

Feeling Stuck?

**The Richards Trauma
Process (TRTP™) is
FAST, EFFECTIVE
and SAFE.**

It resolves the issues of extreme trauma
and is equally as effective in dealing with
lower levels of anxiety, depression,
fears and phobias – any issue which
is trauma-related.

LET'S

TALK



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HANDS OF KNOWLEDGE

Shop 10/9 Ocean Street,
Maroochydore

Health Rebates Available

Registered: Dip RMT 013315

Member AAMT/SMA

**REALIGN
BODY &
MIND**

**Resolve Anxiety,
Depression and PTSD
in 3 sessions.**



THE RICHARDS
TRAUMA PROCESS

trauma therapy redefined



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TRAUMA PROCESS

trauma therapy redefined

The Richards Trauma Process is suitable for a range of cases. It resolves even extreme trauma and trauma related issues – PTSD, anxiety, depression, fears and phobias, etc.

IT ACHIEVES RESULTS QUICKLY, EFFECTIVELY AND SAFELY.

What is TRTP™?

TRTP™ is an elegantly simple, yet comprehensive, step-by-step process which resolves extreme trauma and trauma-related issues – anxiety, depression, fears and phobias.

It achieves results quickly, effectively and safely – generally in 3 sessions. It is a truly eclectic therapy. It is a very structured, yet dynamic process.

TRTP™ makes use of deep imagination. Deep imagination is used in order to deal with trauma where it is stored – in the subconscious and in the body.

1

Unconscious Core Beliefs

TRTP™ initially deals with the underlying, unconscious core beliefs which keep a person stuck in patterns of thought, emotion and behaviour. In dealing with this at the beginning of the process, self-sabotage is avoided during the following therapy.

TRTP™ then takes the emotional charge from the past, moving the client to a place of empowerment in relation to the trauma.

2

Trauma Resolved

Because deep imagination is used, the therapist can speak directly to the body and to the unconscious.

- 1: the person is moved to an empowered position in regard to the trauma
- 2: the body will know that the event / events are over

3

Shifting from Fight/Flight/Freeze

The client is shifted from fight/flight/freeze and moved to an empowered, self-regulated state.

The sympathetic nervous system is calmed.

The memory of the trauma is placed firmly in the past. The client quickly moves from their state of fight, flight, freeze – “I’m not safe!” to, “It’s over, I’m safe now...” Calm returns, on all levels and symptoms cease.

TRTP™ DOES NOT MERELY ADDRESS THE SYMPTOMS OF TRAUMA.

It deals with the underlying cause of the problem, removing the emotional charge from the past and returning the person to a state of empowerment and the sympathetic nervous system to calm.

SESSIONS CAN BE
CONDUCTED REMOTELY
VIA INTERNET

LET'S

TALK