

What is Rapid Transformational Therapy (RTT)?

RTT is a very effective therapy incorporating Hypnotherapy, NLP and other therapeutic techniques to quickly and safely support a client to find the root cause of their problem or difficulty and to resolve it for good. Each session takes around 2 hours and the client is then asked to listen to a short recording for three weeks following the session to consolidate the transformation.

RTT can be used to resolve anxiety, depression, addiction, anger, relationship difficulties, issues with food, weight management or lack of confidence. It can be used with clients experiencing infertility, health problems (such as IBS), skin problems, physical pain, insomnia, childhood trauma and some illnesses. This therapy will find out the underlying reason for a problem, support the client to see how they can shift their belief around their problem and their past and help the client to find better beliefs to reset their thinking. It can also be used with children experiencing a variety of issues. A certified RTT coach can also support adults and children in developing greater resilience.