

# Emotional Mind Integration training

with the founder

Yildiz Sethi



EMOTIONAL MIND  
*Integration*

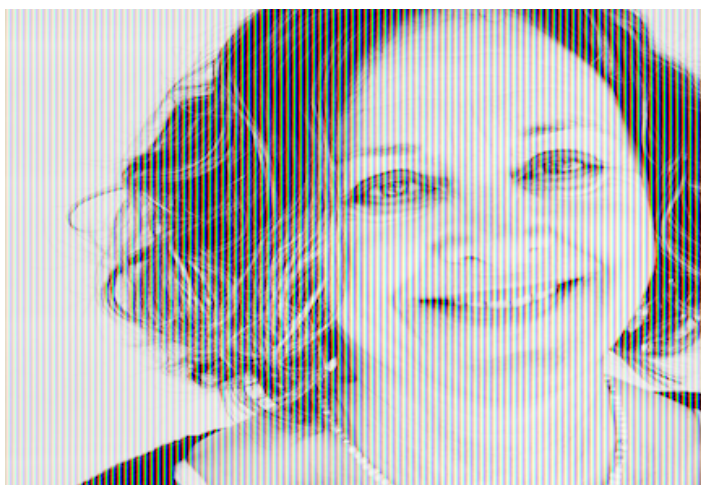
EMI

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<https://emotionalmindintegration.com>

## Emotional Mind Integration (EMI)

Emotional Mind Integration (EMI) is a Neuro trance psychotherapy for mental health, wellbeing and trauma related personal issues. Emotional Mind Integration has been designed for safety, in connecting the symptoms of problems, disturbances or trauma through the nervous system to the root cause. It facilitates a self-healing pathway for the client that is deep, fast and powerfully effective in resetting, the mind, emotional state and nervous system and integration, all within a session.



Yildiz

My name is Yildiz Sethi, a former physics and chemistry teacher with a strong curiosity about consciousness, life purpose and our place in the universe. I wanted to understand the mind and later what it is that prevents us from being free to be who we are. This led me to become a Vedic astrologer and later into innovation in Mind Science, psychotherapy, training and an author. I am an innovator in mind science but also a teacher, trainer, educator who loves to share innovation with early adopters. Early adopters are the most progressive group of people in society who are always at the cutting edge of any field, in looking for better ways to operate.

I offer a revolutionary approach for people who are ready to embrace the latest in Mind science in practice. Mind science includes the latest in neurotherapy, psychotherapy and the use of trance and the knowledge and skills on how to work with the unconscious mind in a way that is deeply receptive to the inner-most self-healing capacities of the client. This is a stand-alone modality for a wide range of issues that people struggle with, that goes far beyond what is in current practice, in transforming disturbed and traumatised Emotional Mind states that hold people back from being who they need to be, or living the life they would like to live.

I have a Master of counselling degree, clinical hypnotherapy diploma, NLP Cert, have been a lecturer in Methods of counselling for 8 years at the Australian College of Applied Psychology and have run my own private practice since 2000.

I am also the founder of [New Dawn: Recovery from Sexual Abuse.com](http://NewDawnRecovery.com) where Emotional Mind Integration is a significant part of the therapeutic process.

In going into private practice from science and then Vedic astrology in my quest to understand consciousness and how we create our reality, I realised that I wanted to help people out of the deep karmic patterns that restrict their ability to achieve their

potential. I came to realise that these are deeply buried unconscious patterns. I also noticed that we largely create our own reality and if this comes from a place of freedom and health, all is well as we develop and change throughout life. However, if we hold deeply unhealthy beliefs or disturbed emotions and trauma, we unknowingly (unconsciously) create a more troublesome and restrictive reality.

