



DAWNQUEST
Rapid Transformational Therapist

WHAT TO EXPECT FROM YOUR RTT SESSION

Hello!

I'm delighted you're thinking about having RTT and would like to know more about what's involved. Below I've listed some information that I hope you find helpful before you book an RTT session with me.

RTT is a very beneficial therapy for a wide variety of emotional and physical issues. It works by getting to the root cause of any subconscious beliefs you may have about yourself and finding out how, why, where and when you first acquired these beliefs. The process of RTT then removes these completely to replace them with better, more positive thoughts, beliefs and emotions.

RTT is both a powerful and a very gentle therapy and there are no negative side effects. Sometimes my clients report feeling a little more tired and emotional than usual and this is a completely natural response as your mind eliminates old, outworn ways of processing memories and experiences. This usually passes within a few hours or, at the most, a day or two. Because of this it's a good idea not to schedule in a busy day for after your session if you can help it.

What to expect from your session

Please do not expect to feel hypnotised. Do expect to feel really relaxed.

You are in control at all times during your session and, if for any reason, you want to stop or pause your session, you can do so by simply telling me that you wish to come out of hypnosis.

Hypnosis works even if you don't believe it does, and even if you don't "feel" hypnotised.



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Change with RTT can happen in one of three ways:

- Immediately: clients say they notice an immediate improvement after their session.
- Incrementally: gradually over the following 21 days
- Retrospectively: no noticeable change for a week or two, but then my client looks back and realises the issue they came to see me about has gone or is resolved.

For the majority of my clients, change is experienced incrementally, but everyone is different so please don't worry if you don't notice any changes straight away.

Before your session:

You don't need to prepare anything for your session, but please do complete all my client forms and pay for your session no later than 48 hours before your appointment, to secure your booking.

During your session

Your session will last between 90 minutes and 2 hours

All sessions are via Zoom sessions. Please make sure you won't be disturbed so you can relax completely and get the maximum benefit from your session. Choose a comfortable and supportive chair or, alternatively you can lie down, as long as I can see your head and shoulders throughout the session.

After your session

Please be very kind to yourself after your session. Rest if you need to and increased your water intake to stay hydrated.

I will send you your hypnosis audio recording (usually by Whatsapp). Please listen to your recording (with headphones if you can) for 21 days following your session. You can listen to your recording at night and it's okay to fall asleep as you listen. The hypnosis recording will continue to register with your subconscious mind.



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You can listen to your recording more than once a day if you wish. **As you will be in hypnosis please do not drive or do anything that requires your full conscious attention while you listen.**

I will email you 2 days after your session to check in with you and then again between 7 – 10 days and 21 days after the RTT.

Depending on which RTT Plan you have chosen, I will also arrange follow up sessions with you at a time that is mutually convenient. As my client, you can email me at any time during working hours if you have any questions or concerns and I will endeavour to reply to you as quickly as possible.

Please be assured that all RTT sessions are confidential. No one will know you are having RTT, hypnotherapy or coaching with me unless you choose to tell them.

I hope this has answered your questions about your RTT therapy with me but if you have any further questions, please do not hesitate to contact me via the Contacts page on my website.

Warmest wishes,

Dawn