

Time Line Therapy® intro session with Carolyn Ching MIHC 2025
TLT was developed by Ted James and Wyatt Woodsmall

Slide 2

Our timeline is the way that we encode and store memories, and it has become widely known as one of the most effective ways to create lasting change.

Time Line Therapy™ Techniques are an excellent form of brief intervention and with it we can change the gestalt or chain of events that cause unwanted behaviors or internal states such as anger sadness fear etc.

Slide 3

Time Line Therapy is a process of active imagination – it requires the client to accept the presence of the time line and be willing to work along with the practitioner.... it's a do with process not a do to process.

Time line therapy works with the unconscious mind causing trance

Slide 4

Our intent is to work consciously with the unconscious mind bypassing the critical faculty - (the part of you that distinguishes between reality and fantasy). When we become totally engrossed in a movie we suspend disbelief – the critical faculty is bypassed and we are in a movie trance. When we bypass the critical faculty, the unconscious mind is open to suggestion.

Slide 5

The majority of clients that come to us are out of rapport with their unconscious mind – working with Time Line Therapy causes conscious - unconscious integration and builds trust and rapport with the unconscious mind. This is both empowering and life-changing for the client.

With TLT we can clear negative emotions from the past such as anger, sadness, fear guilt etc. and also limiting decisions.

Slide 6

Responsibility for change-this is an exercise I often do with my clients (comes from Dave Elmann induction)

.....close your eyesand then relax the muscles around your eyes so that they are so relaxed you can't relax them anymore... Holding on to the relaxation... Test them and make sure that you can't open them.

If they open them - chat about whose responsibility is it!

Slide 7

Our time line is how we encode and store memories and it also affects our personality

Slide 8 and 9

There are two categories that the timeline will fall into: it will either be what we call Through time or In time

Through Time which is also known as the Anglo European timeline - came from the industrial revolution - The Through Time timeline runs from left to right, or right to left, up to down or in a V where the past, present and future are all in front and you can see it without having to turn your head.

The Through Time person perceives time as continuous and uninterrupted, when working with the Time Line they will generally be dissociated and see themselves in the memory - they may also have difficulty accessing one specific memory as they often collapse several memories into a single gestalt. The Through Time person perceives length of time and will look at value of the time spent

This person is generally on time, if you have a meeting with them at 2 o'clock they will be there at 5 to 2 or 2 o'clock.

They are comfortable with planning and like to plan their work and personal life.

They have a high need for closure

They do not work well in chaotic environments.

Slide 10 and 11

Our second arrangement of the Time Line is known as In Time or Arabic time and this includes the Islamic and other warm climate regions such as the South Pacific the Caribbean etc- the warmer climate countries.

With this Time Line some memories will be behind the person no matter how the timeline is arranged so the person has to turn that head around to see them - or they might have part of the Time Line inside the body - if the Time Line dissects any part of the body then it is considered to be an In Time configuration.

This is where the saying comes from of "put your past behind you."

When working with In Time people they will go back to one memory or point in time and will associate straight into the memory so we need to be aware of this.

For the In -Time person – time is happening all at once and happening now ...so they find it easier to be in the present.

The In-Time person may have difficulty ending a session as they are engrossed in what is going on and simply don't realise that time is up. This is also the person who forgets they had an appointment today.

This person won't know that they're late! 5 to 15 minutes late is still on time for them.

The in -time person likes to avoid decisions ..they feel trapped if they are bound to something and so they avoid decisions in case they are limiting their options. They will often set an artificially early deadline to give them selves more flexibility.

The In -Time person is typically spontaneous and more flexible than Through Time people. They often view work and play time as the same.

They don't like to plan and prefer to take things as they come and simply adapt.

In therapy this person may have a different issue every week.

When working with TLT or Hypnotherapy they can go back into the past and may stay there because they are associated into the memories- they can go back to a specific time easily and are great subjects for doing anchoring work with as they can get into a fully associated state more easily than Through -Time people.

Slide 12

Here we can see our Time Line ...the presentthe future.... the past and the past can be any time during this lifetime including in the womb or it could also be past life or passed down to us through the generations along the genealogical line.

we can see the gestalt which starts with the very first event and connects through all the events like a string of pearls

The years between zero and seven are the imprint years when the child is like a sponge absorbing all the events that occur. This is also the time period where the groundwork for phobias is often laid.

