



*Claire Linturn*

Master Your Greatness  
Therapist & Coach

Parents guide to understanding how Free Young Minds uses the Marisa Peer Method of Rapid Transformation Therapy and other techniques to find that shining diamond of potential that exists in every young person and help them achieve, succeed and shine. This guide will help you support your child using the methods in the Free Young Minds programme.

I'm CLAIRE LINTURN and I believe children and young people are extraordinary. My greatest passion in life is helping them to achieve their desired goals and overcome their personal challenges by installing their very own cheerleader to increase confidence, self belief, feel good enough, become more resilient and provide them with tools for life.

*'Connect to your heart to master your mind and transform your life' - Claire Linturn*

Copyright Claire Lintur 2016

I offer a unique approach and my expertise in helping children and young people to overcome stress, anxiety, lack of confidence, depression, grief and overwhelm uses mind body connection techniques to bring back a state of balance so that your child will be more resourceful, happy, confident, fulfilled and realise their true potential. In a fast paced, instant, I want everything now world it can become overwhelming and by providing your child with the tools to empower themselves and let go of limiting beliefs or behaviours will enhance their well being and cause a ripple effect from the inside out and create a beautiful generation of adults.

### HOW CAN I HELP?

This guide is to introduce you to some of the methods I will be sharing with your child during our work together and as every child is different it's not a one size fits all and the same goes with you as a parent. I am NOT telling you how to parent. My intention is to share with you the experiences I have uncovered myself personally and from the work I do with young children and their families.

You get to choose what information you want to take on board.

I encourage you to embrace the exercises and recommendations, you may surprise yourself and once change begins to happen with you everything else around you changes.

This is just the beginning and I understand as a parent myself how much of a roller coaster ride parenting can be often joyful, exciting, thrilling but it can also be exhausting, frustrating and worrying. I am extremely passionate about helping young people to be the version of themselves they were always meant to be and assist parents/teachers/coaches in the process to help support the connection between young people, their families, teachers and friends.

I look forward to sharing with you an introduction to how we can guide young people to overcome the negative belief's they are holding within themselves and prevent them manifesting towards more negative behaviours.

Although Rapid Transformational Therapy has an incredibly high success rate, I cannot and do not guarantee results since your child's own personal success depends on many factors that I have no control over, including you and your child's willingness and desire to affect the changes inside of themselves and with your support. You and your child both play an active role in the successful outcome of any of the techniques and recommendations I provide.

## **What to expect in this guided support for parents**

Understanding how belief's can effect our behaviours

Understanding the 4 rules of the mind to change how we think, feel  
and behave

Understanding of the language the mind truly understands

Benefits of Self guided RTT recording

How you can connect with child



*'Thoughts control your feelings*

*Feelings control your actions*

*Actions control your behaviour'*

- Marisa Peer

## Belief's & Behaviour

Beliefs are so important -  
what we believe can be empowering and create:

Health  
Happiness  
Confidence  
Success

but..... they can equally create:

Low self esteem  
Self sabotage  
Anxiety and stress  
Frustration etc..

...and these negative belief's can hold you back.

Understanding the root cause and the reason of these belief's is the key to enhancing all area's of a young person life. Below the ages of 7 we mostly live in our subconscious mind and pick up many beliefs and suggestions from our external world. From age 8 we begin to develop more of our conscious mind and start living in our thoughts.

Considering we have over 60,000 thoughts a day that's a lot of thoughts. When we are young we can often get caught up in our own negative thought patterns and often do not know how to get out of them. We often seek guidance from teachers, friends and parents but sometimes it is still a challenge to overcome the negative thinking and its often from a deeply rooted belief we perceived to be true from the experiences or influences in our lives.

Once young people have conditioned and programmed themselves to fail, plan for things to go wrong and destroy their self-esteem and confidence this can completely block chances of success and living a wonderful life.



Henry Ford said

'He can who says he can, and he can't who thinks he can't. This is an inexplorable, indisputable law'.

Knowing that we created belief's also means we can change them when they are having a negative effect on behaviour.

Imagine .....

.....a child that has been told they are not good enough at maths by a teacher, parent or friend. They are persistently hearing these words that soon they begin to say them to themselves 'I am not good enough, I can't do this, I will never be good at maths'. This belief is now taking root in the subconscious mind ....



