

# The Real Reason Change Hasn't Lasted

(And How Root-Cause Hypnotherapy Finally Fixes It)

If you've tried understanding yourself, managing the symptoms, or talking it through - and nothing has truly shifted - it's not because you're resistant, broken, or doing it wrong. It's because **the real cause hasn't been addressed yet.**

Most behaviours, emotional reactions, habits and blocks are not conscious choices.

They're **patterns** - learned early, reinforced quietly, and run automatically.

To change anything in your life, we first need to understand where the pattern began. That's the foundation of **root-cause hypnotherapy** - and the basis of **Rapid Transformational Therapy (RTT)**.

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## Why Insight Alone Doesn't Create Change

You can *know* why you overthink...

You can *understand* where the anxiety came from...

You can *talk* about the same story for years...

...and still react the same way.

That's because insight lives in the **conscious** mind, while behaviour, emotional responses and self-image are stored in the **subconscious**.

Root-cause hypnotherapy works at the level where patterns are actually formed - not where they're explained away.

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## What Is Root-Cause Hypnotherapy?

Root-cause hypnotherapy is a **precise psychological intervention** designed to locate and resolve the origin of an unhelpful pattern - not just manage its symptoms.

Rather than asking you to relive your life story or attend endless sessions, the work is focused, contained and intentional:

- We identify **when and why** the pattern began
- We **understand** what it was trying to protect you from
- We **update** the belief so it no longer runs your life

Once the root is changed, behaviour follows naturally.

No forcing.

No coping strategies.

No lifetime subscription to therapy.

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## Where RTT Fits In

Rapid Transformational Therapy (RTT) is one of the most well-known forms of root-cause hypnotherapy. Developed by Marisa Peer after 30+ years of clinical practice, RTT blends:

- Hypnotherapy
- Cognitive Behavioural Therapy (CBT)
- Neuro-Linguistic Programming (NLP)
- Psychotherapy techniques
- Inner-child reprogramming

RTT allows us to access the subconscious mind directly, where beliefs, habits and emotional responses are stored - enabling change to happen **quickly and deeply**.

I was trained directly by Marisa Peer, undertake ongoing professional development, and work within evidence-based hypnotherapeutic frameworks recognised by leading professional bodies.

That said, I don't follow rigid protocols. RTT is like a selection of tools in a toolbox and, just like an experienced mechanic who is attuned to each individual car, I use **RTT-informed root-cause hypnotherapy**, tailored to *you*.

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## What This Work Helps With

Root-cause hypnotherapy is effective wherever a subconscious pattern is running the show, including:

- Anxiety, stress and emotional overload
- Confidence and self-esteem issues
- Burnout and quiet spiralling
- Procrastination and self-sabotage
- Addictive or compulsive behaviours
- Phobias and fears
- Sleep issues
- Chronic stress-related symptoms
- High-achieving or neurodivergent children who are overwhelmed beneath the surface

If it feels automatic, repetitive, or “not who you really are” - it’s almost always a pattern.

And patterns can change.

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## This Is Not Long-Term Therapy

(By Design)

“I don’t believe therapy should keep you tied to me.

My role is to help you find clarity, confidence and emotional freedom - so you no longer need me.”

I don’t work with clients indefinitely.

I don’t believe in dragging change out over months or years.

And I’m not interested in keeping you talking.

This is **targeted psychological intervention**.

People come to me when they’re ready for something to actually shift - not someday, not eventually, but now.

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## What Clients Usually Notice

People often describe the change as:

- “It suddenly made sense.”
- “I don’t react like that anymore.”
- “Something just lifted.”
- “It stopped running me.”
- “I feel lighter - clearer - more myself.”

Sometimes the shift is immediate.

Sometimes it unfolds over days or weeks.

But when the root changes, the system updates.

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## If This Resonates

If you’re successful on paper but stuck internally

If you’ve tried understanding without resolution

If you want **precision, not padding**

Then root-cause hypnotherapy may be exactly what you’ve been looking for.

This work isn’t about feeling better.

It’s about **being better — and moving on with your life.**

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## What Happens Next

If you’d like clarity, the next step is simply a short conversation.

No preparation.

No pressure.

No commitment.

Just a focused discussion to understand:

- what's underneath
- whether it's a pattern
- and whether it can be resolved cleanly

Sometimes that's all that's needed.

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## A Note on Fit

I don't work with everyone who enquires.

This isn't ongoing therapy.

It's targeted psychological intervention.

If I'm the right person to help, I'll tell you.

If I'm not, I'll tell you that too.

Either way, you leave clearer than you arrived.

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## If You'd Like to Proceed

You can return to the website and book a conversation, or reach out [directly](#).

No urgency.

No expectation.

Just the option to stop carrying something you no longer need.

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**Find it.**

**Solve it.**

**See the results.**

**Say goodbye.**

[www.katehoylehypnotherapy.com](http://www.katehoylehypnotherapy.com)