

Innere Kraft

THE INDIVIDUAL
TRANSFORMATION PROGRAM



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Why a program?

I have developed the **InnereKraft** Program for several reasons:

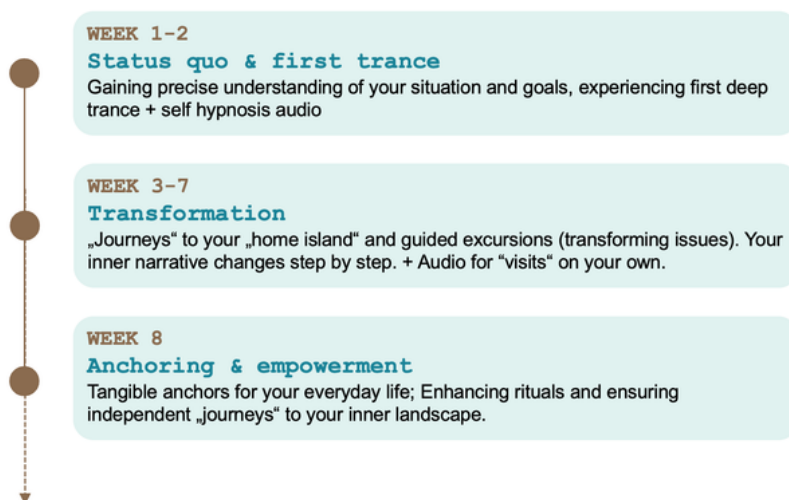
- Firstly, **issues** are often connected, or even like different threads **woven** into an intricate tapestry. One or two "classic" hypnotherapy sessions will not do in such cases.
- Secondly, I want to give my clients **something that lasts**. Something on the basis of which you can overcome future challenges without me, using your own enhanced inner strength.
- Thirdly, once this **landscape within you** has been discovered and healed, you can access your Island of Self on your own. It offers a metaphoric "language" in which you can "talk" to your subconscious. This is how we deal with your issues and blockages, one by one. While we are doing that, your (self-)confidence grows and provides a solid ground for your full potential to unfold.

The **InnereKraft Program**, therefore, is not only a sequence of therapy sessions, in which I support you deal with your current or acute issue(s), but also a tool to strengthen your mental resilience for the rest of your life

During your program (of four to eight sessions), I am accompanying you closely and am taking your individual needs into account. The anonymised example of "Claire Case" (cf. two pages ahead) will give you an idea what a program could look like. On our path, I can fall back on a broad range of methods and will always suggest more than one possible next step forward.

I only offer the **InnereKraft Program** if I feel it is the right approach for a client and their current situation.

Your investment into enhancing or regaining your **InnereKraft** (meaning *inner strength*) ranges from CHF 2'000 to CHF 4'000, depending on the number of sessions. We will keep tailoring the program to your needs until it fits perfectly.



The above visualisation shows the program's general structure.



Your Story

The **InnereKraft Program** offers journeys to your inner landscape. More precisely, to your individual narrative on your "Island of True Self". It is a place, where you feel ultimately at home. It is a place of safety and belonging. Although it has always been there, it sometimes takes a session for you to spontaneously feel the primal trust that waits for you there.

Over time, you will get to know assistant-beings there. They support you on journeys to neighbouring islands, where there are tasks to solve, things to discover and blockages to transform.

What we undertake exactly, does not need much thought or preparation. Because on your Island of Self, the knowledge of what needs to be done is already fully present. It is accessible through an entity I call the Inner Sage. That entity may take different shapes in each case: It may be a human-like figure, an animal or an object capable of communication, for example a tree or a crystal.



Why does it work?

I have studied literature (Master's) and psycholinguistics (PhD). I know that stories are essential for us humans. They always have been: Stories combine information with emotion. This is how we as a species have passed on knowledge for thousands of years. This is how we learn; this is how our brain works. For anyone interested in this, I recommend "Das narrative Gehirn" ("The Narrative Brain") by Fritz Breithaupt.

As a hypnotherapist, I further know that we ARE the stories we were told as children. And if we want to – or have to – we can rewrite these narratives. Because as we grow older, it is no longer others but WE OURSELVES who tell us these defining stories. Over and over again.

In this island world you meet your experiences – that is, the stories you keep telling yourself – in the metaphorical form of a landscape. You can symbolically adjust, dissolve and reshape anything. And with that, you come into your inner strength and become the author of your own life story.

Everything you experience and do on these journeys has a tangible impact in your everyday life. Because your subconscious 'thinks' in stories.

