

## Accelerated Transformational Healing

**Accelerated Transformational Healing** is a fast and effective way of healing chronic mental and physical health conditions that have suppressed emotion or trauma at their core.

Over the past decade, we have discovered that most chronic mental and physical illnesses have unresolved trauma or repressed emotions at their core. Unfortunately, the connection between repressed traumatic emotion and chronic disorder such as PTSD, addictions, insomnia, prolonged physical pain, anxiety and depression as well as some auto-immune and neurological conditions often go unrecognised. The result is that the sufferer does not get well, or if they do it is short-lived, or it soon shows up in a different form.

After a great deal of experimentation, we developed a unique therapeutic model we called **Accelerated Transformational Healing**. The process uses conscious and subconscious collaboration to initiate a healing process that removes the problematic emotions or trauma-encoded memories associated with the condition. By combining the positive aspects of **Clinical Hypnotherapy, Psychotherapy, Regression Therapy, Holographic Memory Resolution, Neuro-Linguistic Programming** and **Cellular Command Therapy** we have helped people alleviate or heal their condition altogether.

### How it works

**Accelerated Transformational Healing** involves a multistage process that uses regression as a primary process to safely access the original root cause of the physical or mental issue. By slowing down our brain waves, our conscious mind moves out of the thinking neocortex (analytical brain) and into the limbic brain where it connects with the autonomic nervous system, which is the body's subconscious operating system. In that place, the original emotionally encoded memory is re-framed or altered to one that is more organic. The body knows exactly how to heal any physical or mental condition, all it needs is the correct instruction.

Through hypnosis, specific healing instructions are given to the mind and body to re-write existing subconscious programming thus re-setting the bodies bio-energetic blueprint. The process frees the individual from the previously unconscious, negative impact of the emotion or trauma. It also initiates a neuroplastic effect on the brain and nervous system by establishing new neurological pathways in the brain that directly access a new paradigm of health and healing thus creating profound and often permanent changes in one's mental, emotional and physical health.

## **What are the benefits of Accelerated Transformational Healing?**

Childhood issues and past experiences that are currently negatively affecting the individual's life can get resolved. People can free themselves from trapped grief and trauma, release fears, phobias, habits, compulsions, unwanted behaviours and heal persistent physical or mental conditions. Furthermore, when the mind and body undergo reprogramming at the cellular level, a platform for complete healing and wellbeing is established.

## **What conditions can Accelerated Transformational Healing be applied to?**

**Accelerated Transformational Healing** can be applied to almost any physical or psychological condition where counselling, clinical hypnosis or psychotherapy are currently used. It is especially beneficial for chronic conditions such as PTSD, phobias, anxiety, depression, sleep disorders, pain, addictions, obesity, stroke recovery, multiple sclerosis, Parkinson's disease, lupus, rheumatoid arthritis, and a host of other chronic conditions that may have repressed emotion or trauma at the core. It also helps relieve the anxiety created by having a chronic illness.

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## **Atman's Psychotherapy, Counselling, Clinical Hypnotherapy & Training**

Angie and Terry Atman are highly qualified and experienced therapists, holding a Master's Degrees in Counselling and Applied Psychotherapy as well as Advanced Diplomas in Clinical Hypnotherapy and Neuro-Linguistic Programming (NLP). They have also been trained in Body Psychotherapy and Eye Movement Desensitisation Reprocessing (EMDR) along with many other disciplines. Thus, they have at their disposal the skills and understanding to work with more complex psychoemotional conditions.

If you are truly ready for a change and would like to find out if **Accelerated Transformational Healing** is appropriate for you, we are offering a confidential no obligation **Free 30-minute consultation**.

## **For more information contact us directly or visit our website**

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