

Resolving Mental Health issues without drugs.....Is that possible?

There is a belief coming largely from the medical model of mental health that little can be done with many mental health conditions other than symptom management with Cognitive Behavioural Therapy and medication. While I agree that a system of management is preferable to our history of asylums, prolonged mental turmoil, dysfunction and suffering, I don't agree this is the only and the best way to deal with this in 2017.(I do not include serious DSM5 diagnoses such as schizophrenia here.)

What if there is a methodology that can locate and isolate the core issues underlying the symptoms of most mental health diagnoses? Further, this methodology utilises a powerful integration of the most potent elements of the past with the present? This includes a range of psychotherapies, psychodynamics and hypnotherapy philosophy and practice along with the latest findings in neuroscience in creating a new way of approaching disturbances of human psyche for resolutions and wellbeing.

If such a system could be created, how could it be presented to a medical model that does not encourage innovation from those outside their sphere? One that is entrenched in outdated models of the brain and mental health and increasingly out of step with the latest findings in neuroscience. This is a model that is deeply entangled, seduced and compromised by the pharmaceutical industry that has everything to gain by keeping things just as they are.

Many people are diagnosed with depression, anxiety and trauma related issues with the strong message from the medicos that their mind or body is incapable of finding a chemical or hormonal balance or recovery. Most mental health practitioners either have no idea of how people become unbalanced and if they do, have even less idea of how to assist them in coming back into wellness.

I am a psychotherapist, hypnotherapist, educator and former physics and chemistry teacher with a wide range of training covering many modalities over the last 17 years. I see many people who come sometimes from many years of treatment in the medical model with little or no improvement, who get better in only 3-5 sessions with me. How can that be?

The Cognitive Behavioural Therapy approach deals primarily with attempting to change or manage cognitions (thoughts) and behaviour. Thoughts and behaviour come out of the rational thinking part of the brain known as the cortex.

The brain may be split into three main areas. The inner section of the brain is the ancient reptilian brain that was formed in the age of reptiles. This deals with survival, the autonomous nervous system, dreams, visions, rituals and instincts. The next section is the limbic part of the brain. This developed in mammals such as cats and dogs and is the emotional part of the brain and capable of forming new memories from old. The most recently formed area of the brain is the cortex that developed in primates. This is involved with logical, rationale thought and language.

Our brain is a living testament of our evolution.

Recent Neuro-brain science research shows that most disturbances occur at the level of the limbic or reptilian areas of the mind. This is probably why for such disturbances modalities such as Cognitive Behavioural Therapy are missing the mark and ineffective at providing treatment. Cognitive Behavioural Therapy attempts to deal with language and behaviour (cortex related areas of function) when the seat of many dysfunctions is far deeper, in the reptilian or limbic areas. This involves emotions, trauma and instincts.

Once we have some idea where specific dysfunctions originate it helps us find more appropriate healing process.

Fortunately neuroscience findings show that the brain is constantly rewiring itself and so has the capacity to heal.

I am fortunate in not being part of the medical model, in that I am not conditioned by or bound by loyalty to traditional medical thinking in terms of mental health. I am free to find what works with the range of issues and levels of trauma that people present to me in my practice. Over time I have developed a new way of working.

I am the founder of Emotional Mind Integration (EMI)

EMI views individuals as a range of Emotional Mind States. The EMI modality is designed with procedures to locate and isolate disturbed emotional mind states, find resolutions and healing pathways to assist in self-healing prior to integration of the resolved state into the greater personality.

EMI presents a new understanding of trauma, how it is formed and how it may be resolved without retraumatisation and in a relatively short period of time.

Emotional Mind Integration is a Neuro-trance-psychotherapy that is an integration of much from the past and neuroscience in the present, coming from a philosophy that includes the Givens of human consciousness and an understanding of how love flows and what needs to take place for resolution to be received by the psyche, body and soul.

The EMI modality uses a light trance state to locate issues or traumas at their core, provide appropriate resolution and emotional release processes as well as healing pathways and integration within one session.

As with other big movements I am creating a movement from the ground upwards knowing that the traditional medical model of mental health underpinned by the lucrative pharmaceutical industry, is closed to innovation that challenges the status quo .

I visualise a time where mental illness is treated speedily and effectively in a largely drug free environment by practitioners of all kinds who have a deep understanding of the roots of disturbances and trauma and are fully equipped to assist in speedy resolutions on a daily basis. In this way chronic mental health conditions are largely a thing of the past.

Yildiz is the founder of two psychotherapies, a psychotherapist, clinical hypnotherapist, Family Constellations facilitator and educator/trainer and author of three books. Her latest book *Rapid Core Healing Pathways to growth and emotional healing* (2016). Yildiz lives and runs a private practice in Brisbane, Australia, travelling nationally and globally to train clinicians and run workshops for the general public.

Organisations involved in training or growth interested in training courses of Family Constellations, Rapid Core healing or Emotional Mind Integration courses or applications may contact me.

Yildiz is available for professional development in mental health, trauma and training organisations.

These ideas are presented in her book *Rapid Core Healing for Growth and Emotional Healing* (2016)