..... one of the rules of the mind is it must work towards creating that reality and will do what you think you want it to do that's in your best interests. Now whenever the child approaches anything to do with maths the belief has become so strongly embedded that the mind will keep trying to work towards not being good at maths and the mind will shut down it's ability to learn maths often causing distress and anxiety around the subject.

You will now learn how understanding the way the mind works will help your child to overcome their challenges

'First you make your belief's, then your belief's make you'  
Marisa Peer

## Understanding the 4 rules of the mind

When working with young people they will understand that we are always collaborating with other people and by forming a partnership with our brain, communicating with it better and becoming our very own cheerleader will help them to succeed and achieve.

Your child will learn:

1. Your mind does EXACTLY what it thinks you want it to do. If you're not getting the results you want, there's a problem in the message that it's getting from you.
2. Your mind is hard-wired to move toward pleasure and away from pain
3. The way that your mind understands how you feel about something comes down to two things – the pictures you make in your head and the words you say to yourself.
4. Your mind loves what is familiar. It will always try to fall back on what's familiar



**1. Your mind does EXACTLY what it thinks you want it to do. If you're not getting the results you want, there's a problem in the message that it's getting from you.**

If you're not getting the results you want, there's a problem in the message that it's getting from you.

Your mind is always listening to your self talk, so if it gets a message about something you want to avoid don't be surprised if your mind jumps in to help you avoid it.

Here is an example, you might say ' I am dreading doing my revision, it's so boring and i am just going to fail'.

Suddenly you start to get distracted, you might feel ill and you start procrastinating and can't get your head down to revise because you have told your mind its too painful for you.

So what can you do? Specifically start to use words like I am choosing, I want to. So instead start saying 'I am choosing to revise because I know it will give me better marks and I feel good about it'

That's what you really want to communicate with your mind so make sure you use very specific, detailed and precise words to get what you want.

*'The beliefs we hold in our mind create the biology and the behaviour in our lives'*

*Bruce Lipton*



## 2. Your mind is hard-wired to move toward pleasure and away from pain

The primary survival trait of our mind is that it will always move us away from things that cause us pain and toward things that cause us pleasure. Its job is to make us survive.

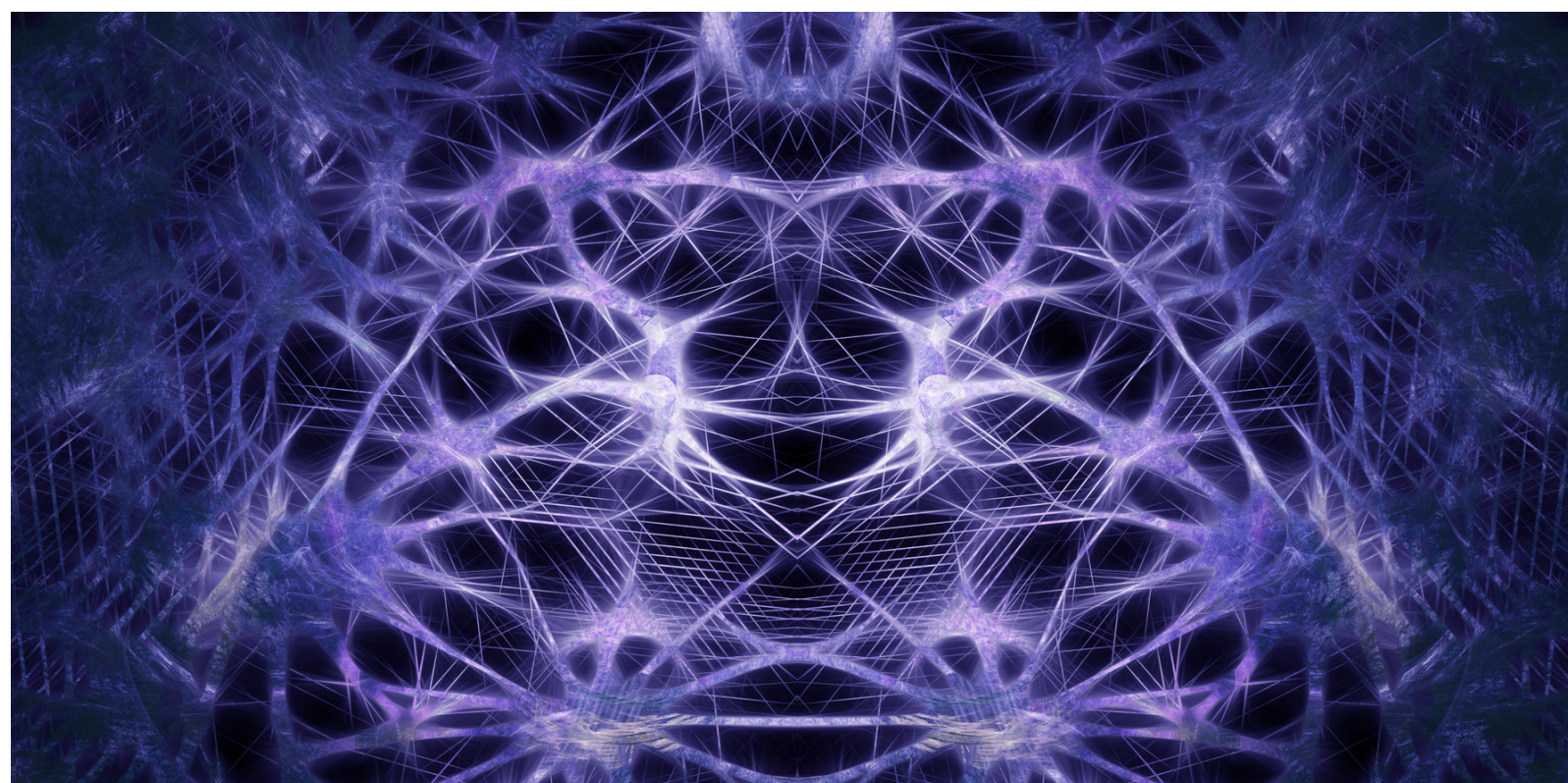
When you link pain to something it will do everything it can to keep you away from it.

