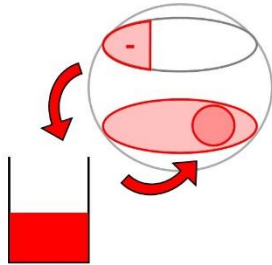


Trauma Clinic Online

How Traumas are formed & Rewind Therapy

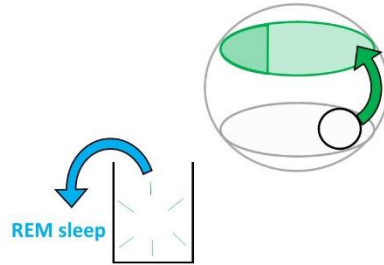
Negative memories are stored...



Negative memories are stored in a short-term memory bit of your brain (the "Hippocampus").

We call this "filling your stress bucket", and you feel more anxious and stressed as a result!

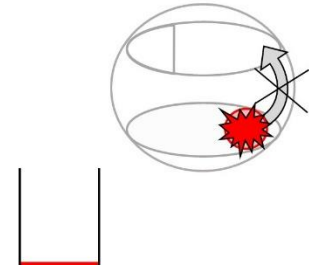
...and filed away in REM sleep...



During REM sleep we move them up into the long-term memory bit ("Neocortex") & remove raw emotions in the process.

We call this "emptying our stress bucket", and afterwards we feel better!

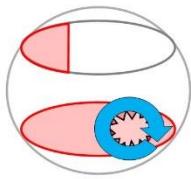
...but traumatic memories get stuck!



When we experience something really scary our survival brain wants us to never forget it & be ready to react strongly next time...

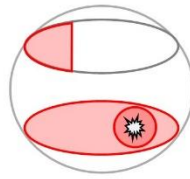
So it gets blocked and stuck in short term memory, where it can trigger unwanted symptoms and reactions!

Rewind Therapy is easy & safe...



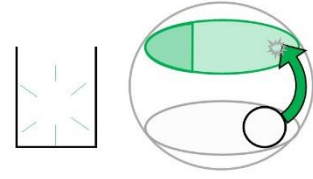
The Rewind Technique helps you play a memory forwards and backwards many times from a safe place...

...and makes the brain bored of a memory...



...until your subconscious becomes nicely bored with and no longer afraid of the memory...

...so it can finally be filed away!



...and now it can finally be moved up into long-term memory storage like all the others!

There is no need to say what happened during this process!

Rewind technique & research:

<https://www.hgi.org.uk/resources/delve-our-extensive-library/anxiety-ptsd-and-trauma/fast-cure-phobia-and-trauma-evidence>

100+ case studies with Rewind technique:

<https://www.iartt.com/case-histories/>

"The fact that the treatment was quick, easy and painless was commented on by very many"

PTSD UK

Before your session:

After completing the client agreement (see next page) you will be sent login details & instructions to access your sessions online – it's a pre-recorded service so you will be able to access it anytime at your convenience!

For the best results:

- ✓ Choose a quiet time and place with good internet signal for your session
- ✓ No alcohol / drugs / other substances that affect your mind / body beforehand
- ✓ Ensure that you're feeling relaxed and awake
- ✓ Choose the memory that you want to release (if it happened more than once you can choose the earliest or worst memory, whichever feels right for you)

Anxiety and / or depression can make it hard to relax and / or focus, so *please make sure you feel relaxed and ready to concentrate before starting your session* - the last page of this document offers guidance on this, and if you would like help with anxiety or depression, either before or after accessing your Rewind Therapy, then please let us know!

During your session:

We'll start with getting you comfortable, some guided relaxation of the mind & body, then into the Rewind therapy.

You'll be guided through playing your memory forwards & backwards on a TV screen, from the safe place at the start to the safe place at the end, with you there on the screen, until the brain gets nicely bored of it.

(If you prefer, you can imagine the TV screen is playing somewhere nearby instead of watching it directly – all you need is a sense of it playing for it to work!)

A bit more guided relaxation to finish and you're done!

