



Rapid Transformational Therapy

A few answers to the most common questions about RTT.

1. How long does it take?

a. Each Rapid Transformational Therapy session lasts between 90 - 100 minutes, separate from the 30 minute consultation call. For that reason, I ask you to block off a full 2 hours in your calendar to make sure you're not rushed. I try to keep sessions to a maximum of 90 minutes, but sometimes they go over. But more important, you need to have a bit of time for yourself afterwards to reflect, settle in, and just breathe with your new awareness. Your transformation recording is sent to you within 24 hours of your session.

2. What does it feel like?

a. The experience feels different for different people. Some people feel a floating sensation, some do not. Others may feel sleepy, some do not. Most people feel relaxed and at ease. Some feel as if they are in deep meditation. What's most important is to know that *how you feel* isn't an indicator of how effective it is. Regardless of what it feels like—it's working. I promise.

3. Can I get "stuck" in hypnosis?

a. No! That's an old wife's tale. You have complete control the whole time. You can talk, move your body, get a tissue, even get up and leave (I've had clients who had to stop to pee before!). If our call gets disconnected you may drift into sleep if you're really relaxed, but eventually, you'll notice that you're not hearing my voice and open your eyes.

4. How does it work?

a. Hypnosis is not magic—it's science. It works by creating a burst of brain waves that are the same as when you're in REM when the nervous system relaxes before sleep. Your brain, as in meditation, goes into alpha and theta wave states and activates different parts of the brain—that's what allows you to access the subconscious mind. In fact, you are more familiar with this state than you realize. It's very easy and anyone can do it—you'll see for yourself once you do it!

5. What if I don't "go deep" enough?

a. Don't worry about how deep you go. I want you to forget all about that. It's really *not* important. The depth of trance is not linked to results at all. So don't get stuck on "Am I deep enough?" Just tell yourself the truth—"This is working" and it will absolutely work. Just know that it is effective.

6. What if I think I already know the reasons behind my issue?

a. What makes RTT different and so amazing is that even if you think you know the reason, you see it in a COMPLETELY new way. That's what allows you to change the meaning you've attached to the causes/reasons of any issue, and ultimately, change your beliefs. And for many clients, they go back to scenes that are totally different than what they expected. Just relax and trust that your subconscious mind and know your higher self will show you exactly what you need to see.

7. *What if I go back to scenes that are painful or scary?*

- a. If you go back to scenes from your life that are related to things like sexual or physical abuse, or other traumas, it's important to remember that you are not reliving those scenes, you are simply reviewing them as if on a screen and you are completely safe. I will support you and create a safe space for you to express your emotions, your insights, and to also heal—know, you will be safe and totally OK.

8. *When will I start to see changes?*

- a. There are 3 types of change from Rapid Transformational Therapy—every person is different:
 - i. Immediate: You feel a massive shift right away—immediate changes in your physiology, thoughts and behaviors right in the session.
 - ii. Incremental: You see consistent shifts every day, or over time.
 - iii. Retroactive: You don't see the shifts right away and then one day you suddenly look back and see all of the things that are different in your life.

9. *What if I need or want more sessions?*

- a. RTT is designed to give you a powerful breakthrough and create big changes in your life. Many clients need more than one RTT session on a particular issue, depending on how deep it is, it can take up to 3 or more sessions. Understand too, some issues or desires, like becoming more confident, can take more than one session, because it might also involve working on self-esteem, being worthy, allowing oneself to be seen, and claiming your voice, depending on what it is one wants to develop confidence around and achieve. During our consulting session, we'll discuss and explore this.

Know, many clients want to keep doing sessions to work on other areas of their life and to receive coaching to integrate more fully new beliefs, new habits of thought and behaviors. For these reasons I offer a Rapid Transformational Therapy first and foremost in a three-session package or Rapid Transformational Therapy combined with coaching for those who want continued support on their journey—we can discuss my exclusive 3 or 6 month private coaching program. There are payment options for package/programs.

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