### **How do we develop such dysfunctional emotional mind states?**

Through the act of living. The ups and downs, disappointments and shocks or trauma of life events and the choices we make. These are largely submerged in the unconscious mind to protect us from the pain and discomfort they cause and come out involuntarily, when they are triggered by everyday situations into disturbed mind and emotional states that appear to over-take us. In my experience of over twenty years with clients I have found that many mental health and wellbeing issues stem from disturbed or traumatised emotional mind states. They are deeply buried in the unconscious mind and so cannot be accessed easily by counselling, psychotherapy or coaching and further, those traditional approaches don't have the knowledge or techniques to be able to process such disturbed states efficiently, according to their current knowledge about what the mind body and soul require for resolution in a fast and non-traumatising manner. Emotional Mind Integration has been designed to do just that. Emotional Mind Integration is also more effective than clinical hypnotherapy in having more up to date knowledge of how the mind works and what is required for the client to access self-healing in an accurate manner, in collaboration with the wisdom and ability of the mind and body for self-healing.

See These Videos HERE <https://emotionalmindintegration.com/free-emi-training-gift/>

### **Is this suitable for you ?**

This is suitable for people who are wanting to embrace the latest cutting edge developments in Mind Science in making a difference. Mind science being the latest in neuroscience, epigenetics, psychotherapy and hypnotherapy. If this is you, maybe you're an early adopter. Early adopters may be existing practitioners, 'people who help people,' or those who are entering the field for the first time. All early adopters are looking for something more than is available in traditional education at this time, because change in traditional fields is slow.

### **What do I offer in Training?**

I am the innovator of Emotional Mind Integration (EMI). EMI is trademarked by me. This is a wholistic approach that works with the mind, heart, body and soul in clearing disturbances and trauma, one neural pathway at time, that requires only a few sessions for completion of a complex issue. It is a gentle, safe and collaborative process where the practitioner facilitates self-healing in the client. This is a deeply foundational neuro-trance psychotherapy, that links the symptoms of a disturbance to the neural networks in the body, to its core origins and utilises naturally occurring healing pathways and completes with integration. All within one session at a time. For this reason, it may be used across a wide range of human experiences from mental health (depression,

anxiety, panic, self esteem), to personal development, resolving blocks, to finding and fulfilling potential and trauma recovery.

Emotional Mind Integration training takes place with the founder Yildiz in composite online trainings consisting of pre-recorded webinars, plus live, online group experiential components with her and the training group.

You will receive a copy of the course book *Rapid Core Healing* Y Sethi 2016. The webinars include videos, information sheets, reading and worksheets and case studies to complete. This means that by the time trainees enter the online webinar they are ready for this final component of putting theory into practice. On completion you will receive a Certificate.

### **How quickly can I start using it?**

You can start using it as soon as you have completed the course, received your certificate. If you are a new practitioner you will need to complete the short online readiness to practice as a health professional in Australia course) included in the EMI training fee and get insurance and start practicing. If you are already a practitioner simply add it to your insurance and start straight away.

### **Bonus**

Go on my site at trained by us so people can find a practitioner near them.

### **What does the training consist of?**

You may do EMI as a stand alone practice or part of Rapid Core Healing. Emotional Mind Integration is an essential Key training that makes up the triple master training of Rapid Core Healing and Recovery From Sexual Abuse and trauma.

Emotional Mind Integration training takes place online and is available nationally and internationally. International trainees, may take part in existing Australian trainings or arrange a group of people together in their country and approach me to see if I can hold a training more suitable to their time-zone.

Emotional Mind Integration may be used for Mental Health, Triggers, Coaching and trauma related issues including recovery from sexual abuse.

Don't miss out. Check out the website to find the next online courses and join at least 6 weeks beforehand so you may be ready for the online experiential component.

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Rapid Core Healing

My book can be bought at Amazon as a paperback or kindle - please note that the price of the book will be refunded if you purchase the course.

## Further information

<https://emotionalmindintegration.com>

<https://emotionalmindintegration.com/emi-training/>

<https://emotionalmindintegration.com/free-emi-training-gift/>

<https://www.rapidcorehealing.com/choices/>

## Dates

<https://www.rapidcorehealing.com/rapid-core-healing-training-dates/>

## Fees

<https://www.rapidcorehealing.com/course-fees/#emi>

To stay informed of what I offer please join my newsletter from any of my websites