

TNLP Aftercare Manual

This little booklet is to support you after our session together, to maximize the effectiveness of our work and reduce any emotional upset.

-Tracy

www.NLPVancouver.ca

www.TherapeuticNLP.com

604-442-TNLP (8657)



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**cinnamon
vanilla
chocolate**

Step 5: Call me if you need support (604-442-TNLP/8657)

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Step 1: Take a 5 minute nap before looking at any electronics (TV/ computer screen). Even closing your eyes for 5 minutes is good enough.

We are unaware of the long-term effects of electronics on the body... but I have found research to support that watching a screen (something that continuously moves) not only tires the eyes but scrambles the brains ability to retain newly learned information. If you are studying; Study first. Then sleep. Then watch TV. Don't watch TV after you study otherwise you will lose the information you just spent time studying. Print out electronic documents that contain information you want to remember.

In the session you just had, your brain learned as much as it could hold and **now your brain needs sleep to process the information we gave it.**



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The other thing about this quick sleep is that it raises your level of consciousness after our session. Over the session you have progressed into a very deep hypnotic state/trans. This nap will raise your consciousness so you are not highly suggestible to anyone you might interact with.

Step 2: Make sure you are getting great sleeps - I.E.: you dream

A great sleep consists of you getting to REM (Rapid Eye Movement) or a dream state at least 2 times during a night. REM sleep is not to be confused with deep sleep. Deep sleep is when you go beyond REM sleep. A restful sleep is determined by the amount of time you spend in the REM state of sleep. A full sleep cycle takes between 2-4 hours and only a small portion of it is spent in REM sleep, if at all.

If you are not getting to the REM(Rapid Eye Movement) state or dream every night, your brain is not processing the information it took in during the day. On days you don't get a good sleep you might notice your irritability is high. In the long term, this can result in anxiety. In extreme cases sleep deprivation can cause auditory hallucinations and adult onset epilepsy.

If you are having sleep issues, the underlying cause could be 1.) serotonin depletion, 2.) an electrolyte imbalance, or 3.) hydration.

1.) For Serotonin depletion, I ask people to try 5-HTP (only if you are NOT on an anti-depressant or other drugs, please check with me or your doctor about your specific case before doing this.). Essentially this is tryptophan with some extra hydrogen and phosphate. It is like

the stuff that makes you sleepy when you eat turkey. But in this form it is plant based and it is the most natural form available in a pill format.

Tryptophan is an essential amino acid that makes the happy neurotransmitters in your brain. This amino acid also helps you process information. If you are under a lot of stress you will go through your stores of serotonin.

Most Anti-depressants trick your body into believing there is more serotonin available than what is actually available in your brain's storage system by releasing more into your body. Eventually, these drugs over deplete your stores, which tends to be the reason why anti-depressants stop working.

IF YOU ARE TAKING AN ANTI-DEPRESSANT DO NOT DO THIS -

TAKING 5-HTP AND AN ANTI-DEPRESSANT COULD CAUSE DEATH THROUGH SEROTONIN POISONING.

Also, drinking and eating anything with Aspartame or Caffeine will deplete your Serotonin stores.

You may want to consider the following items on top of doing the Tryptophan.

Dosage: I recommend getting the 50mg bottle. Make sure that you take this outside of a 6 hour window from any other medication (even Advil!). **You want to take one before you go to sleep.** If you wake up in the night, take 1/4 to 1 additional pill - but if this happens then the next night take 2 pills (2 x 50mg). Continue until you sleep through the night or reach a maximum of 6 pills (300mg). If you feel any anxiety during the day, take a

pill and it should take the edge off. The maximum is 6 pills (300mg) in 24 hours.

Get the 5-HTP version (you should be able to get it at Whole Foods, Choices and any vitamin shop) not the Tryptophan version. If you get the side effects, which are feeling spacey - stop taking it and call me (604-442-8657) and I'll tell you what to get instead.

At the end of a bottle, assess if you need more. If you are waking up refreshed and going to sleep easily, then take a break from it. You'll find you'll use more of it in the dark winter months and need less in the summer.

2.) Electrolytes: To make sure you have these get the Himalayan Rock Salt (the big giant crystals). You want to put them in a glass jar and cover them with water to

make a brine. Wait at least 2 hours before using. Make sure the rock salt hasn't completely dissolved. If it has, add more until the salt stops dissolving. Add one (1) teaspoon of the brine to a full glass of regular water and drink every morning.

Himalayan Rock Salt has over 90 minerals our bodies need but don't get because our food source is contaminated or reduced from processing. This will make sure that your body maintains a proper pH so that you can fight off disease, fungus, allergies, etc. You should be able to pick up Himalayan Rock Salt at any organic grocery store like Choices and Whole Foods.

3.) Hydration: Everyone says drink more water, but how much more? The calculation is: for every 50 pounds you weigh, you want to drink 4 x 8 ounce glasses of water and an additional glass

for every cup of coffee or caffeinated beverage you drink.

I suggest getting a filter of some kind. If you are using Brita, make sure you replace the filter on time and leave the filter in the fridge otherwise bacteria can grow.

Many the times the result of not being properly hydrated can cause sleep and brain functioning issues, among others. *Hydration* issues can cause your brain to stop operating efficiently. And, can cause mood disorders like depression and hallucinations.

