

## **What is a Personal Breakthrough Session?**

A Personal Breakthrough Session has only one objective in mind – to help you transform some aspect of your life as you would have it be. Often a breakthrough session will help you “get right” with some aspect of your life like relationship, career, spirituality, family, health or personal growth.

## **What should I expect?**

First and foremost, your privacy and comfort are our top priority. During your first session you will be given a copy of our privacy policy. You will find that it falls in line with those of your regular healthcare provider.

Expect your full session to take between six and eight hours. Some may be as short as four hours and some longer. After discussing your needs, we will tell you how long to expect it to take. We can spread the session across two consecutive days if need be. We’ll discuss what works best for you.

Your breakthrough session will be personalized for you and your objectives. You may be required to complete some tasks before your appointment. If assigned, it is absolutely necessary that your task is completed fully before the first session.

During the session, we will explain to you several processes that we may use and we will instruct you in how to get the most from your session. You will learn how your unconscious mind works and how to communicate with it in order to make your transformation complete.

We will discuss the changes you will make and, working together, we will change the way you arrive at decisions today that move you away from what you want. Imagine waking up every morning knowing that the things you will do today will move you always closer to the things you desire.

We begin with a discovery interview. This is an interactive discussion whereby we come to understand the presenting problem and how you “do

it” while at the same time, start to shift the way you approach the problem.

Upon the conclusion of your session we will generally do a little hypnosis to get refreshed and jumpstart your new life.

## **Techniques and Processes**

### **Time Empowerment® Techniques:**

These techniques are a process of active imagination where you imagine floating above the past and future of your life, your Time Line, and let go of all negative emotions and limiting decisions (or limiting beliefs). Time Empowerment® Techniques are also used to help you create the future you desire by creating events in your future that support your goals or outcomes. Time Empowerment® Techniques has demonstrated results in a wide variety of presenting problems and goal setting. It is a powerful technique which allows clients to make long-lasting changes in a very rapid way. Your practitioner is certified as a Time Empowerment® Master Practitioner.

## **Neuro-Linguistic-Programming**

**(NLP):** NLP is a model of communication — how we communicate to self and others — and how that communication creates and affects our behavior. As a study, it is a synthesis of cognitive and behavioral philosophies which focus on the information coming in through the neurology (cognitive) and the programs we run inside our heads to produce the behaviors (behavioral) we do. Your practitioner is certified as an NLP Master Practitioner by the AIP, Association for Integrative Psychology.

**Hypnosis:** Is the use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with clients since 1843. Your practitioner is a Master Hypnotist, trained and certified in Clinical Hypnotherapy by the AIP – Association for Integrative Psychology and is a member of the NGH - National Guild of Hypnotists.

**Guarantee:** All work that we do is guaranteed. That means that you will receive the support and follow-up to ensure that you get the results you

wanted. We guarantee our work because our experience has shown us that our clients always get results.

If we have quoted you a certain length of session after the Detailed Personal History was completed, then we will work with you for an equal amount of time at no charge until you get the results you want.

**Regarding Your Health:** In order to ensure you get the best results possible, if your presenting problem is related to your health we will work with your existing healthcare team. This is alternative healthcare and is in no way intended to replace any work you are currently doing with a licensed healthcare provider. Working together, your healthcare provider might wish to begin making changes to your healthcare plan as you make the changes in yourself.

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## **Personal Breakthrough Session**

Eliminate negative emotions from your past and the limiting decisions that are holding you back.

**Empowering your future  
Empowering you**

**Career  
Health  
Relationship  
Personal Growth  
Spirituality  
Family**

*Changes for Life*