

## What is RTT?

RTT is a therapeutic approach that uses powerful, evidence-based techniques to provide people with the tools they need to make positive change.

The roots of RTT are drawn from within areas of traditional psychotherapy such as gestalt, solution-focused and cognitive behavioral therapy, hypnotherapy and mindfulness. Its personalized approach works with clients to help them reframe any negative beliefs, values, habits and emotions – many of which they have carried with them since childhood.

## How does it work?

Unlike traditional hypnotherapy, RTT does not rely solely on positive reinforcement. RTT goes beyond this and focuses on identifying how, where and when unhelpful beliefs and behaviors were formed. It then utilizes the leading scientific principles of neuroplasticity to enable the creation of new neural pathways in the mind.

The tools and techniques which form RTT as a distinctive therapeutic approach are not purely theoretical. They were developed by renowned therapist and bestselling author **Marisa Peer** over the course of her 30-year career. Through hands-on experience, Marisa was able to establish what created real change, with real clients, in real sessions.

## How is RTT different from other therapies?

RTT helps the client uncover the root cause of why they feel the way they do. Unlike other therapies which focus on the issue or challenge, RTT helps the client discover the origin of the beliefs and behaviors that have led to their issue. Using a unique set of tools and techniques, RTT supports the client in transforming their current issue and moving forward with a new set of more beneficial and positive beliefs.

## What should I expect from a session?

Your RTT professional will help you reach a deeply relaxed state to enable you to focus on past events. As the client, you will work alongside your RTT professional to uncover the meaning and interpretation you created at the time and the beliefs you formed as a result. You can then move on to reframe the way you look at the past from your adult perspective today.

Once that has been achieved, your RTT professional will help you to create new, positive beliefs. This will be reinforced with a personalized audio for you to listen to for 21-30 days to establish beneficial change going forward.

## What is RTT used for?

Because RTT is a complete, solution-based approach, it can be used in many different ways. RTT has achieved phenomenal success in helping people overcome all kinds of challenges, including physical health issues, infertility, depression, anxiety, fears and phobias, and weight management. Marisa has personally helped countless celebrities, athletes and business leaders to be at the top of their game.

## Is RTT hypnotherapy?

RTT embraces many of the positive aspects of hypnosis and hypnotherapy that are known to produce a transformative effect on clients. However, the RTT method goes beyond traditional hypnotherapy by diagnosing what works best with clients to build a new, highly effective therapeutic approach.

Marisa explains that RTT *“...doesn't come from a single methodology; it comes from the unique layering of techniques and beliefs that I created and now teach.”*

## How is the Marisa Peer Method different?

RTT® achieves outstanding results far quicker than many other therapeutic modalities, including talk therapies. RTT® is becoming more widely recognized because of its speed and effectiveness. Unlike many hypnotherapy methods, RTT® does not rely solely on

positive reinforcement. RTT® gets to the root cause of an issue, giving clients the most liberating understanding and transformative power to achieve dramatic, long-lasting results. Marisa's powerful reputation as one of the world's most celebrated therapists is based on the results of her 30 years of intensive research and practice.

*"I am a great believer that you cannot fix what you don't understand, and RTT works by first understanding how you got your issues and then freeing you from them for good by understanding the Role, Function and Purpose of the issue."* – Marisa Peer

## **What's the difference between RTT and NLP?**

People who have heard of the RTT® method but have not experienced it for themselves may think it seems similar to neurolinguistic programming (NLP). It's true that both NLP and RTT® can teach you how to better dialogue with your mind and understand the difference between what your subconscious and conscious minds believe. However, RTT® has the added—and crucial—step of directly accessing the root cause of the presenting issue. Old, negative thoughts and behaviors are then reframed and blocks removed. Only at that stage is positive reinforcement introduced and a new, positive form of inner dialogue created. This is how RTT® can achieve results not obtained through other therapies.

## **What makes the RTT® accreditation so special?**

The RTT® program accreditation differs from other qualifications as the training is very experiential and provides students access to complete therapy sessions. RTT® training includes practice sessions to master the method, guided support, regular masterclasses to dive deeper into topics, plus a community of peers and RTT® graduates on hand for support.

## **How can RTT impact physical health and life-long behaviors?**

RTT® offers a comprehensive range of transformational techniques, including ways to access the body's innate ability to heal and restore itself to wellness from a cellular level.

Science has proved that we can rewire our minds through neuroplasticity – this is why the mind has the most powerful potential on the planet. By using RTT® to access the subconscious mind, we can create new neural pathways and replace old limiting beliefs and behaviors with new, empowering ones.

Marisa has been developing, testing and perfecting this method for over three decades with real clients – from royalty to rockstars and Olympic athletes to overeaters – with every type of issue.

*"I am immensely proud of the powerful transformations brought about through RTT."* – Marisa Peer

## **How does RTT compare to other similarly presented therapies?**

RTT® is a therapeutic approach that uses hypnotherapy to create long-lasting change for clients. Unlike other modalities, RTT® gets to the root cause of the client's issue; it is not just about helping people cope with and manage their issues or challenges.

By investigating when and how the beliefs related to the issue were created, RTT® helps clients bring about change by uncovering what they don't know rather than working with what they already know. The subconscious mind holds the secrets. RTT® helps clients unlock those secrets and empowers them to make real, long-lasting change.

RTT® has been described as 'practical neuroplasticity', which means this powerful technique allows the mind to modify, change and adapt in order to bring about a new awareness not previously experienced by the client.

## **What is the difference between hypnotherapy and RTT?**

Hypnotherapy is carried out under hypnosis, and it can cover a wide range of practices.

Through hypnosis, the therapist gains access to the subconscious mind and then, using suggestion and convincers, the therapist aims to make long-lasting change. Typically, this can take between 6-10 sessions.

RTT® is different from standard hypnotherapy because it uses hypnosis to find the root cause of the client's issue. Once clients understand how and when negative beliefs and behaviors were formed, they feel empowered to make real change. This awareness and knowledge means that change can happen more quickly than with standard hypnotherapy, as the client does not need convincing that change is possible – they know it. It's the ultimate empowering experience.