



RAHEL J. PAPIS
THERAPY

CERT. HYPNOTHERAPIST

@rahelpapis

SOMETHING YOU SHOULD REMEMBER:

**Allow yourself to see
what you don't allow
yourself to see.**

- MILTON H. ERICKSON

”



WHO AM I ?

RAHEL J. PAPIS DIPL. KINESIOLOGY &
HYPNOTHERAPY, ASTROLOGY

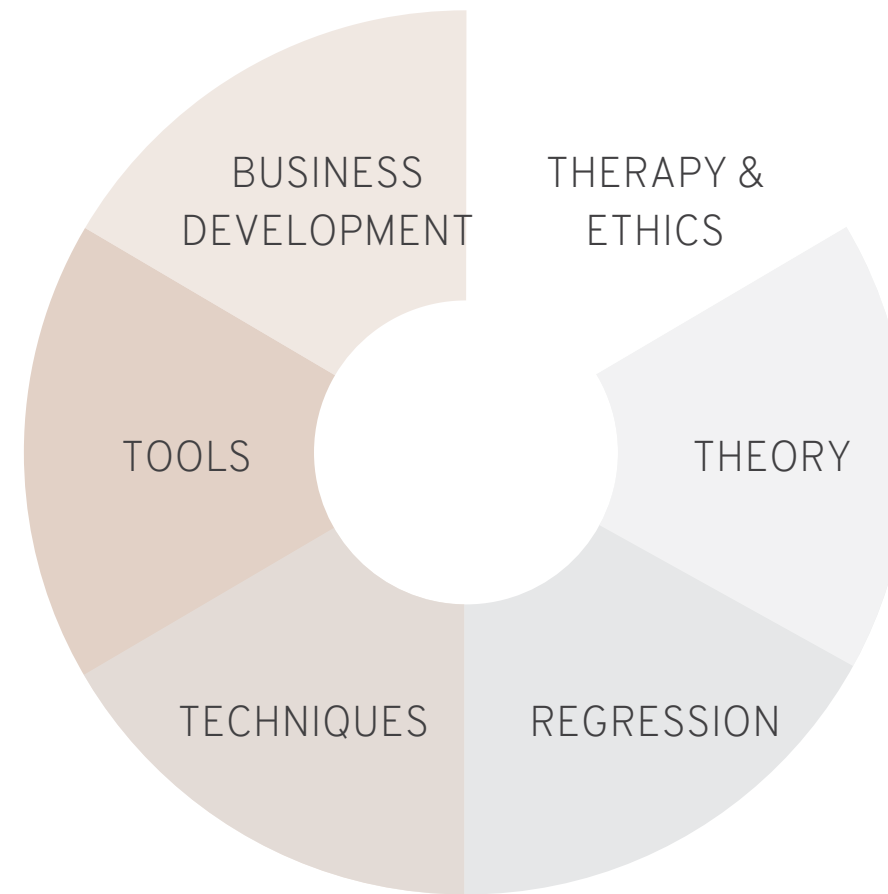
MY HOBBIES

*Laughing, Netflix, Reading, Traveling,
Learning New Things*

MY MOTTO

*A day without laughter is a wasted day.
- Charlie Chaplin*

DIVE INTO THE THERAPY WORLD



THERAPY & ETHICS

- How to observe clients through a holistic approach
- Psychological conversations
- Solution- and goal-oriented structure (also coaching approach)
- Design of a complete therapy session from A-Z



THE THEORY

- The different levels of hypnotherapy
- Somnambulism (working level)
- Esdaile (hypnotisches Koma)
- Signs of successful hypnosis
- deepening techniques
- Practical exercises



WHAT IS HYPNOSIS?



DEEP RELAXATION

A natural state that
we all know.
200-300% more
awareness.

SLEEP? NO!

The word “hypnos”
comes from ancient
Greek and means
“sleep”.