For example ' I am dreading doing my revision, it's killing me to sit down for hours, I am so afraid I am going to fail'

This self talk is linking massive amounts of pain to revise and is holding you back from success. Understanding this rule your mind will want to help you move away from that pain. This is not a real pain it's just a perceived pain.

So what can you do? The great thing is you get to choose what you link pain or pleasure to and if you link massive amounts of pleasure to your revision you will be able to focus and get what you want.

Say instead ' I love revising, this is a challenge but I love going over what I have learnt because it shows me how much I have learnt'





**3. The way that your mind understands how you feel about something comes down to two things – the pictures you make in your head and the words you say to yourself.**

The whole inner dialog that you have with your brain is conducted by your thoughts – and those thoughts can be in pictures or words.

So, if you want to change the dialog that you're having with your mind – change the words you choose and the mental images you choose to focus on.

And don't think of this as "positive thinking."

Think of it as re-wiring your brain for success by communicating with it more effectively. Make the words good and the pictures good and change your life.



#### **4. Your mind loves what is familiar. It will always try to fall back on what's familiar**

In our bodies we are still tribal people and it was dangerous to go out into unfamiliar territory, but we don't live in tribes anymore. If your normal mindset is self-doubt and worry. Then 15 minutes of meditation in the morning is not going to override that. What's most familiar is the OTHER 23 hours and 45 minutes of the day.

In order to change this, you need to make what is familiar, unfamiliar... and what is unfamiliar, familiar.

If what is familiar is telling yourself you are not good enough, start telling yourself you are good enough. When you continue to repeat this and make praise more familiar and self criticism less familiar it will turn your life around.

Make a point of noticing negative self-talk and defeated mental images and turn that around.

Mohammed Ali said that he proclaimed he was the greatest before he was the greatest – and then he BECAME the greatest. Whatever you tell your mind, it believes.

That's also why someone can hold an Olympic record for years and years but then when someone breaks that record, suddenly the record being broken is familiar so others also break it soon after. Simply because the belief that it was possible became familiar.

## Language of the Mind

The mind only understands clear and direct instructions and this understanding can enhance how you can communicate more effectively with young people.

### BE POSITIVE

Eliminate every possible negative word, focus only on what you want to achieve and move towards.

Whatever we focus on we move towards

Whatever we focus on we experience and feel

Whatever we focus on we get more of, it becomes more real to us

### BE CRYSTAL CLEAR

Keep your mind on what you want and off what you don't want.

