. You don't go anywhere, and many people don't realize they are in hypnosis until they come out of it.

How to prepare for your zoom session:

Your session may last up to 2 hours and includes audio hypnosis. The purpose is to rewire the brain and create new neural pathways for permanent change.

Correct Set-Up

During the session please:

✓ Set your computer screen or iPad screen up so that when you are reclining or sitting comfortably that your face is clearly visible. Set up your chair/reclining position



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comfortably, with a pillow/cushion to support your head, blanket if needed to be warm and go to the bathroom beforehand.

✓ Have tissues at the ready in your lap also.

✓ Once the session commences there can be no interruptions. Please ensure you've switched off anything that can ding, ring or ping on your computer. Also set yourself up in a room where you will not be disturbed. Also set yourself up in a room where the door can be closed tight with no interruptions (including pets).

Please listen to this recording every night until your first session: Please do not listen while driving, walking or operating any machinery.

https://www.dropbox.com/s/uxt6lupym6rb4bu/Inner_peace_2023.m4a?dl=0

DO



What to expect after your Session

You will also receive a recording.

Follow-ups:

There will be a few contact points after your session, to check on your progress and to answer any questions you may have. There will also be a follow-up call with your hypnotherapist 1 day, 7 days and 21 days post session to discuss your progress.

Listening to your recording:

alohawellness.life



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Your rewiring recording is an integral part of the change process. You must commit to listening to your recording for 21 consecutive days following your hypnotherapy session. This locks in the changes made in the session and helps to create new neural pathways.

Please don't worry if you fall asleep while listening to your recording - the subconscious mind is always listening.

Types of Change

Some clients notice instant change, some notice change over time, some notice change in hindsight and some people experience all three.

The first and most important thing to remember is that the program is designed to create lasting change at both a subconscious and conscious level. While the hypnotherapy session will help to create a strong foundation for change, it is important to take action in your daily life to reinforce these changes.

Therefore, it is essential that you commit to doing your daily morning routine. This routine will help to reinforce the positive changes made during the hypnotherapy session and to create a strong foundation for long-term success. The key is to find a routine that works for you and to commit to doing it 5 minutes every day.

Remember that doing your daily morning routine in addition to listening to your recording is paramount to success, and that the program is designed to create lasting change at both a subconscious and conscious level. With dedication and commitment, you can achieve the success you desire.

Rapid Transformational Therapy (RTT) is a therapeutic approach that aims to help individuals identify and address the root cause of their issues. During an RTT session, the therapist guides the client into a deep state of relaxation and helps them access their subconscious mind to uncover any limiting beliefs or negative thought patterns that may be holding them back.

After having an RTT session, it is common for clients to experience a number of different responses. Here are three things that may happen:

1. The client may see scenes that bring them back to the root cause: During an RTT session, the therapist may ask the client to visualize scenes from their past that



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are related to their issue. These scenes may be from childhood, or they may be more recent. Sometimes, the client may see scenes that they have not thought about in years, but that are deeply connected to the issue they are working on. By revisiting these scenes and exploring them in a safe and supportive environment, the client can gain a new perspective and begin to understand the root cause of their issue.

2. The client may see flashbacks of scenes: In addition to visualizing scenes during the RTT session, it is not uncommon for clients to experience flashbacks of scenes in the days or weeks following the session. These flashbacks may come in the form of vivid dreams, sudden memories, or even just a sense of déjà vu. These flashbacks can be a sign that the client's subconscious mind is continuing to work through the scenes and process the emotions that are associated with them.
3. The subconscious mind will work out the scenes while they dream: The subconscious mind is incredibly powerful, and it continues to work on the issues that are addressed during an RTT session even after the session is over. While the client is sleeping, the subconscious mind may continue to process the scenes and emotions that were explored during the session. This can result in vivid dreams, insights, or even sudden realizations when the client wakes up.

It's important to note that everyone's experience with RTT is different, and not everyone will have the same responses. However, these three things are all common experiences that clients may have after an RTT session. Ultimately, the goal of RTT is to help clients overcome their limiting beliefs and negative thought patterns so that they can live a more fulfilling and joyful life.