

Free yourself from subconscious blockages

Addiction | Anxiety | Chakra and Karma Release

Chronic Pain | Confidence | Depression | Fear

Rehabilitation (Accident, Operation, Stroke)

Relationship Issues | Weight Issues

Therapy yearbook 2022-23

© All rights reserved by Sumita Chakraborty

FAQs



What is hypnotherapy?

Hypnotherapy is a form of therapy that uses the powerful application of hypnosis to free people from subconscious blockages and achieve freedom, clarity, energy and success in life. It is safe and you will be aware of your actions during the session.

What is Rapid Transformational Therapy?

Rapid Transformational Therapy (RTT), is a hybrid therapy developed by Marisa Peer in England, UK. It combines the best principles of hypnotherapy, cognitive behavioural therapy (CBT), Neuro- Linguistic Programming that offers fast effective results for a range of psychological, psychiatric and physical conditions. As opposed to traditional therapies, RTT is a solution-focused treatment offering rapid, effective and long-lasting change usually within one (or within three maximum) sessions. RTT embraces the positive aspects of all the above techniques that are known to produce a transformative effect on people.

Who can benefit from this therapy?

The therapy space is for your own development and growth. So anyone who is committed to their own healing, able to collaborate with their healer and follow through with the treatment plan can benefit from the therapy.



Dr Sumita Chakraborty

Neuroscientist and Clinical Hypnotherapist

Marisa Peer Method

Hello and welcome! My name is Sumita and I am a neuroscientist, therapist and teacher. I specialise in complex, recurrent trauma and stress disorders. I empower you to harness the power of your thoughts and go deep into your subconscious mind to reprogram your brain and attain new freedom, energy, clarity and success in your life, with 1-3 hypnosis sessions and a few additional coaching calls. I actively write and share tips and case studies on mastering the subconscious mind. I offer one-on-one and group therapy and meditation sessions, in-person and online. I am grateful to all my patients/clients for sharing their stories in this yearbook 2022-23.

Web/LinkedIn



Book a Call





How complex trauma affects a person?

“Trauma is not what happens to you, but what happens inside you as a result of what happened to you.”

Dr. Gabor Maté

Typical PTSD can arise after a single traumatic event, such as an accident, natural disaster or abuse. Complex (c)-PTSD, however, is related to a series of low- moderate-extreme traumatic events or neglect over a prolonged period of time. Following are some of the symptoms that I see repeatedly in c- PTSD.

1. **Bad sleep quality:** Difficulty falling asleep, or waking up and then not being able to go back to sleep, nightmares, flashbacks, constant mental chatter and feeling blank or empty.
2. **Dysregulation:** This is a hallmark of c-PTSD. Frequent mood swings, inability to control difficult emotions and feeling easily triggered and helpless during those situations and then regretting or feeling guilt and shame afterwards.
3. **Self-sabotage:** Stemming from low-self esteem, most people with c-PTSD believe they are either a burden or not deserving of good fortune or career or relationships in their life. They end up sabotaging good relationships/opportunities or end up clinging to toxic and abusive situations obsessively.

4. Dissociation: This is a classical trauma response. Your brain would do anything to take you away from your pain point. Whatever your subconscious mind is coded as dangerous, it will take you away from it. If you are struggling to concentrate and motivate yourself for important tasks, getting distracted easily and disconnecting from people around you, you are probably experiencing dissociation.

5. Chronic pain or illnesses: Unexplained pain in shoulders, knees or joints, headaches and consistent illnesses such as allergies, issues with stomach and throat specifically or issues in the reproductive system.

6. Poor decision making and lack of boundaries: If you touch boiling water, you will know in an instant that it is not safe for your hands and you will pull out immediately. However, if you have put your hands in cold water and then the temperature increases slowly and consistently, you might feel nice in the beginning and not realise when the temperature has increased so much that your hands have been burnt. This is what happens in the case of complex PTSD. It might be too late to escape and even if you do escape, you incur neurological damage in the brain that makes you nervous about water in general, be it cold or hot. You lose your sense of judgement and sometimes end up sabotaging a healthy relationship or work environment just because you cannot judge a situation rightly. You end up trusting the wrong kind of people, again and again, who are cool and friendly or charming but in the end, bad for you!

