# Article information:

Rapid Transformational Therapy: What Is RTT And How Does It Help? - MindBodyPal
<https://mindbodypal.com/rapid-transformational-therapy/>

# Article summary:

1. Rapid Transformational Therapy (RTT) is a hybrid therapy that combines neurolinguistic programming, hypnosis, cognitive behavior therapy, and psychotherapy to achieve fast and achievable results.

2. RTT can help boost confidence, heal past traumas, improve self-perception and communication skills, clarify life goals, and address issues such as addiction, anxiety, depression, insomnia, stress, and unhealthy eating habits.

3. RTT was founded by Marisa Peer, a best-selling author and celebrity therapist who has trained practitioners in her approach to reprogramming the brain for quick self-healing. The cost per session is comparable to traditional talk therapy sessions but with faster results.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article provides an overview of Rapid Transformational Therapy (RTT), a hybrid therapy that combines various techniques such as hypnosis, cognitive behavior therapy, and psychotherapy to achieve fast and achievable results. The author highlights the benefits of RTT, including boosting confidence, healing from past traumas, improving self-perception and communication skills, and overcoming addictions and mental health issues. The article also discusses the founder of RTT, Marisa Peer, her background in psychology and hypnotherapy, and her extensive experience working with high-profile clients.

While the article presents a positive view of RTT and its potential benefits, it lacks critical analysis or exploration of potential risks or limitations. For example, there is no discussion of the scientific evidence supporting the effectiveness of RTT or any potential side effects or risks associated with hypnosis. Additionally, the article does not provide a balanced perspective by presenting counterarguments or alternative therapies that may be equally effective.

The article also includes promotional content for Marisa Peer's books and training programs without providing a critical evaluation of their value or effectiveness. This lack of critical analysis raises questions about potential biases in the article's reporting.

Overall, while the article provides useful information about RTT and its potential benefits, it lacks critical analysis and balanced reporting. Readers should approach this information with caution and seek out additional sources to make informed decisions about their mental health treatment options.

# Topics for further research:

* Scientific evidence supporting the effectiveness of Rapid Transformational Therapy
* Potential risks and side effects of hypnosis in therapy
* Alternative therapies for mental health treatment
* Criticisms or limitations of Rapid Transformational Therapy
* Comparison of Rapid Transformational Therapy to other forms of therapy
* Reviews or testimonials from individuals who have undergone Rapid Transformational Therapy

# Report location:

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