

What is Timeline Therapy?

Has anyone ever told you that you over-reacted to a situation but you did not agree? Have you ever missed out on events, such as family gatherings, because of negative emotions? Have you ever set goals in the future and not had them happen?

Our past experiences and the memories which go with them affect how we approach present day situations. When preventing us from expressing ourselves in an appropriate way, these experiences and memories stop us from achieving the results we want. Time Line Therapy™ techniques can assist us to change all that.

Time Line Therapy™ is a process which assists us:

- To let go of Negative Emotions from the past.
- To let go of Limiting Decisions from the past.
- Create our future the way we want it.

These are the three major techniques that comprise Time Line Therapy™ - they are easy to do and make a significant change in a person's life.

Negative Emotions:

Time Line Therapy™ techniques allow freedom from undesired negative emotions such as fear, anger, sadness and anxiety, by releasing these emotions from the memories which harvest them.

You are then able to react freely to future situations without the emotional baggage of the past.

Limiting Decisions:

Limiting decisions and beliefs prevent you from achieving your potential. These decisions and beliefs have come about as a result of past experiences but may have stayed with you until today and may have limited your life in many ways. Time Line Therapy™ techniques allow you to leave these decisions and beliefs in the past where they belong and to learn from your experiences, thus enabling you to create useful and empowering alternatives.

Creating Your Future:

Finally, having resolved the unresolved issues in the past, Time Line Therapy™ offers a specific way of creating our future dreams and goals through a simple process which produces results. This involves using our imagination to create a compelling future that is inspirational and brings about the desired outcomes.

Throughout history, humankind has been aware of the passage of time.

Aristotle

was the first to mention the "stream of time" in his book Physics IV. William James spoke of linear memory storage as early as 1890. Finally, the concept, nearly forgotten, was revived in the late 1970s with the advent of Neuro-Linguistic Programming. The Time Line Therapy™ techniques in use today are a consequence of that.

The Creator of Time Line Therapy™ Techniques:

In

1985, Tad James, MS PhD, applied a therapeutic process to this concept of an internal memory storage system. The result was a collection of techniques which produce long-lasting transformation very quickly, faster than what is currently called Brief Therapy. These powerful Time Line Therapy™ techniques are becoming the method of choice to make fast, effective, long-term changes in behaviour.

Your

"Time Line" is how you unconsciously store your memories or how you unconsciously know the difference between a memory from the past and a projection of the future. Behavioural change in an individual takes place at an unconscious level. People don't change consciously.

The Time Line Therapy™

process allows you to work at the unconscious level and release the effects of past negative experiences and change "inappropriate" programming in minutes rather than days, months or years.

After years of development, working with clients and publishing Time Line Therapy™ and The Basis of Personality, Tad has become known worldwide for his Time Line Therapy™ model. It is a revolutionary new approach which has become so popular due to its ability to create quick, long lasting results.

Be free from your past, create your future! Make it so with Time Line Therapy™ techniques:

Time Line Therapy™

is a collection of techniques which allow you to gain emotional control over your life. Inappropriate emotional reactions, such as bursts of anger, periods of apathy, depression, sadness, anxiety, and chronic fear, are responsible for preventing people from achieving the quality of life they desire. Limiting decisions, such as "I'm not good enough," "I'll never be rich," or "I don't deserve a great marriage," create false limitations and hamper your ability to create reachable and attainable goals and outcomes.

Created by Dr Tad James, Time Line Therapy™

techniques enable you to eliminate many types of issues from your past, thus allowing you to move forward toward your goals and desires.

Applications of NLP and Time Line Therapy™:

Achieving

Professional Excellence: Whether you're already succeeding in your profession, having some difficulties, or if you're transitioning into a new position, NLP and Time Line Therapy™ techniques can help you achieve, maintain and enhance excellence.

What people are saying about Time Line Therapy™:

"Counselling patients previously was like taking random shots in the dark. With Time Line Therapy™ techniques, my patients can now achieve more consistent and long-lasting emotional resolution, plus significant improvement in their physical well being."

- Dr Susan Chu, Family Physician & NLP Trainer

"Time Line Therapy™

techniques are the foundation of quantum healing. They empower the patient to release uncomfortable emotions, change limiting beliefs and create the future they want and deserve. Because of their effectiveness and time efficiency, they are the key to working with managed care."

- Dr Bill Martin, PhD

"Time Line Therapy™

techniques are a giant leap forward for the psychological community. By quickly getting to the heart of a client's issues, Tad's work significantly cuts down long-term psychotherapy."

- Dr Joe Kovach, PsyD, Calumet College of St Joseph

"I've been a physician for 30 years, and have investigated many psychological programmes. Time Line Therapy™ techniques are the very best that I have ever seen. It's incredible what they can do."

- James Taylor, MD, Redondo Beach, California