



Newcastle Hypnotherapy

Help for your mental health

## The Richards Trauma Process

You only have to watch or read the news to be aware of the **amount of trauma that people are experiencing** today. Car accidents, violence, bullying, abuse of all sorts are all too common. Every day I see people who have witnessed or experienced all manner of distressing events, and are having ongoing issues with depression, anxiety, panic attacks, phobias, OCD, self-sabotage and addictions. And then there is the impact on their relationships, family life and work life. Effects can be multi-generational.

For over 10 years I have been **seeking a therapeutic approach which reliably and effectively frees people from past trauma**. The demand is huge, and only limited solutions are currently available to meet this demand; most current therapy practices only achieve slow, incremental change. These **current practices typically involve re-exposing clients to memories** of the traumatic experience, effectively re-traumatising them.

Last year I found The Richards Trauma Process (TRTP™), and recently completed my training. I am extremely pleased with the results I've seen in clients whose lives were previously dominated by hopelessness and negativity.

The Richards Trauma Process (TRTP™) brings a **significantly different approach** to trauma treatment; it has been created in the time-honoured method of real life experience. **Judith Richards** (photo) experienced the effects of a life of severe physical and emotional trauma, until she chose to take back the power over her life. The Richards Trauma Process (TRTP™) is the result of her search for a way to **live a life worth living**.

TRTP™ is an elegantly simple, yet comprehensive, step-by-step process, which resolves even extreme trauma and trauma-related issues of PTSD, anxiety, depression, fears and phobias etc. It achieves results quickly, effectively and safely – **generally in 3 sessions**.

TRTP™ does not involve exposure or “challenges”; it uses hypnosis as a vehicle for clients to **safely and comfortably “turn off” instinctive reactions** to memories of distressing experiences.



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**Significant client outcomes are being achieved** by the almost 100 mental health practitioners across Australia who have been trained in The Richards Trauma Process. **The claims are genuine and they are not exaggerated.**

**Comments from my clients** include:

*"I'm doing really well, my head is in a great place and I haven't had negative thoughts since before our last session. I'm wondering if this is what it feels like to be 'normal'!"*

*"Working with Sue has helped me find emotional freedom. It has enabled me to find strength, peace and happiness and manage stressors. The solution was always within me."*

*"Sue has helped me greatly with my anxiety issues and would recommend [The Richards Trauma Process] to anyone who wants to take control of their life and feel excited to move forward into the future with confidence to take on whatever comes your way!"*

*"Incredibly uplifting – I have regained my confidence in myself and look forward to each day now"*

**If you relate to the information in this leaflet, contact me for details of how The Richards Trauma Process (TRTP™) can help you.**