

# Dynamic Thought Transfer Process

A process of change and renewal

Dr Gordon F Gatiss

Mind For Life

Hypnotherapy & Psychotherapy

Specialist School Academies Consultant

9 Hexham Gardens, Moorside, Consett, Co Durham, DH8 8LQ

Tel: 01207 593679

www.mindforlife.co.uk

## Controlling Your Weight using the Dynamic Thought Transfer Process

A process of change and renewal

The Dynamic Thought Transfer (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. The process teaches participants to take control of their behaviour.

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, and on the future. It helps clients to make appropriate choices in dealing with the challenges of life. Whereas other weight control programmes may keep people in a programme 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, and help the client to control their weight easily and confidently.

Brief understanding of how my therapeutic process works.

My philosophy is to teach clients how to understand who they are, and how they work as a human form on Planet Earth. 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. This allows the client to feel more empowered and to experience the effects of the techniques previously taught, and realise that they can make meaningful and lasting changes.

Aim:

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

Objectives:

- 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 educate the client in relation to food marketing and healthy behaviour
- To support the client in learning how to implement their change strategies

# Dynamic Thought Transfer Process

## A process of change and renewal

### Frame Work for the Initial Programme of Controlling Your Weight

#### Session 1 (3 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
- Special Mediation CD plus reading list.

#### Session 2 (3 hours)

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

#### Session 3 (3 hours)

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

#### Session 4 (3 hours)

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