Whatever you focus on you will move towards so thinking about how you don't want to be simply puts negative words and images back into your mind.

Example: I feel calm, comfortable, relaxed and at ease. Not I am not scared or nervous.

Do this exercise with your child:-

1. Ask your child to write down how they describe themselves. (make a note of any negative language, not, don't, can't and turn it into a positive I am, I can I will)
2. Ask your child what they don't want to be or do. Then turn it into what they DO want by flipping the negative into a positive. Allow yourself and your child to now focus on the positive words and notice how it makes you feel. By connecting a good feeling to the positive language will anchor what it is that they do want. Consistently repeating the positive will also make it familiar.



## Self Guided RTT recording

This method is a highly enjoyable experience, its deeply relaxing and therapeutic and can help enhance young people's life in so many ways. The hypnosis recording can help guide young people towards the things they do want to feel and become, utilising an alpha/theta brain wave state (also known as hypnosis),but it also allows them to switch off from the stresses and strains of modern day life, leaving them feeling refreshed, restored and empowered.

All young people want to feel good enough, have confidence, feel comfortable at being who they are and want to achieve and using RTT and the recording whether its from a personalised session or a generic self help recording, the method can help them break free from their emotional difficulties and accelerate them to achieve what it is they want.

But the positive benefits of the recording, does not stop there, because it is also regarded as still one of the best methods to reduce stress and help to reach deep relaxation states that most people have never achieved. This guided recording will give young people a chance to relax and have some much-needed time to escape and switch off from the troubles, stresses, strains and distraction of the day, so not only will they enjoy the way they feel, they will have the tools to change their lives for the better and get them out of their own negative self-talk.

Young people's outer reality is a reflection of what they are thinking and feeling on the inside, so by changing what they think and feel inside their outer world will take care of itself and they will begin to change their outer experiences for the better.

## **The Science behind RTT**

Rapid Transformational Hypnotherapy is a practical form of neuroscience that replaces negative networks in the brain with new healthy ones. As we learn by repetition a new network of neural pathways is created in the brain and by using repetitive words, commands or actions will create change within the body physically and chemically to reach greater health, enhance performance, overcome fears, phobias, addictions, stress, anxiety and more.

Rapid Transformational Therapy uses a hypnotic method to create a state of relaxation entering into an alpha/theta brain wave which calms the nervous system and allows the conscious mind to relax and creates the space for communication with the subconscious mind. During this relaxed state of being research consistently shows us that we are far more focused and alert with a tremendous ability to be creative and problem solve.

### **Brain wave states**

The brain wave states of mind are extremely important to understand why the method of RTT is so effective.

High Beta - Awake state but with a heightened state of emotion such as stress, anxiety (flight or flight mode)

Beta - Normal state known as the conscious fully awake state

Alpha - Relaxed daydream like state, but more focused and aware as we begin to access the sub conscious. we experience this state when are engrossed in something like a movie or if a young person is really paying attention in class they are in the best learning state of focus.

Theta - Deeper state, accessing the sub conscious in a highly creative state of mind where change of behaviours can take place.

Delta - Sleep state

RTT utilises the alpha/theta brain waves states to create lasting changing and is a powerful method to overcome negative beliefs and behaviours.

## Breathing techniques - The Science

When you experience stressful thoughts, your sympathetic nervous system triggers the body's fight-or-flight response, giving you a burst of energy to respond to the perceived danger. Your breathing becomes shallow and rapid, and you primarily breathe from the chest and not the lower lungs. This can make you feel short of breath, which is a common symptom when you feel anxious or frustrated. At the same time, your body produces a surge of hormones such as cortisol and epinephrine (also known as adrenaline), which increase your blood pressure and pulse rate and put you in a revved-up state of high alert.

With deep breathing, you can reverse these symptoms instantly and create a sense of calm in your mind and body. It is designed to integrate the left and right part of your brain, your creative and critical mind. When you breathe deeply and slowly, you activate the parasympathetic nervous system, which reverses the stress response in your body.

