

# Dynamic Thought Transfer Process

A process of change and renewal

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The DTT process has been developed with the understanding that the knowledge shared is only the best guess or understanding that science and philosophy has at this moment in time. It is not cast-in-stone; it is only that which can either be understood or experienced at this moment in our evolution. It is not presented to you as truth which will not or cannot be changed ... it is presented as a snap-shot, at this moment in time, for the purpose of enlightenment and healing, with the clear understanding that we will learn more tomorrow, as we build upon what we know today.

The DTT process is a tool for empowering individuals to rid themselves of negative or destructive behaviour, within weeks of fully participating in the process, not months or years. It does not involve hypnosis, although hypnosis as a tool can be used within the process if appropriate. Very often it is not necessary, as the process teaches participants to take control of their life without intervention from another person.

The process, based on Existential Person-Centred Therapy, focuses on the freedom of choice in shaping one's own life. It teaches responsibility, self-determination including self awareness. DTT concentrates on the present, on the future. It helps clients to make appropriate choices in dealing with the challenges of life. Whereas other therapeutic protocols may keep people in therapy for many months if not years, the DTT process works within weeks. WHY ... simply because it instructs participants how their body-mind partnership works, then empowers individuals to take control of their lives, by providing relevant techniques as a resource that really work.

The main controversial issue with this process relating to other therapeutic techniques, is that most other techniques take, as a given, that transference of emotions will occur between client and therapist. The DTT process does not encourage, nor does it tolerate, any transference of any emotion between client and therapist. In this process, the therapist acts as a guide, supporting the client.

I developed this process in 2004, since then I have had the privilege to work successfully with clients suffering from many issues including:

- Abuse (sexual / physical / mental)
- Addictions ... including alcoholism, drugs, tobacco, food, sex, negative habits
- Anger Management
- Anxiety
- Bereavement
- Bullying (work place, school, family, friends)
- Confidence
- Depression (severe)
- Emotional issues
- Illness (including cancer eczema, psoriasis IBS, migraines)
- Insomnia
- Jealousy
- Insecurities
- Pain relief
- Panic attacks
- Phobias
- Relationship issues ... emotional problems
- Stress
- Trauma
- Weight issues ... eating disorders

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The age of my clientele has ranged from 7 years to 77 years. For those clients who have fully participated and engaged in the process, the change in behaviour has been significant within weeks of starting the programme.

Brief understanding of how my therapeutic process works.

The first meeting:

A short time will be spent listening to your 'story'. I will only ask you to tell me briefly about your concerns, as I want to make an assessment of your issues to make sure that I am the right therapist to help you. I do not wish to invoke any strong emotional response from you while you are at this initial stage. If we agree to work together then I will ask you to complete some paper-work and register as a client. The learning process then begins.

My philosophy is to teach clients how to get to a safe place quickly, from any place of stress, anxiety or fear. With that in mind, the first three sessions are spent, educating, talking and learning about how we work as humans, and how we can control our emotional states quickly. By participating in the programme, clients will be able to relate strongly with the 'Objectives' listed below. Thereafter I work within a flexible framework and encourage discussion relating specifically to your past, and the events and issues that brought you to therapy. The reason why I work this way is that my experience has shown me, that without training, most people when talking about negative issues or events from their past, invoke emotional responses that can be traumatic. By teaching clients some powerful techniques before discussing these emotional bound issues, most clients are able to talk about their past with control and with less emotion being stimulated.

This allows the client to feel more empowered and to experience the effects of the techniques previously taught, and realise that they can make changes.

After the first three sessions we will move into talking and identifying your issues as they are at that moment. Most clients have made **significant** changes to their belief system and thought process by this time in the programme, due to the techniques and the learning from the first three sessions. (Remember this is just a framework, I will work to your agenda if this is what you want)

Aim:

- To promote health, well-being and meaning to life.

Objectives:

- To help the client to get to a safe place in their mind as quickly as possible
- To support the client in learning techniques to deal with past issues
- To help the client live in the moment
- To guide the client to word-craft personal intentions and change strategies
- To ensure the client has knowledge and understanding of how the mind works
- To promote the use of relaxation and meditation as a means to improve well-being
- To encourage the client to use meditation to improve their life-style and belief system
- To empower the client to make changes in their life-style and belief system
- To support the client in learning how to implement their change strategies

### Frame Work for the Initial Programme of Change.

Session 1 (2 hours)

- Introduction and Alliance. Time to ensure that both of us feel safe to work together.
- Administration: I will ask you to complete some registration documentation.
- Explanation of process: I will explain what we will be doing over the next few sessions so you can appreciate as well as control your speed of change.
- Discussion: Why are we what we are? How the mind works.
- Food diary
- Mediation CD plus reading list.

Session 2 (2 hours)

- Any questions from last session.
- Techniques to show how we can change behaviour.

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- Feedback and close

### Session 3 (2 hours)

- Any questions from last session.
- Setting Intentions.
- Creating your day.
- Feedback and close.

### Session 4 (2 hours)

- Any questions from last session.
- Review of food diary: Open discussion on your current situation
- Emotional Freedom Technique (EFT) and Energy Medicine
- How to delete your negative thoughts.
- Feedback and close.

### Session 5 (2 hours)

- Any questions from last session.
- (Video recommendation)
- Discussion round how you adopt the new techniques and processes to your life ... (CBT)
- Feedback and close.

### Session 6 (2 Hours)

- Any questions from last session
- Summary of DTT Process.
- Identify areas of concern.
- Establish areas where further support may be needed.
- Feedback and close.