



mind^{TV}



INFORMATION FOR PARENTS

THANK YOU

Thank you very much for your interest in mindTV!

Perhaps you have been looking for a solution for your child for a long time and have already tried everything possible. Maybe you have noticed an undesirable tendency in your child and want to prevent his or her problem from getting worse.

We receive requests from parents every day and know these challenges only too well. This brochure will show you what mindTV has to offer, what is important and what you can do to support your child.



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PRESSURES FROM ALL SIDES

Like the world in which they live, our children are also changing. With increasing pressure to perform, high expectations, new family models, social media and the fast pace of society, children and parents face challenges from all sides. It is not surprising that finding one's way around them all can cause fears, school problems, low self-esteem, insecurity, aggression, jealousy, sadness or anger.

With guided visualization, negative emotions and feelings are found and removed. A child's self-confidence can thereby increase, allowing them to find their place in society or at home, becoming the person they would like to be.



TV IN THE MIND

Children love watching television in their mind because they can let their imaginations run wild. They immerse themselves in their own world - a world that offers unlimited possibilities. Things there can be seen, heard, smelt and touched and they can use their imagination to playfully transform feelings like fear, grief, anger or boredom into objects – and remove them.

Every experience, whether good or bad, remains stored in the movie of our life. During a mindTV session, with the power of imagination, your child can rewind through this movie to the key moments associated with their issue. Your child will be able to find hidden answers, which may not have been uncovered previously, even after years of therapy.

Visualization is one of the fastest and most direct ways to positively influence and change subconscious wrong patterns, bad habits or negative beliefs.

SOLUTIONS / TOPICS

Fears

As fast as fears come, as swiftly they can be overcome. An "aha!" moment during visualization can turn children into courageous little heroes, ready to tame the dragons in their lives.

Sleep

If a child is physically and mentally relaxed, it can sleep. Whether you want to readjust the internal clock, remove repetitive spinning thoughts or awaken the joy of sleep - sleep can be learned.

Habits

Bad habits are nourished and kept alive by unwanted feelings. If they are removed, children can find inner peace and bring themselves and their bodies under control again.

Development

Mental handbrakes are released, and potentials are unleashed. When children meet their Inner Friend, they learn more about themselves and can become the person they want to be.

School

When children like to go to school, they are more attentive, concentrated and bring home better grades. Boredom, mental blockages or fear of exams, can rob children of their joy. If negative feelings are replaced with good ones, children can experience new motivation and success - at school as well as in dealing with schoolmates.



PREREQUISITES

mindTV is based on teamwork. The most important requirement for success is therefore the cooperation of the child. If a child wants the change on its own initiative and is willing to participate, positive changes can occur.



An example from session

7-year-old Anja has not wanted to sleep alone in her own room for months. She prefers to crawl into bed with her parents. She is afraid a burglar will come. Her fear of the burglar can easily be found using the mindTV Method. Anja describes her fear as a black shadow in both legs. But Anja then hesitates to remove it. If the fear were gone, she would suddenly no longer have any reason to climb into bed with her parents. Her motivation switches and she now only half-heartedly joins in. She feels her fear will bring her more advantages, than getting rid of it.

Similar situations can also be experienced in school. If children or adolescents feel they will lose advantages through finding a solution, they naturally lack the motivation for change. In such cases, it is oftentimes still possible to work together with them. Experienced mindTV practitioners can make a difference by letting them meet their older, future-self, to learn and understand why going to school is so important. This can give them the motivation they need, to want to make a change.



EXPECTATIONS

mindTV is not magic. Even though it helps many children every day, many issues, situations and circumstances cannot be solved as if with a push of a button. Therefore, we cannot guarantee that mindTV will also be able to help your child.

Every child is unique - and that's a good thing! Some children leave happy after two sessions, feeling their fear is gone and their issue solved. Others need more time, to work through the layers of feelings connected to their issue.

Realistic goals

When learning how to fly you wouldn't start with loops, you would first practice the takeoff and landing. So, give your child the time and space they need after each session.

A classic example is ADHD. This issue is complex and cannot be conjured away. However, with mindTV it is possible to help the affected child feel inner calmness and have more power over their body. In addition, linked topics such as anger, feeling misunderstood or having problems concentrating can be tackled individually.

Ask yourself if your goals are also those of your child. It can happen that only the parents want to solve a problem, but the child itself does not feel disturbed by it.

Success factors

These are a few factors that can significantly influence the success of session: the family constellation, the complexity of the issue, the child's ability to concentrate, his or her involvement, the child's mental state on the day of session, the support of the parents, the experience of the mindTV Practitioner and the chemistry between the child and Practitioner.

