



Getting ready for your RTT session

- Session will take up to 2h, please make sure no one will disturb you (children, partner, pets, deliveries, friends, family).
- Go to the bathroom before the session.
- Have tissues around in case needed.
- Turn notifications off on phone, laptop/PC any other device.
- Good internet connection (call will be with video).
- Please make sure lighting is good where you will be during the session, so I would be able to see you down to your waist.
- Device plugged in with the charger.
- Make sure you will be sitting comfortably during the session.
- You can have a blanket or a pillow if that would make you more comfortable.

What to expect during the session?

- Hypnosis is a natural state we go "in" and "out" many times during the day, for example watching movie, driving - when you suddenly come out like from autopilot or losing track of time. Hypnosis state is more similar to just a relaxed status.
- You ARE in control. You only will accept positive suggestions and if you feel they align with you. You will be present during the whole session working on the things you want to change, and you will be in control.
- You will receive customized recording after the session that you will need to listen for 21 days in a row.

Forms

- You will receive Intake form that will need to be filled and returned no less than 24h before the session, because details will be required to prepare for the session.