

## WHAT TO EXPECT DURING YOUR RTT SESSION

### Confidentiality

Anything discussed during your RTT session is entirely confidential. The sessions are not recorded. The only recording is an audio of your personalised transformational recording towards the end of your session. Your Specialist will take notes during your session, which are transferred to a secure electronic platform.

The only time your therapist would discuss your session is if they had reason to believe that a child or vulnerable adult was at risk.

### When in Hypnosis

Don't expect to feel Hypnotised, it is a natural state. It will feel no different from relaxation. In fact, you will be more aware in hypnosis. There is no right or wrong way to experience hypnosis. You don't go anywhere and many people don't realise they are in hypnosis until they come out of it.

### What to expect after your Session

You will receive your personal recording within 24 hours.

#### Follow-ups:

There will be a few contact points after your session, to check on your progress and to answer any questions you may have. There will be a follow-up message at 7 days and 21 days post session to discuss your progress.

#### Listening to your personal recording:

Your personalised transformational recording, is an integral part of the change process. You must commit to listening to your recording for 21 consecutive days following your RTT session. This locks in the changes made in the session and helps to create new neural pathways. Please don't worry if you fall asleep while listening to your recording - the subconscious mind is always listening

#### Types of Change:

Some clients notice instant change, some notice change over time, some notice change in hindsight