



Presents

Information about the Therapies Used.

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Contents

- Overview Page 3
- Thought Field Therapy (TFT) Page 4
- Neuro-Linguistic Programming (NLP) Page 5
- Hypnotherapy Page 6

Overview

In working with groups and individuals I use a multitude of techniques and therapies to help you achieve your desired results quickly and affectively. Below you will find some of these techniques along with a brief introduction as to what they are and how they work.

In learning these different ways to achieve positive change, I have, and continue to work and train with the developers and leaders in each field. I chose to train in these therapies because of one simple reason, they work!

There are many therapists and therapies these days all claiming to be able to help your particular condition. Which one is right for you? The one that works! When deciding on where to go for help do some research and ask questions. Remember a therapist is supposed to help you and therefore will welcome your thoughts and quires. When it feels right for you, book your appointment.

Note: I personally speak with all my clients before an appointment is booked to ensure that I can help you.

Now before you read about the techniques I use just keep in mind that if any therapy is working for you, you will notice/feel a difference. I am personally very sceptical of therapies that take several sessions before they work or claim you will get worse before getting better. Ask how the treatment will benefit you and how many sessions you will need before your initial appointment.

Also know that I can help many conditions in a single session and in most cases no more than two sessions are needed. I also scientifically measure physiological changes that prove the techniques I use work.

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Thought Field Therapy (TFT)

Thought Field Therapy (TFT for short) was developed by Dr. Roger Callahan, a leading figure in Psychotherapy for over 50 years. Although Dr. Callahan was very successful in his private practice, he was becoming increasingly disappointed with the results he was achieving with conventional therapies.

In his drive to find something better, faster and more effective to help his clients, Dr. Callahan continued to study various other therapies and techniques in the hope that they would make the difference. Some of them were useful however nothing made a dramatic difference.

During this time Dr. Callahan was working with a patient called Mary who was suffering from the most severe water phobia he had ever seen. After 18 months of treating Mary with every therapy and technique he knew there had been little improvement in her condition. Dr. Callahan wondered what to do next. Then, one day as Mary spoke of her fear and the churning feeling she experienced in her stomach, Dr. Callahan recalled that the acupuncture meridian point for the stomach began under the eyes. Not knowing what to do next he asked Mary if she would just tap under her eyes. As she did something changed. The fear vanished.

Now some thirty years later, Mary is still phobia free and Dr. Callahan has developed his discovery into one of the most effective therapies in the world, Thought Field Therapy. Now in his mid 80's, Dr. Callahan is still very much hands on helping to resolve all kinds of psychological, emotional and physical problems. The number of conditions Dr. Callahan and other Thought Field Therapists are treating successfully is vast and in the near future I will bring the latest findings and discoveries to you.

The theory of how TFT gets the high success rates it does (Over 98%) is vast so I won't go into it here. More information and details are available on the [Algorithm Training Courses](#) and in Dr. Roger Callahan's book, [Tapping the Healer Within](#). I highly recommend you read the book and join me on my courses.

What you should know is that TFT is a drug-free method of literally tapping into the body's energy with information to allow healing without using acupuncture needles, drugs or any other invasive means. Among many other things, TFT involves tapping on certain acupuncture meridian points of the body in a precise order. You may have seen the hypnotist Paul McKenna doing this on TV and read about it in his books.

TFT is not related in any way to hypnosis and your belief is not necessary for the therapy to work. TFT has surprised dubious sceptics who did not believe in TFT. Through scientific [HRV analysis](#) it is possible to show the physiological benefits the therapy has on your health.

TFT is absolutely safe with no side-effects. It can be so effective that certain problems can be successfully treated in minutes and it can be used for everyone including babies and the elderly. As of 2007 TFT has been recognised by the British National Health Service.

For more information on how TFT can help you contact mark@infinite-mind.co.uk

Neuro-Linguistic Programming (NLP)

NLP was originally developed by Dr. Richard Bandler and Dr. John Grinder in the 1970's to discover how people became effective at what they do. What they were really interested in finding out was how some people became great at what they did while others were just average. What was the difference that made the difference?

To do this Bandler and Grinder spent time with the most effective therapists of the day gathering as much information about how these successful people did what they did. In a process called modelling, Bandler and Grinder not only noted all the physical things they saw, (posture, breathing rate etc) they also paid great interest to language, beliefs, thinking processes...everything. From these observations Bandler and Grinder produced a series of techniques that form various strategies to change behaviour.

"Neuro" refers to the way the brain works...

"Linguistic" refers to communication both verbal and non verbal...

"Programming" refers to how these communications are recognised and understood by the mind.

As an example, imagine that there is something you want to be able to do (lose weight) but you find it difficult to achieve. You know it's possible because there are others (slim people) doing what you want to do. By modelling their behaviour you can identify exactly what they do to succeed. As soon as you implement what they do into your behaviour you can achieve the same results.

This may be a simplistic analogy however this is just what [Paul McKenna](#) has done in developing his weight loss system. He modelled naturally thin people and found they do things very differently from overweight people. Infinite Mind's ['Weight Off Your Mind'](#) course uses a similar approach and is over 7 times more affective than any diet.

In using NLP to develop greater success, health and happiness in all areas of your life, you are only limited by your imagination. NLP has given rise to a trail of techniques that are used internationally in fields such as sports, business, sales and education. NLP techniques are everywhere now and helping people achieve all that they need and want.

"One thing that people really need to get about my life's work is that it's not about therapy or business or networking organisations - it is about freedom."
Dr. Richard Bandler

Hypnotherapy

As I'm often asked the difference between Hypnosis and Hypnotherapy I'll tell you straight away. They are basically the same thing however hypnosis refers to a natural state that we all go in and out of many times each day (e.g. watching TV) and hypnotherapy is the process by which we use this natural state to produce an outcome; positive changes in health and behaviour.

As Hypnosis is a natural state of being it has been around for thousands of years. The first recorded use of it being used for change was from Egypt in the 3rd century. I don't know how effective the changes made back then were but now all kinds of things are possible.

With Hypnotherapy a hypnotherapist assists you in a systematic way to experience a natural state of deep relaxation and calmness, a bit like daydreaming. As you relax, the body becomes comfortable, the mind more alert and receptive than normal. This natural day dreaming state allows greater access to the unconscious mind, the part of you that controls your bodily functions and protects you. During hypnotherapy you are always in control which is why many people talk of hypnotherapy as self hypnosis.

When you are in this "dreamlike state" your hypnotherapist can communicate directly with your unconscious mind and offer new suggestions and instructions to help you achieve what you want. These suggestions are tailor-made for your individual needs. All you have to do is relax and enjoy the experience!

The Mind and Body can, when allowed, heal themselves, resulting in restorative, rehabilitative, curative and seemingly miraculous improvements. Particularly effective for those who wish to take greater control over their life!

It is widely recognised by the medical profession that any form of healing is not just a physical process but also a mental and emotional one. Research has shown over and over again that physical problems can be affected by the mind.

Over the years hypnosis has gained ground and respectability within the medical profession. Although hypnosis and medicine are not the same, they are now acknowledged as being related, and it is only a matter of time before hypnosis becomes a mainstream practice, as acceptable to the general public as a visit to the dentist.