

## **Trance Regression Online by the “Root Cause” Method of Reavisia in Psychotherapy and Psychological Counselling**

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**Received:** November 25, 2022; **Published:** December 14, 2022

Social and informational pressure on the psyche is increasing all over the world, which causes an aggravation of psychological disorders. A large number of patients with depressive, anxious and panic states seek psychological help. Sometimes just everyday failures (in interpersonal relationships, domestic conflicts, business contacts) cause stupor, procrastination, often become a reason for consulting not only a psychologist, but also a psychotherapist. Therefore, there is an urgent need to develop methods of psychotherapeutic assistance that can quickly and effectively relieve symptoms. But in each specific case, it is necessary to identify the main thing – to find the cause of origin, removing the structure of the development of the problem, which has essentially become a mechanism for its formation. Further, client cases will be described, clearly showing the true causes of the development of many conditions, deciphered by the method of searching for the “root cause” of Reavisia - regressive hypnosis and trance. They require a step-by-step immersion of the client into the history of traumatic events in a modified, maintained and controlled by a psychotherapist state of consciousness. It certainly requires a personal (online) presence. Their horizons mainly rest on the unconscious personality of the client himself, dwelling on his own experiences at the time of the psychotrauma that occurred in his life. The author’s method of the “root cause” of Reavisia differs from the known methods in its non-directivity, when the patient himself, in reality, under the control of both prompts and the direction of a specialist, in a special trance state, manages the “journey” into the unconscious. Moreover, as it turned out in practice, not only his own, but also his relatives. And, moreover, even many people involved in a traumatic and psychoprogramming event, both in their own lives and in the lives of their relatives. The advantage of the method is also the possibility of conducting remote sessions online under video control.

### **The case of alcohol addiction**

Man, A. 50 years old, family, has a business. It is going to collapse - and family, and business, and health. All the measures applied so far have not led to long-term success. I agree to the session. “The Second World War. A soldier, having lost his best friend in battle, filled the pain of loss with alcohol that came to hand. And on an irrational, subconscious level, I made a decision: ‘Here is a cure for heartache’. And now, two generations later, the client is the grandson of that soldier, who “treats” all problems with alcohol. He was left alone with his problem, he can’t do anything about the addiction! The program, like a virus, is “turned on” by a trigger in a certain life situation, and unconsciously-irrationally controls a person’s compulsive behavior. The primary psychotraumatic and psychoprogramming event was found and reworked in the same session by the Reavisia technique. After a psychotherapeutic session, a positive response was quickly received, ignoring alcohol dependence. In the long term, the positive dynamics of alcohol withdrawal.

### **A clinical case of confirmed prenatal psychotrauma in the etiology of chronic anxiety and somatoform depression**

Patient N., 56 years old, for a long time (more than 10 years) suffering from panic attacks, anxiety and depression developed against this background with somatic manifestations (F41.2).

In a session using the Reavisia method and step-by-step regression into symptoms, the patient saw the “root cause” - a visual image of fire against the background of anxious experiences. With directional detailing, there is a distinct image of a burning wooden house through the eyes of her own mother. The destructive emotional reaction was immediately reworked in the session. On the same day, on her own initiative, she decided to interview her mother. It turned out that when she was pregnant, she got into a neighbor’s house fire and experienced a strong fright. Thus, the information received in the session is verified reliably. There was a significant decrease in the level of anxiety and relief of symptoms of panic attacks in the first days after the psychotherapy session.

### **The case of abusive relationships in marriage**

A woman B., 32 years old, with the problems of psychological violence on the part of her husband. Moreover, as noted, the “victim’s condition” has been haunting since childhood. In the Reavisia session, it was revealed that the position of “endure”, “submission to male violence” and “life is so complicated” was formed and transmitted by the life circumstances of the ancestors on the female line - grandmother and great-grandmother. More precisely, the cultural and religious tradition of forced despair before the will of men. Thus, all women of the genus, including the client and her mother, thereby attracted male abusers into their lives. Such a case is far from isolated, it is widespread almost everywhere. Historical socio-cultural and religious traditions of domination and permissive violence of men, generations later, form the failures of many women in choosing abusive partners. After sessions of psychotherapeutic help, the patient became more stable, feels satisfaction from family life.

### **A case of depressive-anxiety disorder, conducted by the Reavisia method for the patient’s mother**

A 28-year-old woman applied. Several unsuccessful relationships with men, each break with whom was accompanied by increasing apathy, anxiety and panic, for the fifth time turned into a depressive disorder. He blames his mother for everything, about which there are constant conflicts. I do not agree to contact with a psychotherapist. Therefore, a forced session “on request” was conducted with her mother. It turned out that the “root cause” was an episode in the daughter’s childhood. A three-year-old girl, feeling the burden of loneliness with a sense of “abandonment” by her parents, played with someone else’s bright balloon - her only entertainment and joy. But the neighborhood kids took the balloon, and made fun of her bitter disappointment. Now the grown-up girl is looking for the only emotions in men every time, bringing joy and distraction from loneliness. And having lost another man, he experiences the same disappointment and grief that, according to the cumulative effect, draining the psyche, led to apathy and anxiety of another loneliness. After conducting psychotherapy sessions, already with her daughter, they led to her stability in psychotraumatic states.

### **The case of procrastination**

A woman C., 36 years old, with the problem of “procrastination”. She cannot force herself to act productively every time she needs to do something on demand: prepare for a competition, for an exam, and once again - for the defense of a scientific dissertation. In the Reavisia session, the “root cause” turned out to be violence. At the age of two, the father, forcing his daughter to do something, hit her and the girl fell into a state of stupor from surprise. Since then, every time an external demand looms, the patient’s psyche falls into a stupor – procrastination. The psychotrauma was processed by the Reavisia method, and already at the end of the session, the patient noted that the painful tension of the abdominal wall disappeared - protection from the same paternal, but already “virtual” blow.

Thus, the regressive trance method of the “root cause” of Reavisia is proven in many areas of requests for psychotherapeutic assistance. With its help, it is possible to: a) establish the primary psychotraumatic cause of the development of a psychological disorder or a negative scenario in aspects of private life; b) successfully correct the patient’s response to psychotraumatic situations with appropriate positive dynamics; c) conduct medical verbal sessions remotely (online video communications).

**Volume 11 Issue 12 December 2022**

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