

# TLT – Time Line Therapy

## Time Line Therapy®

Born from NLP (Neuro-Linguistic Programming), this set of tools will gently take you in a place in your life where you can feel safe and at peace. They help go really deep to remove the source of many negative beliefs & feelings such as anger, fear, sadness, guilt, hurt & many others.

## The TLT process

If you are looking for a fast, powerful way to change, Time Line Therapy techniques are a unique and unparalleled modality for initiating amazing change in your professional & private lives. Using a person's internal "Time Line", the practitioner works with the person's unconscious minds to heal emotional traumas & unwanted emotions, get rid of unwanted beliefs and modify behaviours.

Its success since the mid 80's has brought this technique to the attention of people from all walks of life. TLT is now used by a variety of professionals: psychiatrists, psychologists, relationship counsellors, social workers, as well as life, business & health coaches.

Our memories are stored in our "Time Line". Using it we determine the difference between past, present and future events. For changes to be effective and lasting they need to occur at an unconscious level – this is where the time line helps the practitioner initiate a profound reprogramming in a matter of minutes.

## What can TLT do for you ?

TLT can be very useful when tackling strong feelings & emotions such as anger, sadness, fear, guilt & hurt. Travelling along your time line, you go back in time to the initial event when you first felt the emotion. The TLT process then works on taking away the emotional charge of that event. As a result, from then on, when confronted to similar situations, your behaviour is changed. This change is deep & lasting as it takes place at the unconscious level

## Investment

90 minutes of TLT is €70 per person

60 minutes of TLT is €50 per person

I will, at times, combine TLT with other modalities such as TFT, EFT & NLP which complement each other really well.

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