

REWIRING THE BRAIN WITH RTT

RAPID TRANSFORMATIONAL THERAPY IN MARBELLA

Meet Kathryn Lindup, ex IT managing consultant from the UK, who now helps others to overcome deep seated issues using the power of the mind.

Interview by Caroline Lips



"I help people unleash themselves from their past."

Photographer Insta @marketing_marbella

From her first encounter with hypnosis at the age of 20, where she discovered its ability to influence her dietary habits, Kathryn's fascination with the mind's potential for healing only deepened. Delving into the realms of meditation, neuroscience, and holistic wellness, she eagerly absorbed knowledge from various sources, including attending multiple workshops by Dr. Joe Dispenza.

However, it was a serendipitous moment at a health and wellness festival in 2020 that crystallized Kathryn's path. Engaging in casual conversation before a speaker took the stage, she soon realized she had been talking to the speaker herself, Marisa Peer, a renowned figure in therapy. As Marisa delved into the principles of the bespoke therapy she had developed, Rapid Transformation Therapy and the profound impact of the mind, Kathryn experienced a moment of clarity - this was her calling, her true vocation and she went on to change careers, moving out of the IT industry to become a RTT therapist herself.

WHAT IS RTT?

Rapid Transformation Therapy is a unique, multi award winning therapy that was developed by the leading British therapist Marisa Peer. RTT combines the best principles of hypnotherapy, psychotherapy, Neuro Linguistic Programming, and Cognitive Behavioural Therapy. This innovative approach helps individuals identify the root cause of the issue they want to overcome and quickly and effectively see the changes they have longed for. Many people achieve results in 1 session, occasionally people need more than this but the maximum anyone should ever need is 3.

All our beliefs and behaviours are formed through things that are said to us or things that happen to us, and it creates a blueprint in our subconscious mind that our conscious mind and body work to.

"Think of it like you are the boat on top of the water and your belief and behaviours are lots of anchors sitting below on the sea bed. If you have a physical or mental issue that you want to move away from or change and you can't it's because these anchors are there stopping you from moving forward."

By helping clients identify the root cause of the issues and reframing them in the client's mind, Kathryn helps people pull up those anchors to unleash them from their past to move forward and create their own paradise inside themselves.

KATHRYN'S PERSONAL JOURNEY HEALING ENDOMETRIOSIS WITH RTT

Kathryn has her own incredible journey with RTT after a long and frustrating battle with a debilitating illness, endometriosis. To the surprise of the medical profession, she was able to reverse her condition without drugs.

After receiving a diagnosis of endometriosis, she commenced hormone treatment to alleviate the symptoms. However, six months into the regimen, despite symptom management, Kathryn experienced harsh side effects like anxiety and depression. Reluctant to rely on a lifetime of medication, Kathryn opted to discontinue the hormone treatment against medical advice. Over the next five years, she diligently pursued alternative methods of symptom management, including dietary adjustments, exercise, and lifestyle modifications. Despite her efforts, occasional flare-ups persisted, often rendering her bedridden due to

excruciating pain and bloating. It wasn't until she found RTT that she was able to start to reverse her condition.

Monitoring her condition with regular scans, Kathryn's consultant noticed new growths appearing in 2023, prompting her to seek alternative treatments to avoid the prospect of surgery or a return to hormone therapy. Already immersed in her studies to become an RTT Therapist, Kathryn discovered the potential of Rapid Transformation Therapy to address not only mental health but also physical ailments like endometriosis.

A single RTT session targeting her condition yielded remarkable results, with subsequent scans indicating a reduction in growths and overall inflammation. Astonished by the efficacy of RTT, even her consultant struggled to comprehend its impact, advising her to continue as it clearly yielded positive outcomes.



Kathryn no longer has the pain she used to suffer with and has completely come off prescription pain killers that she took for 5 years!

CONDITIONS TREATED BY RTT

Addictions Drinking Smoking Drugs Gambling Compulsive Behaviour	ADHD Anxiety Stress Fears Phobias Panic Attacks Guilt Relaxation	Eating Problems Food/Diet Weight Problems Anorexia Bulimia Exercise	Depression Confidence Self Esteem Motivation Achieving Goals Procrastination
Career Issues Interview Skills Nerves Public Speaking Concentration Exams Memory Driving Skills Athlete/Sports Person Performance	Sexual Problems Fertility IVF Conception Pregnancy Birth	Pain Control Hearing Sight/Vision Mobility Skin Problems Hair Growth	Relationships Childhood Problems Sleep Problems



Sessions can be conducted online or in person, if you would like to understand more about how RTT could help you contact Kathryn via:
instagram @paradisein.me
or on whatsapp / phone +34 697705419
or visit the website paradiseinme.com