Living with complex PTSD and navigating the daily nuances of life could be a roller-coaster ride for many. In this informed era of mental health with advanced diagnosis tools, c-PTSD is a case where people are still misdiagnosed with ADHD, Asperger's, personality disorders, bipolar etc. While it might be possible that you have both, people often chase a diagnosis to gain clarity and answer about their emotional condition.

Regardless of what happened to you in the past or what your present situation is, it is possible to rewrite the coding in your brain and heal. Hypnotherapy, combined with CBT and NLP (RTT) can set you up for lasting changes, success, peace, happiness and a positive outlook towards life and relationships. It is never too late or too early to begin your healing journey. This is your time to heal.

I help my clients/patients by giving them an unconditional safe place and slowly reprogramming their subconscious mind so that they can differentiate between toxic and non-toxic situations, protect themselves and flourish.

"The wound is where the light enters you." Rumi



Milestones in healing: total acceptance

Total acceptance means making peace with your past, being in charge of your present and creating an amazing future!

If you are on this path, ask yourself: how your life would look like when you have total acceptance? You can use those visuals in your meditation (or daydream) and affirmations (positive thinking).

Total acceptance is a journey and some people experience more resistance to it than others. Hypnotherapy helps you to understand the resistances that are stopping you from total acceptance; these could be fear, resentment or anger.

Even when you want to let go of these emotions, a part of you keeps them as your mind thinks they are serving a role or function or purpose in your life. And by all means, they do! All these emotions are essential for our survival. However, in an outdated software, old beliefs start to act like a bug. And all you have to do is upgrade your software (i.e, reprogram your brain) so that you give old beliefs a new role or let them go!

Hypnotherapy helps you to reduce or remove resistance or blocks that are remaining in the mind and body and hindering your well-being and success. It helps you to let that go and update your subconscious mind for a new future.

David's story of overcoming indecisiveness

Dr. David Freeman, Germany

Scientist R&D

The RTT session was very effective in transforming my indecisiveness into faster and bolder decisions. During my life I have always struggled with decisions. I easily ran into decision fatigue even just choosing a product or not in the supermarket. Bigger decisions were more painful and I often procrastinated with decisions. It was even more difficult recently when I had a decision for a job. I was always thinking what is the right and wrong decision and I did not trust myself enough to take some decisions.

My friend, who took a session with Sumita, told me how much it changed her behavior and perspective. I was not sure about whether hypnosis is good or not and if it can do any harm or not. I talked to Sumita before the actual session and I had a feeling of trust and comfort and decided to give it a try.

I have never been hypnotized before but it was easy for me to let go and sink in. It was an amazing experience. It reminded me of deep meditation. With the difference that I talked with Sumita during the hypnosis. It felt very comforting and natural. Sumita was very professional guiding through the experience in a calming and compassionate way.



Even though it was an online session it felt deep and intense. After the session I felt empowered, energetic, more confident and positive. I took decisions much lighter.

RTT requires to listen to a recording for 21 days, twice a day. I did that in the morning and evening. It was a great start into the day and a good way to wind down from the day. It left me usually empowered and more confident. The recordings provided a profound basis for change. What I noticed is that the changes come directly after the session but the long term effects show itself slowly every day. I noticed that decisions come easier and I overthink less about decisions. I am more aware when I make decisions.

I was not sure if such a short session could do a change but it effectively did. Due to Sumita's understanding and scientific background she knows what she does professionally. She makes it easy to open up and provides an atmosphere of acceptance and trust. As the recordings are an important part her voice is pleasant which makes it easy to relax, calm down and listen.

