



What is Root-Cause Therapy and how does it work?

Root-Cause Therapy (RCT) is a form of holistic therapy that recognises the interconnectedness of the mind and body. It aims to identify and address the root causes of an individual's condition, whether physical, emotional or behavioural. Most therapies just work on one level, just the thoughts, just the mindset, just the behaviours or just the physical body and focus on managing symptoms. The power of this multifaceted method lies in the way that it works on all levels of your mind, conscious and unconscious (where our automatic learnt behaviours and unprocessed emotions reside) and it creates a deep long-term change. It helps individuals to create a safe space to 'heal' themselves, through self-empowering, along with the knowledge and guidance from your therapist.

RCT approach uses different processes like NLP, Regression and Future projection, Timeline and Talk Therapy, Inner Child Healing and Somatic Experiencing, including Guided Meditation and Breathwork. This incredible tool works just as well remotely (online) as it works in person. Benefits can include improved physical and mental health, increased self-awareness and feeling naturally more peaceful, including improved relationships with others. RCT is said to be effective in resolving childhood trauma, anxiety, depression, PTSD, addictions, relationships, personal and spiritual development, business and abundance growth and more. Risks may include emotional discomfort or temporary worsening of symptoms, as emotions and patterns are being released. Most of us, humans carry years' worth of 'emotional baggage'! Imagine how much lighter and happier you will feel after getting rid of all that!

Here is how a typical RCT session works:

- The session begins with a comprehensive assessment of an individual's history, experiences and current challenges, so priorities can be identified, based on the individual's goals.
- The therapist and the individual work together to identify the underlying cause of the condition.
- Once the root cause is discerned (through tapping into the intelligence of the body and mind already holds), the therapist and the individual work together to resolve the issue.
- The individual is then taught new empowering thoughts and beliefs to replace the old, limiting beliefs which held them back before.
- This detoxification and integration process is monitored from session to session to prioritize effectiveness and provide ongoing support required.