Number of sessions

This too, depends on the cooperation of the child and the complexity of their issue. The first session is primarily about a thorough clean-up. Finding and removing any disturbing, bad feelings connected to their issue.

If the issue is complex, the second session may also need to be devoted to the finding and removing of bad feelings. Once this is done, the focus can then be directed towards building up the child's self-confidence, as well as strengthening and consolidating the positive changes inside of them.

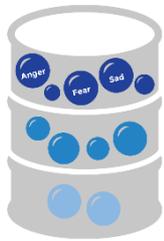
In general, at least two sessions can be expected. Stay open-minded however, if your child needs more than that.

With some children the desired changes can be seen straight away after session and with others it may take a few weeks. You can always decide after the first session if you want to continue or not. However, two sessions are always recommended.



Layers of feelings

Depending on the child's issue and complexity of the case, feelings can come in multiple layers.



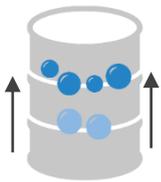
Strong feelings

Semi-strong feelings

Weak feelings

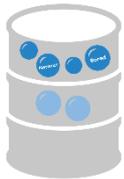
First Session

The strongest unwanted feelings are on the surface, where they can be transformed into objects and removed. Because children have a shorter concentration span it's usually not possible to work through multiple layers in a single session. With adults however, depending on the case, it is possible to remove all three layers in one session.



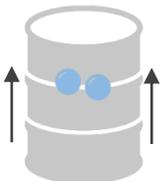
Revision Phase (first week) & Stabilization Phase (second week)

In the two weeks following the first session, feelings from deeper layers come to the surface. The child usually notices these new feelings in the second week after session. Possible consequences are mood swings, temporary worsening or no visible changes at all.



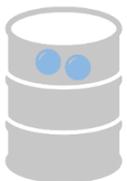
Second Session

The new unwanted feelings have now come to the surface, where they can be transformed into objects and removed.



The first week Revision- & the second week Stabilization-Phase

In the two weeks after the follow-up session, feelings from even deeper layers can come to the surface. Worsening is rare after follow-up sessions.



Third Session

The remaining unwanted feelings have now come to the surface, where they can be transformed into objects and removed.

Give your child the time and number of sessions he or she needs to fully resolve his or her issue. It is a worthwhile investment.

SESSION OUTLINE

mindTV was created by working directly with children. Therefore, our philosophy is that all the answers needed for positive change are already within the child.

The mindTV Practitioner's job is to steer the child in the right direction, read their body language and help them bring unconscious information to the surface. Whatever or whomever they visualize during session, has a meaning and is right for them.

An example from session

A 9-year-old girl called Sophie, had problems in mathematics as well as difficulties concentrating in school.

In the pretalk, the current situation was briefly discussed, goals for session were defined and mindTV was explained in a child-friendly way. Sophie was quickly curious and ready to start watching TV in her mind. Her mother left the room and made herself comfortable in the waiting room.

The session started. Sophie closed her eyes and directed her focus inwards. Like most children her age, she has a lively imagination and can visualize with ease. She quickly found out that disturbing noises in the classroom were affecting her concentration. To counter this, she installed glittery, pink ear filters that block out unimportant information and soak up important information.

She also discovered that various information cables in her head were blocked, the 'Aha-Light Bulb' in her forehead was dull and her Number Room was in the completely wrong place. No wonder she had been having problems with mathematics!

