



The Mind Science Revolution

Rapid Core Healing/

Recovery From Sexual abuse and trauma

with the founder yildiz Sethi

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<https://rapidcorehealing.com>

## The Mind Science revolution with Yildiz.

### Rapid Core Healing (RCH)/ Recovery From Sexual Abuse and trauma.

Rapid Core Healing is a revolutionary approach for mental health, wellbeing, relationships, trauma and sexual abuse recovery.

Rapid Core Healing is a Master triple training, consisting of three unique, separate trainings.

Emotional Mind Integration, Systemic Family Constellations and Rapid Core Healing. Rapid core healing is also used for recovery from sexual abuse and trauma.

On completion you will receive 3 certificates and an exclusive range of knowledge and skills to work in a wide range of areas. Each having value in their own right, with the complete trio providing the highest level of skills and mastery for mental health, relationships, personal development and trauma recovery.



Rapid Core Healing Fields

Watch these videos

<https://www.rapidcorehealing.com/free-sample-of-rapid-core-healing-training/>



Yildiz

### **About the founder**

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

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. These are approaches that go far beyond what is in current practice, in transforming the blocks, sabotage patterns, mind-sets and relationships that inhibit peoples' ability to shine in their light. 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 <https://recoveryfromsexualabuse.com>

### **Why choose to train in Rapid Core Healing?**

Have you ever wondered what holds people back from being the best that they can be?

In the past, the solution was thought to be in entering long periods of meditation and spiritual practice to allow healing, growth and transformation of mind, body and soul. This is not everyone's choice. Many delve into a plethora of approaches, such as counselling, psychotherapy or a lifetime of coaching or natural therapies, costing endless amounts of time and money.

The truth is that time is your life; is precious and it's my belief it should not be wasted. The problem is, that those former approaches frequently work with symptoms or problems and do not have the knowledge or the latest cutting-edge skills to work with the underlying dynamics, in a way that is resolving, healing, effective and fast.

Looking through the lens of Rapid Core Healing philosophy and practice, people are composed of both personal and systemic consciousness. Both aspects are part of who we are, so that when we have an issue, it is appropriate to look at it from both perspectives for deeper, wholistic, clearing and healing. For this reason Rapid Core Healing is composed of Emotional Mind Integration for the relevant personal unconscious elements and Systemic Family Constellations for those that lie with the family system.



# RAPID CORE HEALING

*Live fully. Be free to be you.*

RCH

## **What do I offer?**

I offer a two pronged modality. One for the personal and one for the systemic aspects of the issues that people face. 3 separate trainings.

### 1 For the personal component of who we are

I am the innovator of Emotional Mind Integration (EMI). 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) to personal development to resolving blocks to finding and fulfilling potential, to trauma recovery.

### 2 For the systemic aspects of who we are

Family Constellations has encapsulated the importance of coming to peace with the family system and the generations we are born to, in acknowledging the importance of connection and love as core foundations for wellbeing. The basis of living a meaningful and potentially enriching life in the present. Through this philosophy, we learn the importance of knowing our place as part of our lineage as children, grandchildren, siblings, parents and partners and hence, ourselves as individuals in the world.

When we are out of place or carrying burdens and baggage from our family system, it results in a lower sense of worth. We make choices, view the world, possibilities and our capacity for connections and success through this, blindly. We take this into our lives in terms of the level of our self-esteem and the ability to set and achieve goals in life, find and create good relationships and fulfil our potential. Family Constellations is perfect for working with self-esteem, relationships, generational patterns, themes and generational trauma, including incest and sexual abuse. While this may sound complex, sessions are brief, experiential, solution focused and powerful.

These form the two main strands of consciousness and unconsciousness in our lives.

I am the innovator of Emotional Mind Integration (EMI and Rapid Core Healing and these are trademarked by me. Family Constellations was founded by Bert Hellinger.

## **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 this traditional fields is slow.

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

The final training is Rapid Core Healing. This provides the avenue to mastership of this Master triple training. Working effectively with the personal unconscious and systemic mind for a truly wholistic approach to mind, heart, body and soul. With Rapid Core Healing you will be able to go to the core of issues quickly and assist the client in finding their solutions, releasing, blocks, emotions and trauma and find new perspectives.

The training takes place with the founder Yildiz in 3 separate composite online trainings consisting of pre-recorded webinars, plus live, online group experiential components for each training. These are, Emotional Mind Integration and Systemic Family Constellations. The final Rapid Core Healing training is primarily experiential. You will receive 3 certificates.

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.

Rapid Core Healing may be used for Mental Health, Coaching and trauma related issues including recovery from sexual abuse.

The training takes place online and is available nationally and internationally.

International trainees, may take part in existing trainings or arrange a group of people together in your country and approach me to see if I can hold a training more suitable to your time-zone.

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

You can start using it as soon as you have completed each course and received your certificates. 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 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 each website at trained by us so people can find a practitioner in each of the modalities. Emotional Mind Integration. Family Constellations and Rapid Core Healing near them.

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.

This is 170 hours of professional development in total for Rapid Core Healing training.

Please feel free to contact me if you have any questions or concerns

## [MORE INFORMATION](#)

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

Watch these videos

<https://www.rapidcorehealing.com/free-sample-of-rapid-core-healing-training/>

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

Fees 1 PAY as you go RCH/RFSA

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

RCH/Recovery From Sexual Abuse fees 15% discount

Fees 2 This one goes to RCH 15% off <https://www.rapidcorehealing.com/course-fees/#rch15>

Pay as you go and get Early Birds or get 15 % by buying in one payment.



Available on Amazon.

My book may be purchased on Amazon as a kindle or paper back- Please note the price of the book will be refunded if purchase the course.