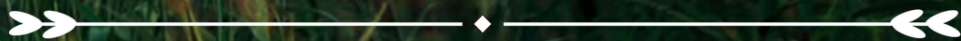


PSYCH-K® FREE YOUR MIND FROM LIMITING BELIEFS

Stærkt Sind



PSYKOTERAPI & PSYCH-K®

There is a big difference between understanding a pattern and being free from it.

Did you know that your conscious mind directs around 5% of your daily life, while your subconscious mind directs up to 95%?

The subconscious mind always operates in the present, while the conscious mind can operate in the present, the past and the future.

If you spend most of your time thinking, analysing and worrying about the past or the future, your autopilot takes over, and you are guided by subconscious patterns, habits and automatic programs.



Why work with the subconscious mind?

You may know exactly what you want to change, and still notice that your body, emotions or reactions do something different. In PSYCH-K®, this is often understood as the difference between what the conscious mind wants and what the subconscious mind has learned to protect.

In PSYCH-K®, we distinguish between the conscious mind, the subconscious mind and the superconscious mind.

The conscious mind sets goals, reflects and makes choices.

The subconscious mind directs habits, automatic reactions, bodily functions and emotional patterns based on previous experiences.

The superconscious mind is associated with intuition, inner wisdom and a broader perspective.

When the three levels are not moving in the same direction, life can feel like driving a car with one foot on the accelerator and the other on the brake. Consciously, you may want calm, connection, confidence or freedom. Subconsciously, your reaction may be unrest, distance, low self-worth or control, because these are your subconscious programs.

Lasting change requires finding the subconscious programs that stand in the way of what you consciously want

What is PSYCH-K®?

PSYCH-K® was developed in 1988 by Robert M. Williams, M.A., psychotherapist.

He described PSYCH-K® as a user-friendly way to “rewrite the software of your mind”, so the expression of your life can change.

PSYCH-K® is a simple and direct way to change subconscious, self-limiting beliefs.

The method is relevant when you do not only want to understand why a pattern exists, but want to work with the beliefs that keep the pattern active.

Examples of beliefs could be:

- I have to be strong all the time.
- I must not be a burden.
- I am only valuable when I perform.
- I cannot trust myself.
- It is not safe to say no.
- I have to sense others before I sense myself.

PSYCH-K® is about:

Creating access to a new, more supportive inner truth.



How does PSYCH-K® work?

While many other approaches focus on the story behind a condition, a PSYCH-K® session begins with what you want to change. It may be inner unrest, low self-worth, a recurring reaction pattern or a sense of being stuck.

A session typically includes these central elements:

- **Conversation about the current experience:** What is happening in your life right now? Where do you notice resistance, stress, unrest or repetition?
- **Conversation about the desired experience:** What do you want instead? For example: “I am calm and safe within myself.”
- **Communication with the subconscious mind:** PSYCH-K® uses muscle testing to communicate with the subconscious mind. It is used, among other things, to identify stress or inner conflict around a desired experience.

PSYCH-K® Balance

In a PSYCH-K® Balance, the facilitator guides the client into what PSYCH-K® calls a Whole-Brain State. This is used as a supportive state for integrating a new belief at the subconscious level.

When PSYCH-K® may be relevant

PSYCH-K® may be relevant when there is a difference between what you consciously want and what automatically happens in your body, emotions or thoughts.

Examples may include:

- inner unrest and stress patterns
- self-criticism and low self-worth
- old reaction patterns
- feeling that you have to perform to be valuable
- difficulty setting boundaries
- physical tension without an obvious cause
- fear of taking up space, saying no or choosing yourself
- the experience of having tried a lot, but still feeling stuck

What is PSYCH-K® used for?

- to support personal development.
- to supplement talk therapy by implementing desired changes.
- as a complement to conventional medical treatment, not as a replacement. PSYCH-K® can support the body's self-healing abilities.

Note: at Stærkt Sind, we do not diagnose or treat disease. We work with subconscious beliefs, stress patterns and inner strategies that can support healing and influence how you show up in life.

Why choose PSYCH-K® instead of other modalities?

You may already have come a long way through one or more forms of therapy, yet still feel that the last piece is missing. PSYCH-K® focuses on identifying and transforming the subconscious beliefs that stand in the way of what you want to achieve.

PSYCH-K® goes beyond visualisation, affirmations, willpower and positive thinking, especially when it comes to behaviour change, stress reduction and unconscious habits and patterns.

PSYCH-K® works with subconscious acceptance and integration. It is therefore also relevant when you have gained insight into your own patterns, but your body and mind still do not always respond the way you want.

The most important resources for change are within you, not within the facilitator. The facilitator uses PSYCH-K® as a key that helps you activate your own inner power. The results are anchored through the way you act and meet life afterwards.

Potential plus action creates results.



FAQ

Is PSYCH-K® bodywork?

No, not in the traditional sense. We do not massage, manipulate the body or work directly with muscles or connective tissue. The body is involved through muscle testing and as an important part of communication with the subconscious mind. Clients may experience a direct physical shift as a result of changes in the mind.

Is PSYCH-K® talk therapy?

No, PSYCH-K® is not traditional talk therapy. You do not have to analyse your entire past or retell everything in detail. We work with the pattern affecting you today, and with what you want to feel, believe and act from going forward. We naturally listen to what you have to say, and we approach the session in the way that best fits you and your situation.

How is PSYCH-K® different from positive thinking?

With positive thinking, you often repeat the desired new beliefs until they feel true. PSYCH-K® explores whether the subconscious mind actually accepts the new belief. If there is resistance, we work with it.

Do I have to talk about old trauma?

Not necessarily. In PSYCH-K®, you do not have to relive or go through difficult experiences in detail. We work with the current reaction, the desired reality and the subconscious beliefs that may be active today.

How quickly does PSYCH-K® work?

Some notice a change immediately. For others, the change unfolds over time. A Balance can create a new inner potential, and the results are also anchored through your subsequent choices, actions and experiences.

Does PSYCH-K® replace traditional treatment?

No. PSYCH-K® does not replace treatment from a doctor, psychologist, psychiatrist or any other relevant health professional. The method can be used as a complement, with a focus on subconscious beliefs, stress patterns and personal development.



Psychotherapy, hypnotherapy, coaching & PSYCH-K®

Stærkt Sind is Carina and Thomas.

We work with PSYCH-K® in a calm, respectful and professional space, where change does not have to be hard to be deep. You do not have to explain your entire past in detail, and you do not have to relive your trauma in order for us to work with what you want for your future.

We work with what is relevant for you now:

- Which reactions keep repeating?
- Which beliefs are behind them?
- What do you want to be able to feel, believe and act from instead?
- What does your subconscious mind need support to accept as true now?

The goal is to gain more access to the calm, clarity and power that already exist within you, but which old beliefs may have covered over.

A session can take place at the clinic in Valdemarsgade 7 in Aarhus C or online.



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