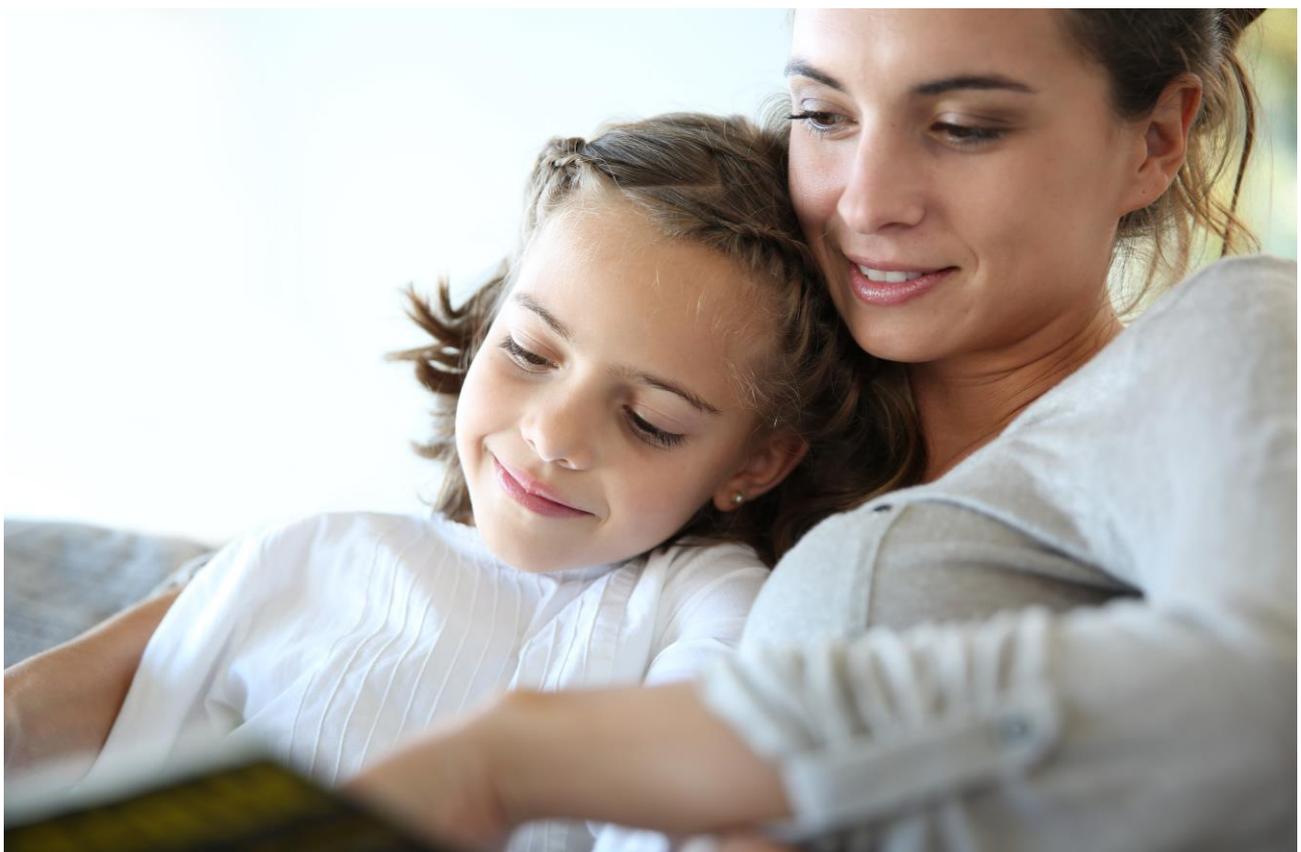
With a lot of effort, she was able to clean the cables, replace the 'Aha-Light Bulb's' battery and relocate the Number Room back to where it belongs.

After session, Sophie was glowing with happiness and proudly told her mother in the follow-up talk about what she had seen and done. Sophie received homework to apply in the first weeks after session and could choose a small present for her good work.

Why do the parents leave the room?

Experience has shown that the presence of parents during session, can distract the child and make him or her feel less free to speak from the heart. Some children play-act to impress their parents and others say what they think their parents want to hear. It is also common for children to feel their parent's emotions and interpret them as their own. This can lead the session in a wrong direction.

The exception is with very young children. Here it is almost impossible to avoid a parent being present in the room during session.



SUPPORT OF THE PARENTS

Before the session

Parents play an important role and before session should discuss with their child, why a visit to a mindTV Practitioner would be beneficial. Open, honest communication helps the child to feel that he or she is being taken seriously and are understood. Explaining that they will be watching TV in their mind, sparks curiosity, promotes cooperation and motivation – which are both relevant for the success of a session.

Doing mindTV is fun. Children can experience exciting adventures, bring their inner world to life and see images, people and places. Watching TV in their mind is much more intense than watching normal television because all their senses - seeing, hearing, touching, smelling and tasting - are activated!

After the session

The finding, removing and replacing of bad feelings can stir up a child's inner world and feelings, so it can take a little time to work through them and break old habits. During the first week after session, the Revision Phase, any churned-up feelings may come to the surface. Therefore, in some cases there may be fluctuations in the child's feelings or behavior that is unfamiliar. During this phase the parents can best support their child with understanding and patience.

Most children receive simple homework for the first weeks each session. It is helpful if parents support their child during this time, by motivating and guiding them to do their homework.