I can only recommend Sumita as facilitator of addressing your issue with an effective method. If you doubt that it helps you I'd suggest to talk to Sumita and see what your gut says. Decisions to improve mental health and stability can't be wrong. It will be an unforgettable experience that can change your life.

Thank you very much Sumita!



Dr Devika Sharma, Israel

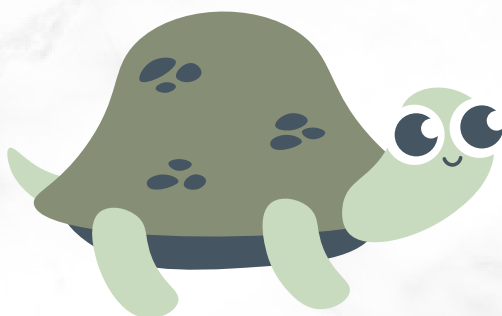
Researcher- Quantum Error correction, Quantum Computing



Most of us in the present day society are brought up like a turtle- a hard exterior and a very soft, vulnerable, and often ignored interior. And harder the shell, the more 'in-control', successful and self-assured the world views you. So ironic! However, if Life is genuinely kind to you, it puts you in a situation where the shell breaks and you realize that real strength lies in being inside out- a dense, coherent, stable center with a malleable, adaptable, transformable exterior. Ah, but the transformation is a bloody scary and painful process!

And Life becomes kind the second time, when it introduces you to a healer- a support to lean on while Life does it's magical work on you. I met mine. Sumita received me. Her voice, her choice of words, her gentle and calming nudge. All of it made for an absolutely conducive and trustworthy environment for me to let go and accept Life.

I'm not preaching the purpose of your life. Maybe it is to fulfill the desire to be worldly powerful, successful and well-known. But if the purpose of your life seems beyond this, reach out and fulfill it.



Alixé Kathleen (Danielle Dove) Tracey, France/USA

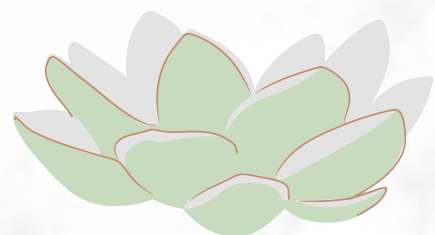
Healer and Sales Specialist

Thank you for such an amazing RTT session Sumita. I'm still floating on cloud 9 with the magic of going back and having new freedom and understanding. Your voice was so soothing and I have this fierce love for myself and it's so motivating. I feel motivated and out of a weird slump where I wanted to do less for myself. Now I'm up and feeling happy and productive (good signs something deep shifted). I recommend Sumita because she really cares and is a deep well of precious information and knowledge. I thought I knew a lot but she helped me really understand the depth of C-ptsd. She listened so intently and really really cares about our recovery.

Dr Anuka Sharma, India

Scientist R&D

After attending RTT sessions with Sumita, I felt that she was not only a fantastic healer, but also possessed a magical voice. Despite my previous attempts to learn mindfulness meditation, it was only through working with her that I was able to establish a meditation routine and make positive changes in my life VERY QUICKLY. I highly recommend Sumita to anyone who wishes to achieve their fullest potential in life.



Tabea's story of overcoming depression

Tabea, Germany

Environmental Expert

Even though I have been thinking and reading a lot about affirmations, self-care and other topics that help with confidence I was struggling with being positive about myself and my life, was thrown back easily and feeling insecure and helpless.

During the session, I was on the one hand worried about doing something wrong, on the other hand surprised how it worked and how I was able to let go and just let it happen, as I was supposed to. I was also very much surprised about actually feeling the hypnosis with my body. Sumita was so kind and made me feel very comfortable.