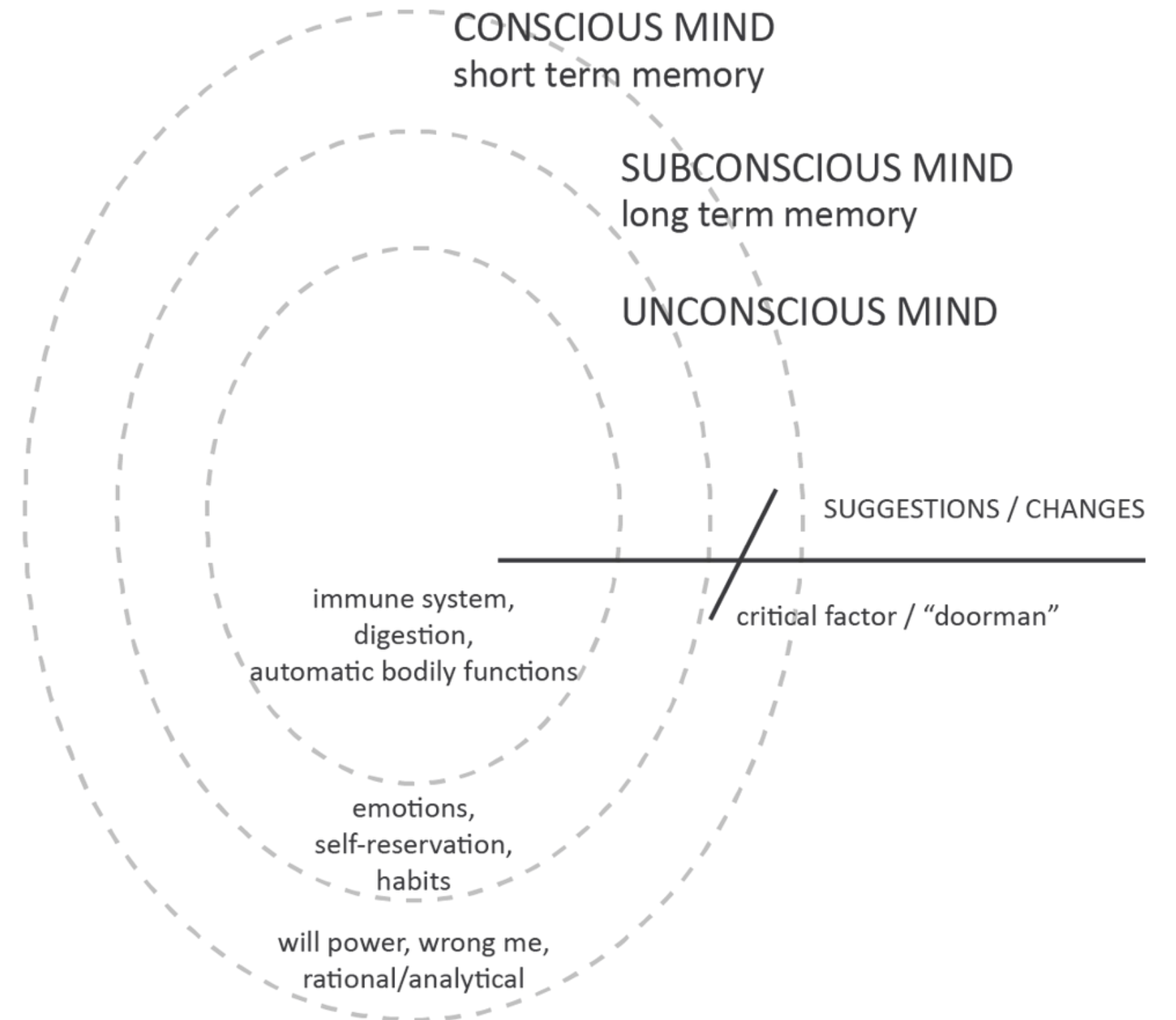
80% UNCONSCIOUS

I leave the house in
the morning and can't
remember if you
locked the door.

EXERCISE DAILY

No one is born a
master. Practice
makes perfect!

JERRY-KEIN-MODEL



REGRESSION

Let's get to the core issue:

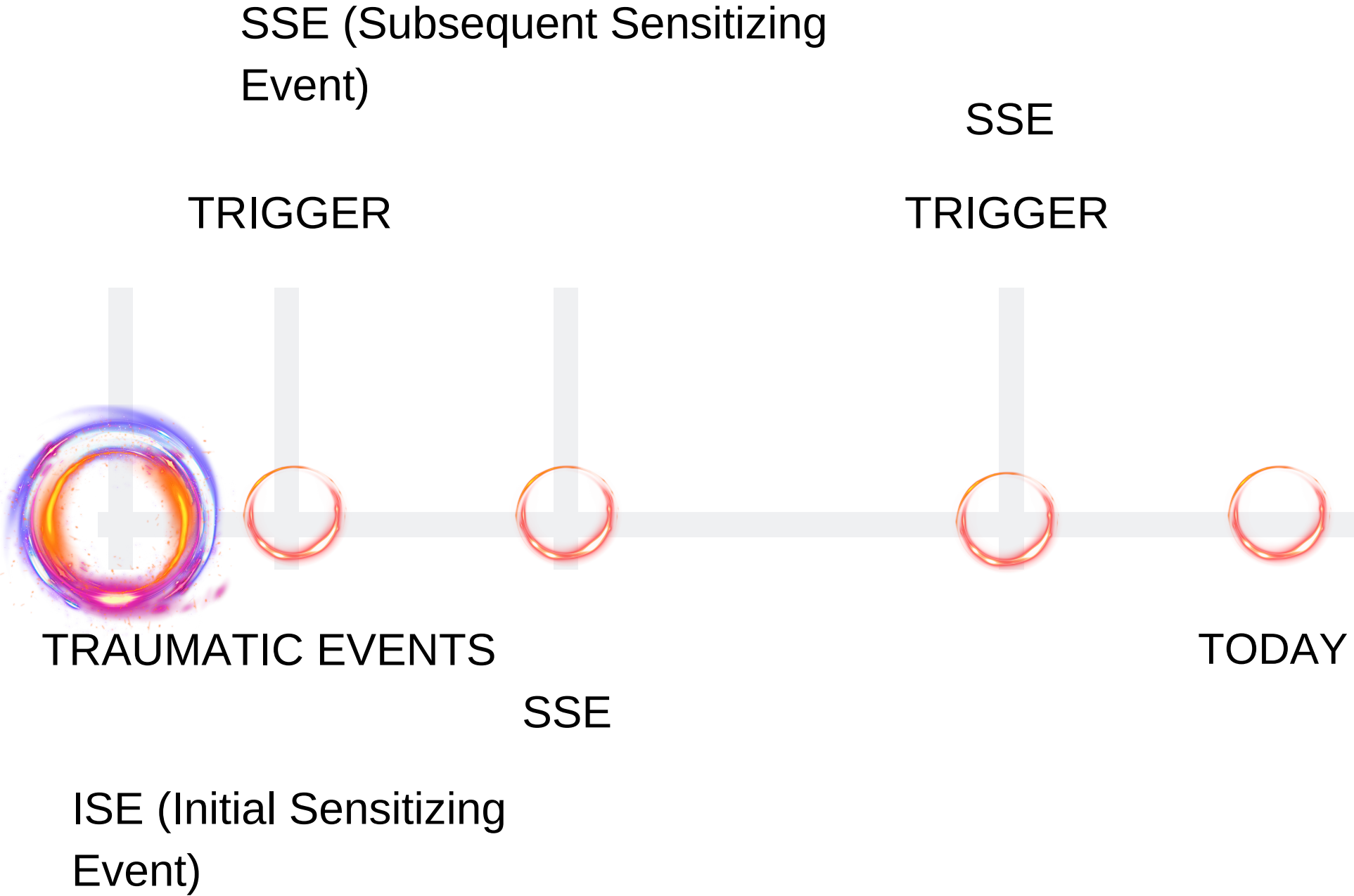
- Regression to the Cause / Trigger (R2C)
- Getting to the bottom of the cause with hypnosis
- Neutralization method for resolving traumatic triggers
- Flowchart to take the right steps
- Working with the Inner Child
- Forgiveness therapy
- Gray Room (Letting Everyone Go for a New Life)
- Compoundierung (Pep-Talk)
- Suggestions / affirmations
- Past Lives



FIND THE FIRST EMOTION!

ORIGIN/TRIGGER

OLD OR NEW?



OTHER IMPORTANT THINGS

Quick solutions and the essentials:

- Fear and phobia
- Kids & Teens
- Self-hypnosis therapy
- Group hypnotherapy
- Other techniques for a therapy session (kinesiology, EMDR, self-referencing, body talk)



PSYCHOLOGICAL MODELS

Quick solutions and the essentials:

- Flight, Fight, Freeze
- Inner child
- Transactional Analysis (Child-Ego, Adult-Ego, Parent-Ego)
- Drama Triangle (Victim, Rescuer, Persecutor)
- Projections



BUSINESS DESIGN

Everything you need:

- Business-Essentials
- Structure & Overview
- Ways to Coach Customers - Your Target Audience
- Finance / Cooperations
- Circle of Business / Networking



CRT - Start

A little Kick-Start for your own Business

 By Status ▾

 Zielfindung / Identität 15

 Notes

 Expert - IKIGAI

 USP

 Who is my ideal client?

Which problems do I solve?

at makes my business

INCLUDING

HOMEWORK

RECOMMENDATIONS

SELF-STUDY

JOURNALING

PLATFORM

WORKSHEETS

CERTIFICATE



RAHEL J. PAPIS THERAPY ACADEMY

This is to certify that

MAX MUSTER

successfully completed the live training at
Rahel J. Papis Therapy Academy to be a

CERTIFIED REGRESSION THERAPIST



RAHEL J. PAPIS
Owner

AFTERWARDS YOU CAN

HEALING
TRAUMATAS

COACHING

BUILDING
BRIDGES

KEEP YOUR
PLACE

PASS ON
POSITIVITY

READING BODY
LANGUAGE

PERSONAL DEVELOPMENT

LIVE YOUR
ABILITIES

VALUABLE SELF-
EXPERIENCE

HELP OTHERS

FEEL CONFIDENT

EXPAND YOUR
CAREER

IMPACT FOR THE
WORLD

FOR WHOM?

ALL CURIOUS



LIFE CHANGE



THERAPISTS &
COACHES



MEDICAL
PROFESSIONS



SOCIAL
WORKER



THERAPIST BINGO

18 YEARS +

HAVE AN
IMPACT

BECOME AN
EXPERT

OWN
BUSINESS

EXPERIENCE
MAGIC

DEALING
WITH SOS
SITUATIONS

NO SCHOOL
LOAN DEBT

HELP
YOURSELF
AND
OTHERS

HAVE YOUR
OWN
PRACTICE

ARE YOU IN?



RAHEL J. PAPIS
THERAPY

THANK YOU FOR YOUR TIME!

YOU SHARE AND I CARE.