

# Common RTT Questions



[www.ireneevangeloutherapy.com](http://www.ireneevangeloutherapy.com)

### **What does it feel like?**

Alright! The experience feels different for different people. Some people feel a floating sensation, some do not. Others may feel sleepy, some do not. Most certain is that people feel relaxed and at ease. What's most important to know is that how you feel isn't an indicator of how effective it is. Regardless of what it feels like - it's working. I promise.

### **Can I get stuck in hypnosis?**

No! You cannot! 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 drink some water 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.

### **How does it work?**

Hypnosis is not magic - it's science! It works by creating a burst of brainwaves that are the same as when you're in REM. That's what allows you to access the subconscious mind. It's very easy and anyone can do it, you'll see for yourself when you do it too!

### **What if I don't "go deep" enough?**

You really shouldn't worry about how deep you go. I want you to forget all about that. It's really not important. The depth of relaxation 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.

### **What if I think I already know the reason behind my issue?**

What makes RTT amazing is that even if you think you know the reason, in the session you see it in a COMPLETELY new way. That's what allows you to change the meaning and ultimately, change your beliefs and attitudes towards your issue. 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 will take you back to a memory you need to see.

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

If you go back to scenes from your life that are related to things like sexual or physical abuse, or other trauma, it's important to remember that you are not reliving that scene, you are simply reviewing it and that you are safe. I will support you and create a safe space for you to express your emotions and heal - you'll be OK.

### **What if I need or want another session?**

RTT is designed to give you a powerful breakthrough and create big changes in your life. Some clients may need more than 3 RTT sessions on a particular issue, depending on how deep. Most want to keep doing sessions to work on other areas of their life and receive support to integrate new beliefs and build new habits and behaviours.

### **When will I start seeing changes?**

Well, There are 3 types of change from Rapid Transformational Therapy and every person is different of course:

You will typically notice changes Immediately: You immediately feel a massive shift - immediate changes in your physiology, thoughts and behaviours in the session.

the second type of change is Incremental: You see consistent shifts every day, or over time. And finally, there is Retroactive change: in which 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.

### **How can RTT impact physical health and life-long behaviours?**

RTT® offers a comprehensive range of transformational techniques, including cell command therapy, to activate the body's innate ability to heal and restore itself to wellness from a cellular level. Science has proven with neuroplasticity that we can actually rewire our minds, which is why it has the most powerful potential on the planet. Using RTT to access the powerful subconscious mind, we can create new neural pathways and replace old limiting beliefs and behaviours with new empowering ones.

### **How long does each therapy session take?**

The RTT session lasts approximately 2 hours. However, an intake call is required before the session to discuss the therapy, the presenting problem, the cost and the number of sessions required to overcome the problem

### **How does RTT work?**

Breakthroughs are achieved by understanding and fixing the root cause, rather than just addressing the symptoms of the presenting issue. This is why RTT® has such a permanent and long-lasting impact, as it erases and eradicates issues at the core for life-changing benefits. All RTT® therapists, we are equipped with various techniques and tools that are crucial, not just in teaching how to communicate with the subconscious mind, but also indirectly accessing and changing whatever blockages there may be and reprogramming your mind for success

### **How is Marisa's Peer Method different?**

This method is different to other therapy techniques, such as CBT and talk therapy, because it achieves outstanding results very quickly. RTT® is becoming more recognized and validated regularly with course graduates reporting near-immediate success. Unlike many hypnotherapy methods, RTT® does not rely solely on positive reinforcement. RTT® therapy gets to the root cause of an issue, giving you the most liberating understanding and transformative power to achieve dramatic long-lasting results.

# About IRENE



Hi, I'm Irene Evangelou.  
I'm the owner of Irene Evangelou  
Therapy & host of the PEACE with  
Anxiety podcast and fb community  
that is rapidly growing and geared to  
helping high-achieving woman with  
anxiety.

I support women who struggle with anxiety, self-worth, self-confidence, stress (+more), or life's challenges to finally become and feel free from limiting beliefs, trust themselves, and make peace with anxiety.

I am not your average or typical therapist. Drawing from a diverse range of techniques, personal learnings and practices, I empower my clients to challenge their beliefs and feelings, take back control of their minds and live their lives fully, with ease, and confidence.

DO YOU NEED  
MORE HELP?

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