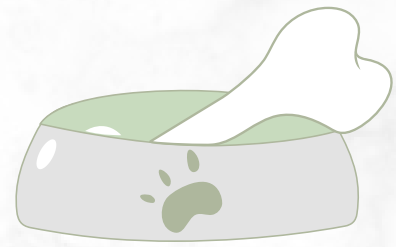
I committed to listening to the recording for 21 days and I really believed in the positive effects of hypnosis. With the RTT, Sumita really helped me out of feeling depressed and insecure. It really was the missing puzzle piece in my journey to becoming who I really am and helped me a lot in overcoming the negativity.



Yael's story of overcoming compulsive eating

Yael Perl, Israel

Iyengar Yoga Teacher



I was struggling to eat in an organised way and ended up eating too much carbs. All the diets I was prescribed were too much for me to follow, so I couldn't follow any diet plans and I was just gaining weight.

I was intrigued by hypnotherapy that Sumita was practising to help people remove subconscious blocks and have a breakthrough in life. However, I had a car accident when I was 15 and I feared that hypnosis might bring that memory of black out. Sumita assured me not to worry and that she would take care of me if any memories of the accident did surface unintentionally. I found the session very calming, like a deep relaxation and meditation.

I listened to the personalised recording Sumita made for me. I started my day, everyday, listening to the recording and it really helped. I felt that something relaxed inside me and I started to eat regularly. I eat wholesome food, more than before, yet NOT gaining any extra weight! I think hypnotherapy is a powerful technique. I felt that in a mysterious way, it changed my attitude towards food. I recommended Sumita to my daughter and friends who have been working on their diet and weight issues with the help of hypnotherapy.



Marina's story of overcoming imposter syndrome

Impostor syndrome is a psychological occurrence in which an individual doubts their skills, talents, or accomplishments and has a persistent internalized fear of being exposed as a fraud (Langford, Joe; Clance, Pauline Rose, Fall 1993).

Marina Mirgorod, Russia

Transformational Life Coach

The Impostor Syndrome kicked in several times throughout my life, both as a teenager and adult I had suffered strongly from self-doubt and self-criticism, feeling not enough.

The session was very relaxing, very soothing, I felt supported from beginning till end by Sumita's kind voice, I felt heard and understood by her, she asked very good questions, she listened to my answers carefully, she guided me towards what I needed to understand and discover. I felt a big relief after the session so I am very grateful to Sumita for her help. I was very inspired by the wonderful audio Sumita made for me, I listened to it almost every day and at times it helped with my anxiety and insomnia.



Adéla Pegleyová, Czech Republic
Language Teacher

I felt very safe, reassured and relaxed. I felt that Sumita understood exactly what I wanted to say without me having to explain too much or answer exhausting questions. I feel great after the session and listening to the recording every day at least once. I love the recording because it summarises precisely what I want to work on, and your voice is very soothing. I am better "tuned" and feel more self confident, without any conscious effort to do so. I also feel more balanced and accepting. I have even noticed improvements in my procrastination.

Nallely Sanchez, Canada

The session was amazing. Sumita has the ability to make you feel safe and comfortable. I really like the way she helped me to connect the dots between my experiences in the past and my present problem. I was so stuck before my first session. She helped me to work towards my goals without anxiety, which has decreased tremendously my stress, changed my mood, my health and self-care habits. I do not push myself with a negative inner talk and I don't feel guilty about doing and expressing what I need from others.



How to live a life of abundance?



An alchemist is someone who can "perform a seemingly magical process of transformation, creation, or combination to convert base metals into gold". So, how come some people convert iron to gold and others let it rust? What is the secret of creating abundance?

Abundance starts with the right mindset and materialise with practice and consistency. In my practice, I see three kinds of people struggling with abundance.

1. People who are not open for money or opportunities. These people believe that what they want is not available to them.
2. People who are running after multiple things and not feeling quite satisfied with anything. These people believe that they are not enough and what they have is not enough as well.
3. The third kind of people are the most interesting. They know they are successful, they know they are rich and they are excellent caretakers. But still they feel an emptiness inside, a lack of motivation or energy to do things for themselves. These people believe that enjoying themselves is selfish, or they can't afford it.

