

What is the process I go through during my private sessions at By September Coaching?

1. **What to Expect:** Your alternative health care practitioner has been trained and certified in Time Line Therapy™ and will be doing this technique along with Neuro Linguistic Programming (NLP) and Hypnosis. The therapy will probably be different from what you might have expected. In total, we will not spend a lot of time talking about the problem, just gathering information about it. In fact, most of the session(s) are about other things.

It is very important for us to discover the internal thought process of HOW you create the problem. That means we are looking for your strategy, or how you structure the problem. Because our focus is on the structure, that means that, once we discover it, we can move on and focus on having the problem disappear very quickly.

Because of this, your Time Line Therapy™ practitioner may cut short your answers or even talk about your problems in ways you have never considered. She may even ask you questions that you do not totally understand consciously in order for your Unconscious Mind to make the changes you want at the unconscious level. It is important to do this so that we can reduce the time take for the therapeutic process.

If you have been in a therapy session before, expect that this one will be very different, and quite a bit shorter. 95% of our September Coaching clients who have private sessions often reach their goals in less than 10 hours.

2. **This is the Process:** We begin with you telling us the problem. We will ask you for examples of the problem and other questions to discover HOW you do it in your head. We will also probe to discover the source of the problem – the precipitating event(s). Some time before the end of this part of the session we will ask you what has to happen so you will know the problem is gone.
3. **After the session(s):** we will probably assign you some very specific tasks to do. If assigned, these tasks are ABSOLUTELY a fundamental part of the therapy. They make take up to several days or weeks to complete. The tasks are directly related to the circumstances that created the problem. YOU MUST DO THEM. If you do not, then neither you nor we can predict the outcome of the therapy. Certainly, any guarantees will not be valid if you do not do the tasking.

The second thing that is important is that you will need to *stubbornly focus on what you want*. The people who are happiest over-all in life are those who recognize that you have a choice to focus on what you don't want or what you DO want. You can focus on negative emotions and things that cause bad feelings or you can focus on positive emotions and things that result in feeling good. It is your choice. After the session, YOU MUST FOCUS ON WHAT YOU WANT.

Finally, if your old pattern rears its ugly head, then you must refuse to run that pattern again. Please remember that we have the utmost total and complete respect for you and absolutely no respect for your old pattern.

4. **This is Alternative or Complementary Health Care and Therapy:** Your Time Line Therapy™ practitioner is a legal Complementary Healthcare Provider, not a licensed Medical Doctor, Psychologist, Psychiatrist, Master's in Family Therapy (MFT), or a Masters in Social Work (MSW). The services you receive are not licensed in this state, nor are they regulated by a government body. The self-regulated holistic treatments and client-centered disciplines in which your practitioner is trained and in which she has experience include consulting and coaching, Time Line Therapy™, Neuro-Linguistic programming (NLP), and Hypnosis. Your practitioner at By September Coaching, LLC has reached the Master level in these disciplines. We will always provide only those services in which we have been trained, and if we find that we cannot help you, we will refer you to a licensed person who can assist you.
5. **Confidentiality:** We keep all information we receive from you confidential and do not disclose it to person's outside of our company. All client information is kept strictly confidential and is for our internal use only. Our fax lines used to transmit and receive client information are private lines used only by our therapists. We are required in some states to share information about child abuse with state bodies who oversee such matters.
6. **Your Guarantee:** All work that we do is guaranteed. That means that you will receive the support and follow-up to ensure that you get the results you wanted. We guarantee our work because our experience has shown us that

our clients always get results. The guarantee works like this:

- a. You must finish the program. That means, attend every session. You must go through the entire process of therapy all the way to the end.
 - b. It is your responsibility to confirm whether or not any changes made produced the desired results during the session. It is your responsibility to communicate your results to us immediately. When you tell us an unwanted emotion or limiting decision has disappeared we assume this is true and continue with the program.
 - c. You must do the tasking after the session, and you need to do it fully and completely.
 - d. Having done this and allowed some time (say up to 2 weeks) for the process to fully integrate, then we agree to work with you until your problem is gone at no additional charge.
7. **Your Choice, your Responsibility:** During the session, we will offer you advice and other ways of looking at your problem and its solutions for your consideration. You acknowledge and agree that whatever we discuss is only our perspective and is not binding up on you, nor is it a prescription. If you want to discuss our suggestions with someone else, you should discuss them with a licensed health care provider

What is Time Line Therapy™

Time Line Therapy™ techniques are considered alternative or complementary health care under the laws of a number of states. The techniques are a process of active imagination where the client images floating above his/her Time Line and letting go of negative emotions and or limiting decisions (or limiting beliefs). Then the client is also asked to imagine creating events in his future that support his goals or outcomes. Time Line Therapy™ techniques have demonstrated results in a broad variety of present problems. It is a powerful technique which allows clients to make long-lasting changes in a very rapid way. Your practitioner is a certified Time Line Therapy™ practitioner by the Time Line Therapy™ Association.

What is NLP?

Neuro Linguistic Programming (NLP): NLP is a model of communication – how we communicate to ours self and others – and how that communicates create and affects our behavior. As a study, it is a synthesis of cognitive and behavior philosophies which focus on the information coming in through the neurology (cognitive) and the programs we run inside our heads to produce the behaviors (behavioral) we do. Your personal development coach at By September Coaching, LLC is certified as an NLP Master Practitioner.

What is Hypnosis?

Hypnosis: This is the use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with clients since 1843. It is becoming widely accepted throughout the medical community as a valid complementary source of health care. September has been certified by the American Board of Hypnotist Council (certification #605-335) and the American Medical Hypnotherapy Association. September is a certified clinical hypnotherapist with special training on medical issues as well as behavioral issues. Since hypnosis may be used during your session, for your safety you should make sure that you are totally wide awake before driving or doing any other activity that may require concentration.

See www.byseptembercoaching.com for testimonials from our clients on the effectiveness of rapid change coaching services.