

In a lot of cases the symptoms of stress, anxiety, depression and PTSD are as a result of trauma and stress that has been inflicted in the past. It is now widely accepted that to resolve this the patient has to know that it is over and they are safe and that they have power over the situations that have controlled them in the past.

The use of hypnotherapy has been very useful to resolve trauma from the past but there has been no clear process on how to use it. "The Richards Trauma Process" now provides a clear, fast and effective process to resolve the stress, anxiety, depression and PTSD caused by the past.

When you are caught up in the cycle of stress, depression and anxiety you are removed from a state of calm. Your muscles are tensed and you are in a state of high alert.

With three Appointments "The Richards Trauma Process "moves you from this state of extreme emotions to a state of calm. Best of all you stay in this state of calm. It's not temporary but permanent.

Transformations
Coaching & Hypnotherapy
Hansen Court
CAPALABA
Queensland 4157

Phone: 1300 64 53 54
E-mail: info@transformyou.com.au
Web: transformyou.com.au



Steve Gardiner
Clinical Hypnotherapist
Professional Coach
Richard Trauma Process Facilitator

STRESSED, DEPRESSED, ANXIOUS

BREAK THE CYCLE

You Need to Read This

1300 64 53 54





Appointment 1: We all take on limiting beliefs and programs about ourselves. Most of these come from an early age and can be acquired from others and past experience. In this appointment these limiting beliefs and underlying programs are removed and you begin to realise how magnificent you really are.

Appointment 2: We empower you to have the power over past events that have been controlling you. We don't get you to relive the past events but you can go back to those events and have control over them.

Appointment 3: When you are in the cycle of stress, depression and anxiety it's hard to see a future. Now that the cycle is broken we help you to see a future, a future that you can create.

IS THIS PROCESS FOR YOU?

Is your life being ruled by the on-going impacts and pain of past trauma?

Are depression and anxiety in control of your days and ruling your nights?

Are you at a point in your life where you have given up on even allowing yourself to dream of a normal future, it's just too hard to imagine.

There is an answer:
The Richards Trauma Process was developed by Ms Judith Richards "out of necessity" to enable her to take back control of her own life. Her journey is almost beyond belief. Her Trauma Process gave her life back. It will do the same for you.

STRESS, PTSD, Anxiety, Depression

Are you: Unable to sleep, Jumpy at loud noises, Over Anxious, Tense all of the time. Not able to function, Angry or sad most of the time, These are all symptoms of a person caught up in the cycle of stress, depression and anxiety. Traditionally these are dealt with by being given anti-depressants. In most cases they do not work all that well and you end up by becoming dependent on these drugs. You can break free from this cycle quickly and effectively and without the use of drugs with a unique, cutting edge hypnosis process called "The Richards Trauma Process".

The Richards Trauma Process breaks the cycle of stress, depression, anxiety & PTSD . In just three appointments with one week apart from each appointment you can quickly and safely gain control of your life. You do not need to be a victim of your history.