The therapy space is like an operation theatre. We cut through the cognitive hindrances and social conditioning with "the idea that all individuals should live in the singular pursuit of their individual

dreams" and coaxing experiences to achieve personal legend that they can turn into gold.

Vita Zyma, Ukraine

Television Show Runner



I worked with Sumita on the money block and I have already seen results so fast. I started to be more confident to take responsibility. I started to be more and more open to people, more open to say yes to responsibility and for small chats. I started to allow money to come into my life. It is really great. Before, I was too much closed person and now I really love how everything is going on. Honestly, all these methods is something amazing. Sumita, to some degree, reminded me of my mom. She was so soft and kind to my soul, my ears. She created so comfortable surroundings, she did it so easily.

Naren Khamkar, India

Chairman and Managing Director



I highly recommend Sumita Chakraborty for her Rapid Transformational Therapy. Through her guidance and support, I was able to overcome my limiting beliefs and mindset that were holding me back from living in abundance. Sumita's approach is both compassionate and effective, and I am grateful for the positive changes I have experienced in my life as a result of her therapy. If you are looking to make lasting, meaningful change in your life, I highly recommend working with Sumita.

Myths and misconceptions in hypnosis

My clients often feel scared to be hypnotised or they think that they didn't do it right. Here, I will clarify some myths and misconceptions around hypnosis.

1. Hypnosis in therapy is neither a magic nor an occult practice. Although some energy healers and occult practitioners could use hypnosis amongst other things.

2. A hypnotherapist does NOT possess magical or spiritual power to create/deliver/manifest things for you. Your success requires your willingness, commitment and discipline and your therapist helps you to achieve that. It works like magic, rather very quickly, as it allows the subconscious mind (which is 95% more powerful than the conscious mind) to accept suggestions. That is the real power of hypnotherapy.

4. Anyone can be hypnotised. However, some people are better than others and it does get better with practice. People who can concentrate well and have a creative imagination are better at going into hypnosis.

5. When you are in hypnosis, you do NOT lose control, you are rather more aware of your thoughts and emotions. A hypnotherapist cannot MAKE you do anything that you do NOT want. However, hypnosis reduces inhibition and resistance and that ALLOWS you to achieve what you DO WANT to achieve.

6. Hypnosis is not harmful (except for epilepsy, bipolar and schizophrenia), rather it has incredible health benefits. It is a tool for quick relaxation in a busy schedule. It reduces cortisol and improves wellbeing. It boosts concentration, energy and productivity. It is an amazing tool to deal with insomnia and burnout, amongst other things.

7. Nobody get stuck in hypnosis. It is a natural state that we enter several times in a day and every time we sleep and wake up. It is a deeply relaxing, trance-like state. It is a meditation with a goal.

8. Hypnosis is not sleep. It makes you so relaxed that you can quickly drift into sleep. Many people fall asleep during the session or soon afterwards. However, deep sleep is not hypnosis and "hypnosis is not about falling asleep, it is about being more aware of your internal thoughts and patterns, it is about waking up!" - Marisa Peer

Hypnosis is still not centrally regulated in many parts of the world. Hence, always choose a hypnotherapist who has been certified from a reputed and central body, such as IACT, International Association for Counsellors and Therapist, USA. Hypnotherapy is routinely used in medical practices.

Read: [Medical power of hypnosis](#)



Therapy Structure

Session 1	DAY-1	RTT session 2-3h Personalised hypnosis audio WhatsApp support SOS Weekly catch-ups SOS
	DAY-21	Review and Feedback 1h
Session 2	DAY-31	RTT session 2-3h Personalised hypnosis audio WhatsApp support SOS Weekly catch-ups SOS
	DAY-51	Review and Feedback 1h
Session 3	DAY-61	RTT session 2-3h Personalised hypnosis audio WhatsApp support SOS Weekly catch-ups SOS
	DAY-81	Review and Feedback 1h

Web/LinkedIn



+91 8583012727



Book a Call