Deep breathing stimulates the main nerve in the parasympathetic nervous system—the vagus nerve—slowing down your heart rate, lowering your blood pressure, and calming your body and mind. As well as reversing the physical stress response in the body, deep breathing can help calm and slow down the emotional turbulence in the mind. Breathing can have an immediate effect on diffusing emotional energy so there is less reactivity to our emotions. As you can see deep breathing has an amazing effect on our physical bodies and if you start practising this every single day not only will you be assisting your body to feel calm and relaxed you will also start to build the corpus collosum which is the bridge that separates your left and right brain. The more you practise this technique the stronger this becomes which means that in heightened emotional states you are able to cross that bridge quicker into your problem solving critical thinking part of your brain and will have a more balanced brain to deal with challenging or stressful situations.



## Balancing Breathe

When you first practice this method find a relaxing spot:

Place one hand on your chest

Place one hand on your stomach

Take a deep breathe in and pay attention to which hand is rising  
If your hand on your chest is rising you are shallow breathing. We  
shallow breathe when we are in state of stress.

To breathe correctly breathe in through your nose but push you belly  
out as you breathe so your other hand rises like you inflating a  
balloon.

Hold it right to the top then as you breathe out pull in your stomach  
like you are deflating the balloon.

This may take some practise but as you learn how to breathe  
correctly this will become more automatic and you will feel calmer  
and more relaxed throughout the day.

When this has been practiced when you are relaxed, your body  
becomes more aware of the technique as you teach your body how  
to use it. When you are experiencing states of stress or overwhelm  
etc activate the breathing technique:

Breathe in through the nose for 4 counts hold it for 4, then breathe  
out through the mouth slowly for 4 counts repeat x 5 breathes

- Breathe in through the nose for counts hold it for 4, then breathe  
out through the mouth slowly for 6 counts repeat x 5 breathes and  
say the words calm and relaxed on the out breathe.

Keep repeating until your feel calmer and more relaxed, for some  
this just takes the 10 breathes for others it can be 30 or more  
everyone is different.

## **Connect and Re-direct - Dr Dan Siegal**

Something that I have found extremely effective when dealing with children is a technique called connect and direct. When a child experiences any heightened state of emotion (or adults for that matter) its amygdala (fight or flight response of our brain to protect us from danger) the right emotional side of brain that is being activated which leaves us with an unbalanced brain so to speak, once you engage with her right brain first by understanding they are in an emotional state this will send the signal to the brain that emotional need has been met calming down her amygdala and then being able to work with the left brain which is when you can now problem solve the issue together. This is when the best bit comes, now the child's brain is now in balance they are then able to problem solve and decide what they would like to do and how they can do it and work together to resolve it.

**Connect** – By connecting with the right brain emotional needs first with the right side of the brain, you gave her understanding (quite often we as parents will go straight into problem solving mode, which totally by passes the emotional need and results in more heightened emotional states).

**Direct** – Now the emotional need has been met, it is now possible to problem solve and get the brain back into balance.

The way I describe it to young people is that the amygdala is like the guard dog of our brain and is designed to protect us from danger, sometimes if we have experienced a negative incident it remembers this and the guard dogs comes out barking to protect us because it thinks this is painful (1 of the rules of the mind is to move us away from pain towards to pleasure). We then need to use the prefrontal cortex which I call the wise old owl to then calm down the guard dog by problem solving the issue so he can get back into his lovely cosy kennel.