After your session:

- Your brain will now have made the positive changes, so feel free to test this for yourself (if appropriate)
- If you would like another session then wait at least a day until your next one (weekly is fine!)
- You will still be able to remember what happened, like other memories, just without painful symptoms
- If you have a specific goal in mind, eg. taking transport again, we can help additionally with Reframing (ask!)
- Enjoy feeling like the old you again and your feedback is greatly appreciated, thank you!

Next step:

Please confirm your agreement to the terms of service here: <https://www.ishypno.com/clientagreement>

Once received, we will send you the [link and login details for your month of unlimited sessions!](#)

Data protection:

The personal details you provide are held in compliance with EU data protection laws, and we would only speak to another professional if:

- we need to confirm anything significant around medication to ensure compatibility with this service (in which case we would ask your permission before contacting them)
- based on a disclosure you make we believe there is an immediate risk of significant harm to yourself or another, and we're legally obliged to act to try and prevent it



Any questions? Ask me anytime on my personal email or WhatsApp number:

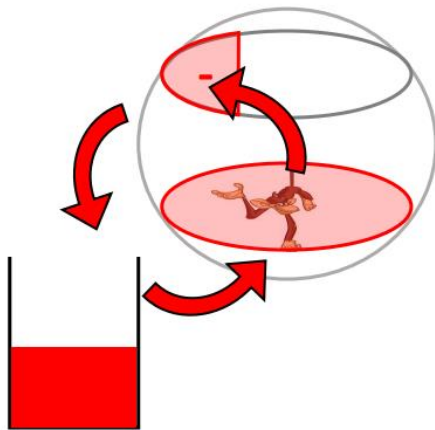
[07795468190](tel:07795468190) / rsmidowicz@gmail.com

Why we feel 😞 and how to feel 😊

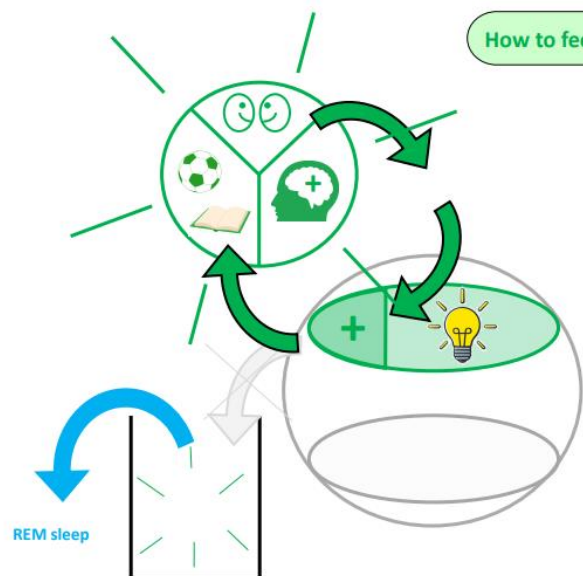
(How to reduce Anxiety / Depression symptoms for your rewind session if necessary!)

- Negative thoughts about the past / present / future fill up your stress bucket (stressing, worrying, beating yourself up about things etc)
- The fuller it gets, the more powered up the **primitive, survival brain** becomes
- This bit gives you **negative thoughts, feelings, behaviours and physical symptoms**
- The cycle is completed and we can make ourselves even worse!

Why we feel :(



How to feel :)



Negative thinking > Monkey brain:

Negative thoughts	(Negative, obsessive, irrational)
Negative feelings	(Anxiety, depression, anger)
Negative behaviours	(Bad habits, reactions, addictions etc.)
Negative body	(Sleep, immune system, stomach etc.)

Even more problems...



Positive:

- + Activities
- + Interactions
- + Thoughts

SEROTONIN!



- **REM sleep empties your stress bucket** (it's limited to 20% of your total sleep though)
- **Positive activities, interactions and thoughts produce Serotonin** in your brain (anything helpful or enjoyable!)
- So, getting enough **sleep & positive activities, interactions & thoughts** makes us feel **calm, confident & happy!**

FREE - Hypnotherapy track for relaxation, confidence & better sleep:

<https://www.ishypno.com/hypnotherapytrack>

Additional help with negative thoughts, feelings etc: <https://www.ishypno.com/ghypnotherapy>