If it suits you, you can keep a travel journal. You will receive a session transcript from every journey you take with me. This way, you can fully immerse yourself in your inner adventure and still reflect on it afterwards whilst updating your travel journal. Because by looking back on what you have experienced, you consolidate the transformation. The aim of the program is for you to be able to visit your Island of Self and work there – or simply enjoy it for a change – even without me.



Your **InnereKraft** journeys will strengthen and liberate you in the way you feel, act and think.



EXAMPLE CLAIRE CASE

The individual program developed for Claire Case

Dear Claire, based on our initial session, I would like to suggest the following program of five sessions. But of course, you will have a say in how we proceed, too.

Proposed program of five sessions:

We have already held the first one – the kick-off session.

Notes on the initial session: The detailed intake interview and the first trance session are important for building rapport. You will be able to sense whether I am the right person for you and experience the state of hypnosis for yourself. This allows me to see how quickly you enter different levels of relaxation, enabling me to better assess the options and methods available. I was also able to give you some initial empowering suggestions, and we established two self-hypnosis anchors.

Visualisation (or working with landscape metaphors) works very well for you. In your case, we can therefore combine the self-hypnosis technique with an initial transformation/island session in a single session. That gives us three further transformative sessions, in the last of which we will also develop and anchor consolidation rituals.

Session 2: Learning self-hypnosis and establishing your Island of Self.

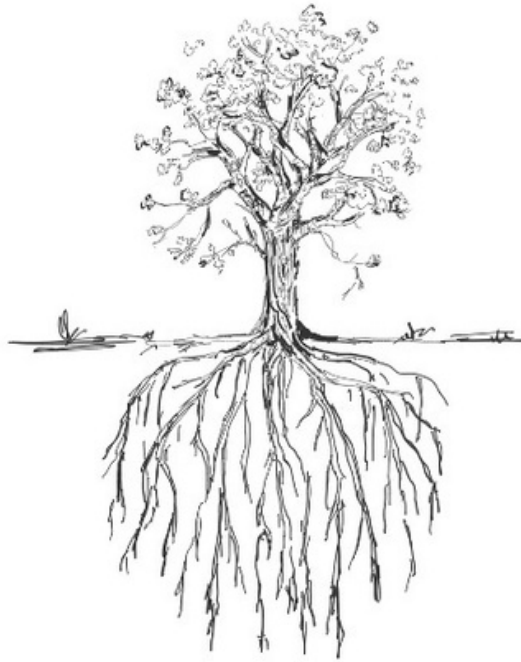
You will receive a transcript of each “journey”. If you would like, I will give you a diary so that you can record all your adventures, like keeping a travel log. This helps with processing and internalising the experience. I will also adapt your self-hypnosis audio recording or create a new one if it makes sense to do so after a session.

From this point onwards, my proposal here is more of a rough roadmap, as we will base our approach on what emerges during the second session and how you are getting on in between. You can now visit your Island of Self also without me. If you have any questions, I will always be there for you throughout our collaboration (via WhatsApp/email; Mon to Fri, reply within 24 hours).

- **Session 3:** From the safe and strong Island of Self, we tackle issues. We prioritise them together as we proceed; in your case we probably start with your nightly panic attacks (“fears/fear of fear”).
- **Session 4:** If a clearly identifiable issue arises following Session 3, we can also slot in a classic “Regress to Cause” session or a ChiroTrance session (wordless hypnosis, via hypnogenic points on the body and the energetic activation of your self-healing powers). Here, too, we will discuss the options as we go along.
- **Session 5:** Looking back: Does your Island of Self still lack anything? Which issue has not yet been fully resolved? This is followed by a general consolidation of what we worked on and the establishing of empowering rituals. So, we ensure that you can undertake “island journeys” independently.



EXAMPLE CLAIRE CASE



Working with **InnereKraft Program** needs your **full commitment**.

My promise to you: Should we take this path together,
I will be there for you 100%.

The structure of the five sessions outlined above is a suggestion. We will fine-tune this together and proceed in such a way that you can establish, consolidate and internalise your goal of **inner peace, stability and (primordial) trust** as a feeling to the greatest possible extent.

Sessions are normally spaced two weeks apart. But you set the pace.
We can also work together for longer than 8 weeks.

At the next session, we will discuss whether the program appeals to you, whether we should take a different approach, or whether we need to adjust the program (shorten or extend it).

I would be delighted to embark on this journey with you.

Yours,

Uma



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