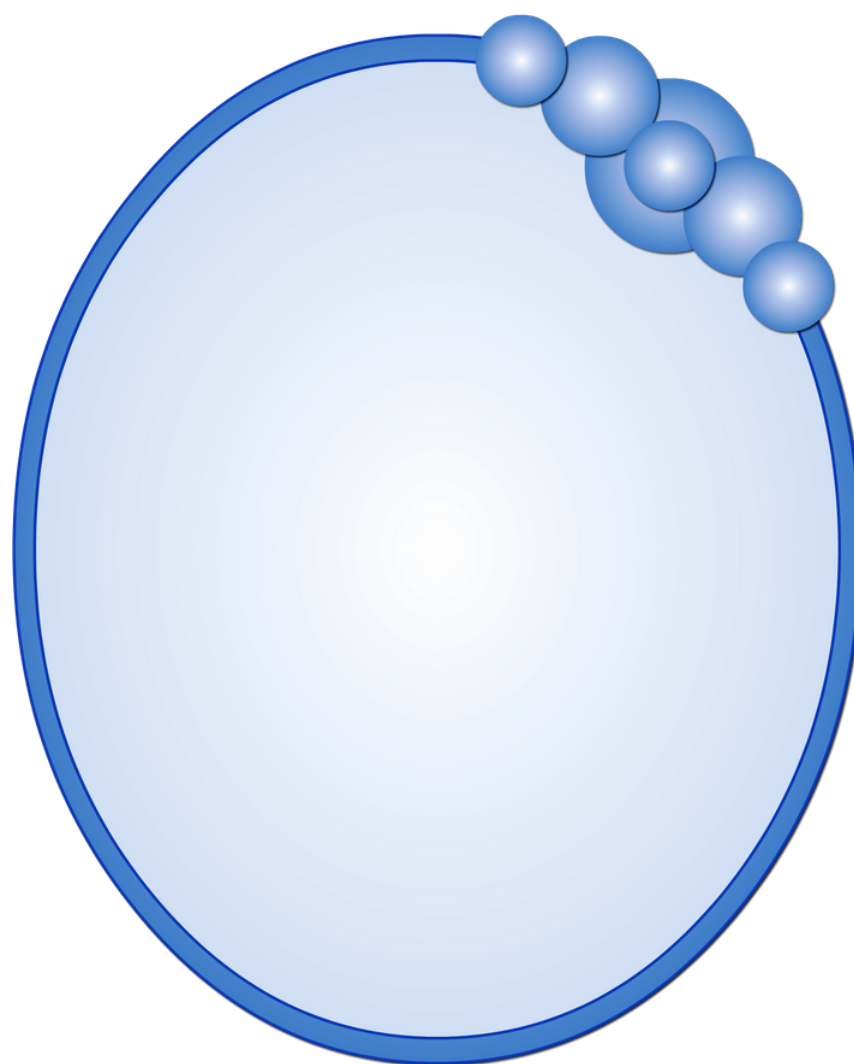
## How does the way we behave effect our children's behaviour?

Its all to do with MIRROR NEURONS. Before the discovery of mirror neurons, scientists generally believed that our brains use logical thought processes to interpret and predict other people's actions.

Now, however, many have come to believe that we understand others not by thinking, but by feeling. For mirror neurons appear to let us "simulate" not just other people's actions, but the intentions and emotions behind those actions. When you see someone smile, for example, your mirror neurons for smiling fire up, too, creating a sensation in your own mind of the feeling associated with smiling.

You don't have to think about what the other person intends by smiling. You experience the meaning immediately and effortlessly.

A few minutes after birth, our mirror neurons can begin to imitate the adults who encourage them or the environment they are in. Thanks to our mirror system we can learn because most the things we learn are copied from whom we are taught. Which is why there are often comments you are just like your mum! In actual fact, each person may have the DNA of their parents but they are also their own person with their own unique DNA and brain network and we pick up our values and behaviours from our parents, coaches, peers, environment so in fact these people are the most important programmers of children and young people's mind.





A great example of this can often be shown at football matches, when you experience a coach showing aggressive behaviour consistently the children or young people will pick up on this behaviour and start copying it as they believe it's the way to behave.

The great thing is us parents can encourage more positive behaviours by showing them ourselves and as minds of children are constantly growing new neural pathways a wonderful way to look at what it is you would like children to become is by thinking what neural pathways would you like them to develop that will become who they believe they are. For example, if a small child is constantly told they are a naughty boy, they create a strong neural pathway that will then make them believe they are which then effects their behaviour. In actual fact if you were to say that was extremely naughty behaviour, you detach the wording from it belonging to the child and its not the child that is naughty it's the behaviour that is and the way the brain accepts this interprets it as something that does not belong to them and the child is more likely not to repeat the behaviour once the issue has been resolved.

Mirror neurons are extremely effective but depending on how we use them can give us a positive or negative experience.

Now you have an introduction to the work of Free Young Minds I am sure you have found this useful. Below are some recommendations of books that I have found helpful on my own parenting journey:

Ultimate Confidence - Marisa Peer

The Whole Brain Child - Dr Dan J Siegel

Calm Kids - Lorraine Murray

The Grown Ups Guide to Teenage Humans - Josh Shipp

Conscious Parenting - Dr Shefali

Enjoy our greatest teachers - Our Children

[www.clairelinturn.com](http://www.clairelinturn.com)