**Bec Brings RTT and Tapping to The Fountain of Youth and Float Centre**

**WHAT IS RTT?**

* RTT combines the best of hypnotherapy, NLP, Psychotherapy and Cognitive Behavioural Therapy.
* Get to the root course of your issue and rewire your subconscious mind, to be in line with what you want.
* Release the painful and traumatic experiences in your past, so that you can be happy, without needing years of therapy.
* Achieve breakthroughs in 1 -2 sessions compared with traditional ‘Talk Therapy’.

**WHAT IS TAPPING?**

* Tapping incorporates the organs that are associated with the body’s natural stress response – Fight/Fight/Freeze
* Physically feel the visceral change within the session as stress and tension melts away
* Tapping focuses on the different senses holding an old memory or trauma in place

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| * Restore your Confidence, Self Worth & Self Love
* Overcome Stress \* Anxiety \* Depression
* Overcome the pain from Past Abuse & Bullying
* Eliminate or Reduce Drinking
* Lower & Control Excessive Anger
* Restore your Fertility
* Overcome Self Destructive Behaviour
* Eliminate or Reduce Chronic Pain & Migraines

To find out more about RTT and Tapping, click on the link below:www.morealivetherapies.com |

Rapid Transformational Therapy (RTT)

I am Rebecca Jones from More Alive Therapies and I am pleased to be joining Fountain of Youth and Float Centre, in Alderley Brisbane. Among my numerous qualifications, I am a Clinical Hypnotherapist and an advanced Rapid Transformational Therapist (RTT). I would like to introduce you to this incredible, specialised form of hypnotherapy, if you are currently not familiar with it.

RTT is like Therapy under hypnosis. It combines the best of hypnotherapy, Psychotherapy, NLP and cognitive behaviour. RTT empowers you to overcome emotional and physical pain rapidly without medication. You are in control the entire time and most people are surprised how the experience is different to their preconceived ideas about hypnosis.

Under hypnosis, we get access to information from the subconscious mind, that we ordinarily do not have access to in someone’s normal, awakened state. In a session, we quickly and easily get to the root cause of a person’s underlying, limiting beliefs.

Compassionately and gently, we then work together at resolving the hurt, anger, loss, trauma, sorrow or whatever the unique personal pain is, in which that individual client needs to address. This part is a bit like getting resolution on some unfinished past experiences.

Every person’s problems are a result of their individual life experience and is a unique blueprint of their beliefs. That is why every single session is individually tailored to the client and why each client will receive their very own bespoke recording, made specifically to address what came up in the session.

Clients are often delighted to listen their individual recording, giving them time daily over the following weeks to rewire their mind with their new positive beliefs and really, cement the changes into their mind and into their life.

Results can be instant, leaving you to feel lighter immediately, whilst others notice their shifts are cumulative, and others yet again, notice their shifts retrospectively; so, that when they look back, they notice, old behaviours and patterns have shifted and changed.

I love what I do and I feel honoured every time I do a session.

My true passion lies in helping people to overcome past pain and traumas so that they can connect to their authentic self-love, self-worth and feelings of safety in the world. When this is achieved, genuine, authentic happiness is the natural by product.

Many things chip away or sometimes sadly, completely break a person’s worth. Sometimes it is a major trauma or systemic abuse, other times, it can be incidences, that at the time were a big deal yet as an adult, you can look back on those experiences and realise those childhood upsets are not worth your lack of self-esteem, self-love or personal struggles today.

Lack of self-worth can be played out in life through a myriad of different way such as addictive tendencies, poor relationships, lack of success in life, destructive behaviour, explosive anger, poor self-esteem, chronic physical pain, anxiety or depression, to name a few.

I am constantly amazed at the power of the mind and the power of the human spirit to endure. I am delighted every time a client is set free from the pain from their past and empowered to move forward.

Some years ago I worked as a life coach at a Health retreat on the Sunshine Coast that specialised in Anxiety and Depression. Our guests routinely stayed for 30 days paying up to $30,000 for their stay.

It was there I saw first hand how virtually all problems funnelled back down to self-love and self-worth. We made at times incredible progress with our guests but it took time and we were using a lot of talk therapy to convince people that they deserved be happy and to love themselves and know and feel their true value. We were using the conscious mind to make the shifts but the power to change is in the unconscious mind. I loved what I did and every staff member there had the absolute best of intentions, but I found myself at times questioning the true effectiveness of this approach.

Fast Forward to 2017, I came across world renowned Hypnotherapist Marissa Peer who taught that most people’s problem’s funnelled down to a lack of self-love and not feeling enough.

Furthermore, Marisa Peer was achieving life changing transformations in her clients within 1 session – rarely more than 3 sessions per issue. Issues such as anxiety, Depression, traumatic abusive childhoods, addictions, infertility to general confidence and sports performance. Marisa’s clients involved, rock stars, Hollywood actors, Olympians and royalty. She was up close and personal with high achiever’s and as a result, she analysed what they thought and believed internally. As a result she was able to help her other clients who came to her wanting more confidence or general success to produce outstanding results.

Today, I have been fortunate to have been trained personally by Marisa Peer in London and even assisted on her Sydney training in 2018 when RTT was first bought to Australia.

Tapping

I am also a Faster EFT practitioner (EFT stands for Emotional Freedom Technique). This is commonly known by many as tapping. Tapping is another tool that I use to help my clients address their issues and create change in their life. Tapping empowers my clients to overcome emotional and physical pain rapidly.

By understanding how problems are held in the mind, I use this knowledge to break the chains that are holding the problem together. Tapping uniquely addresses the individual’s internal representation system. By this I mean, how the problem is held together. For instance, take two different people both experiencing the same car crash. One person is haunted by the sounds (auditory) of tyres screeching, glass shattering and somebody’s scream of pain. Somebody else will have heard the same sounds but they can’t get the image of blood out of their mind or a mangled car (visual). So, to help these two individuals, I need to work on the traumatic parts that their unique mind has locked onto and is holding them back today.

Tapping involves the use of the Chinese meridian points that are involved in the fight/ flight response, in conjunction with the individual’s internal representation system as explained above, using any of the senses that are tightly holding the problem in place; visual, auditory, kinaesthetic (feeling) olfactory (smell) and taste.

Within a session of tapping, people feel a visceral difference within their body. Tapping works quickly and powerfully to help client’s regain control of their life.

Sessions conducted on-line

Hypnosis and tapping can both be conducted on line. They are both fantastic methods of helping people when both parties cannot physically be in the same room as each other for logistical reasons. This is 2020 and therapy is dynamic and different to the old style. Different doesn’t mean bad. Different in this case is exciting. It can be liberating because it means people who are not privy to therapists from the big cities can still access help and support and therapy that is available in the major cities whilst still experiencing the same success as if they were in person having their session.

If RTT or tapping sounds like something that interests you, then I look forward being a part of your transformation as you step into a more joyous and happy future and a Lighter and Brighter you.

For more information, please go to my website at www.morealivetherapies.com