From approximately 8 to 14 the modelling phase occurs where the Child models it's parents and other people who he or she admires.

Then from 14 to 21 socialisation years take place where complex social processes and dating begin. Our social values are created at this time.

Slide 13

Here we have a significant emotional event that may have happened recently and could be the reason that your client has come to you, since then there may have been a few minor events with similar emotions ...and in the past they will also have had minor events with similar emotions and perhaps more significant emotional events. All of these memories are stored in a gestalt (memories around certain subject are connected like a string of pearls, it links each and every event together) When we discover the first event and let the emotion go, then everything else in the gestalt changes.

Slide 14

When we are working with limiting beliefs, the process is a little different. There is always a limiting decision that precedes the belief, and it's the limiting decision that we work with so that the beliefs will also be released. Let's take smoking as an example:

Here we have an event, which could be the first time someone picked up a cigarette and smoked it.... now after several times of picking up a cigarette and smoking it the person develops a belief of I am a smoker... however the decision to be a smoker could've been made long before that! People who grew up in the 60s when the Marlboro man was on TV commercials -kids as young as 4 or 5 would look at that ad and think I want to be like that or they look at mom or dad Smoking and say I'm going to do that So at that early age of 4 or 5 the decision is already made, it may not be until 13 or 14 that the child actually smokes their first cigarette, then when they continue to smoke the belief of "I am a smoker" is made.

When we change the decision to be a smoker, the belief disappears along with it.

Slide 15

With TLT we can also work with the future!

Anxiety is the fear of something which hasn't happened yet.

Slide16

Common areas for goals/manifesting our career, family, relationship, personal growth and development, health and fitness, spirituality.

Slide17

SMART Goals- specific, measurable, as if now, realistic, timed.

Slide18-21

Pre-paving the future by putting a single event into the future timeline (exercise)

Slide 22

There are 3 requisites for change:

1. Change work- releasing negative emotions, parts integration etc
2. Client must take action
3. Client must focus positively on what they want

Slide 23

If you are interested in Time Line Therapy Practitioner® Training, the next zoom Training begins on October 10th

In the 7 x 3 hour live zoom sessions Time line Therapy Practitioner Training® you'll learn how to:

Elicit the timeline

Find the root cause of an emotion or limiting decision and how to release negative emotions and limiting decisions, parts integration, fast phobia model.

Change the direction of the timeline and how this effects personality.

Discover how to create a well-formed goal and place it in the client's future allowing the client to manifest the future they desire.

Structure a personal breakthrough session with a variety of clients

And more!

The Practitioner Training is a great add on to your Hypnotherapy, NLP or Coaching skills and will change and enhance the way you do Therapy/Coaching
You can e-mail me at Carolyn@absoluteawareness.com.au, or WhatsApp me on +61 0434361354 or see me at my vendor booth to register your interest. Registration forms and information are available for downloading on www.absoluteawareness.com.au/timeline-therapy-training

If you sign up for Timeline Therapy Practitioner® Training before midnight on Monday you'll receive \$200 off the conference price (conference price \$895, regular price \$1095)

The conference price of \$895 is valid until Monday 15th September
I would love you to join us on October 10th

You can purchase my books:

Anxiety the book by Carolyn G.A Ching <https://a.co/d/8BbQIV>

It's Time To Be Me by Carolyn G.A Ching <https://a.co/d/6UqSF2w>

On Amazon, Barnesandnoble.com or order it at any library/ bookstore
You can get a signed copy here at the conference at my vendor booth.

Course dates:

Friday, Oct 10: 6 to 9 PM EST	Saturday, Oct 11: 6 to 9 PM EST
Friday, Oct 17: 6 to 9 PM EST	Saturday, Oct 18: 6 to 9 PM EST
Friday, Oct 24: 6 to 9 PM EST	Saturday, Oct 25: 6 to 9 PM EST
Saturday, Nov 1: 6 to 9 PM EST	

(5 to 9 PM CST, 3 to 6 PM PST, 11 PM to 1 AM. UK, 8 to 11 AM Brisbane)

If you have any questions or want to be notified of future courses email carolyn@absoluteawareness.com.au

Or join my Facebook page <https://www.facebook.com/share/16XGEWPENr/?mibextid=wwXlfr>