One of the best things I found for hydration and reducing the amount of body acidity is something called Catalyst Altered Water or Dr. Willard Water. It is an additive that you can add to your water and it changes the pH of the water from a pH of 7 (not basic or acidic) to 10.2 (basic)

to counteract the acidity in our diets. Please check it out online: www.drwillard.com If you are interested in purchasing this please contact Richard Clark through www.organic sulfur-msm.ca

Step 3: For the 2 days following a session make sure you don't push yourself too hard, avoid stressful situations, and rest.

Over the last number of years my practice of NLP has changed substantially. I have found that running longer sessions allowed me to go substantially deeper with my clients. It has also allowed me to make a huge difference in the lives of my clients that is not available with other types of relief therapies, psychology, psychotherapy and psychiatry.

However, due to the nature of this brain work, **there might be a grieving effect.**

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Some clients have called this a crash. Every one of my clients seem to experience this some time during the 3 weeks (21 days) following a session. So, I think it is wise to know how to take proper care of yourself after a session.

This is what you can expect: Muscle soreness, tiredness, irritability, sadness, depression, anger, rage, bargaining - one, some or all. You may feel irritable when you try and learn something new. You might feel like unloading on someone that was bugging you or you might feel hurt by someone you were in a relationship with. If you feel any of these this is what you are to do:

Step 4: What to do if you feel like crap anytime after a session with me:

1.) Look up and to your right (where we created that new version of yourself) for 20 seconds to a minute and a half.

2.) Check out again that amazing future or safe space we created. Make sure you are not moving you head and only your eyes and don't look away during the 20 seconds to a minute and a half. Wait until your mood drops or changes.

If this doesn't work, try looking straight up (again not moving your head, only your eyes.) for 20 seconds to a minute and a half.

3.) If this doesn't work, try eating a piece of chocolate (many time this will work better with females than with males). If you don't like chocolate, have cinnamon tea.

4.) If this doesn't work, try having cinnamon tea or smelling cinnamon (many times this will work better with males). If you don't like cinnamon, try having chocolate.

5.) If this doesn't work, try smelling vanilla (this stimulates the same receptors in your brain as chocolate or cinnamon).

6.) If this doesn't work, try going somewhere that has different sounds or change the music on your iPod or MP3 player.

7.) If this doesn't work, do something physical and core building like yoga, hiking, weight-lifting, rock climbing, etc. Sometimes just shaking your hands like you are trying to fling off water will work.

Step 5: If none of these work - **CALL ME!**
604-442-8657

The only time I don't answer my phone day or night is when I'm in a session or I can't physically pick up the phone because my hands are full. As long as I can see your phone number on my phone (and if you had a session with me you will be in my phone book, so I'll see it was you that called!), I will call you back within a couple of hours. My job is to support you and have you move through your change as quickly and as effortlessly as possible without all those negative emotions.

Grieving Response: We hold memories in common with people and things. Any time a person experiences a memory change like a person or thing that was present all of the sudden not being present, that person will experience a grieving response. A death of a loved one or a separation will trigger this response. People go through the stages of grief in

different order and each step takes different amounts of time: Shock, Bargaining, Depression, Anger, Acceptance. **The best way to avoid a grieving response from your NLP session is to sleep as much as you can for the 2 days following a session so that you don't have these effects.**

During the next 3 weeks if you don't get a good night's sleep you will most likely crash the following day if you didn't take care of yourself during the 2 days following your session. So watch out for it and make sure you take care of yourself.

Step 6: About Your Session

Because we are changing how your brain accesses this information you might find that you don't recall our session. Over time these memories will be more accessible. If there is information you need from our session, call me or email me.

The change of what we do in a session happens over time, logarithmically - so it increases in intensity as time goes on and your brain practices and builds the neuro-pathways, and neurons for the learning we created in your brain.

During a session we do 2 distinctly different therapies. One is called NLP or Neuro-Linguistic Programming and the other is called Systematic Family Constellations or Constellations. *NLP* relates to your fight, flight, freeze response and anything that happened to you from 2 months before you were born through your lifetime. *Constellations* deals with your family system (at least 10 generations of your family) before you were born. You can think of it as dealing with evolutionary information like how birds know to fly south in the winter. It is important to know **the processing time for a constellation is up to a year.**

Although you may already be experiencing changes in how your family is interacting with each other and with you, Constellations takes up to a full year. It is important for you to know that if you participate in a family constellation after this session you will want to avoid re-constellating the same issues. If you need to know what happened in your constellation during our session and don't remember, please call.

Follow up appointments: I will not see a client a second time for work until a full 3 weeks has passed but I am available to you by phone if you experience any discomfort. This means, if you experience anything like the emotions and intensity you experienced before the session. Although it is normal for you to experience them, they are considerably different and will change over the 3 weeks. And, it will take me 10 minutes to help you move through the funk, if you let me help. It

takes at least 3 weeks to see the full effects of an NLP session and may cause irritability if it occurs sooner. If you choose to come back after your session, you are more than welcome to. If you are a PTSD client, you will want to make sure your second appointment is 6-8 weeks after your first appointment. By then, the second wave of issues will come up.

If you have an addiction: or are in recovery, make sure you have arranged your time following our sessions to be able to attend as many AA or 12-step program support groups as you will need for the 2-4 days following our session. Please make sure you are in touch with your sponsor and your sponsor has my number if they need it.