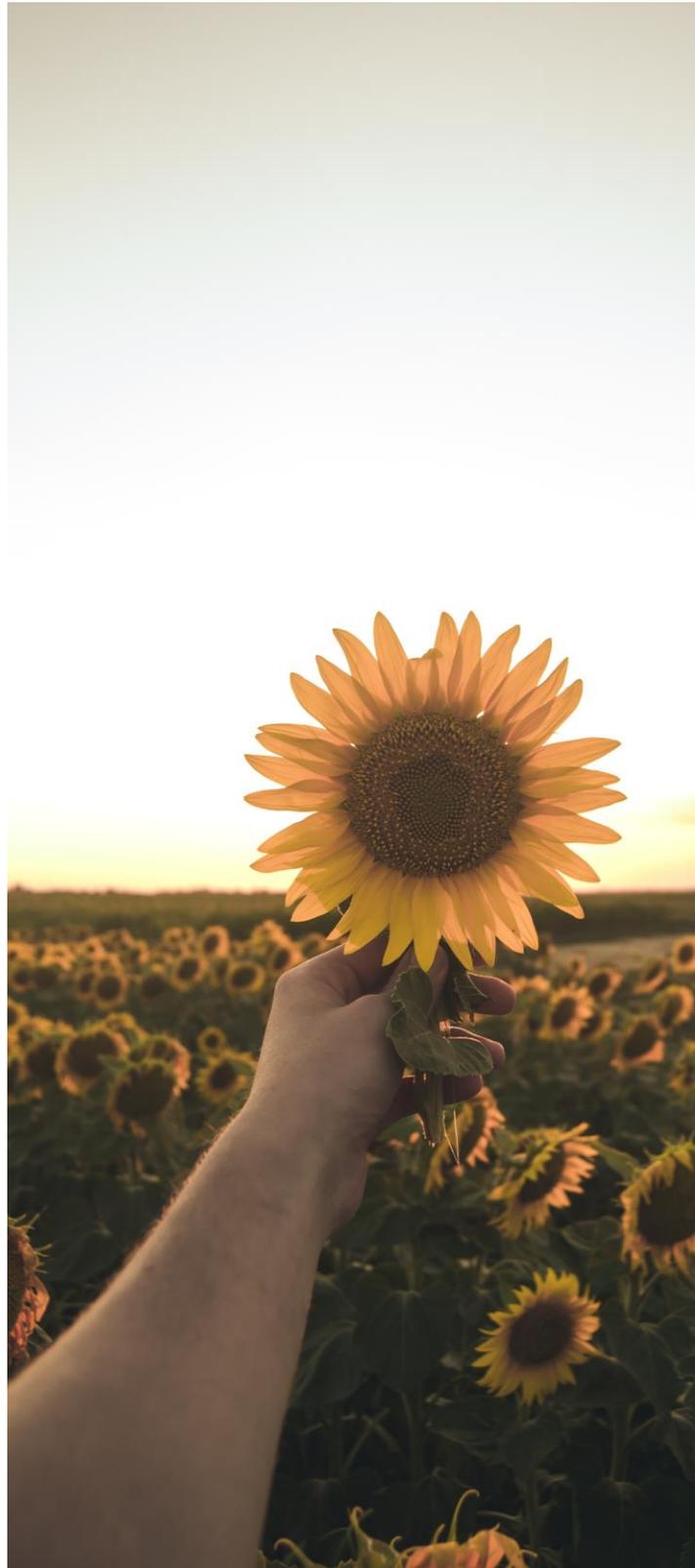
FINDING A PRACTITIONER

Just as important as the method is the one who uses it, so find a practitioner who is right for you and your child. Getting children curious, fascinated and enthusiastic through lively sessions is a real talent.

Parents can get a first impression from the website of the practitioner. Is mindTV mentioned and described correctly? Is it given importance or is it just one of many methods?

If parents are unsure, they should call or write to a practitioner. Some practitioners organize regular information evenings or offer a discussion time, where parents can get to know them and learn more about mindTV.

Parents can use the mindTV map to find someone near them.



mindTV Practitioners are independent therapists with completely different backgrounds, personal views and their own session procedures. They are free to design their services individually and to offer other methods other than mindTV.

mindTV does not assume responsibility for the way practitioners use mindTV.



Practitioners complete a written examination and document multiple sessions, which are submitted in the form of a case study and evaluated by our team of mindTV experts.



Proven Professionals go through a demanding certification program with background checks and examinations lasting several hours. Proven professionals demonstrate a high degree of creativity, intuition, social competence and professionalism.

The mindTV team invests a lot into the training and support of their graduates and are interested in hearing any experiences parents have with them.

DISCLAIMER

Although mindTV is not currently recognized as a form of treatment, it is based on knowledge and experience gained from thousands of sessions with children, teenagers and adults.

mindTV does not diagnose, cure or heal. mindTV never replaces visiting the doctor or taking prescribed medication.

Clients with psychotic or physical symptoms (e.g. traumata, severe depression, personality disorders, suicide risk, self-endangerment, epilepsy, heart disease, etc.) belong in the hands of the relevant specialist.

It is up to each Practitioner to use mindTV in accordance with the applicable legal regulations and within the scope of their qualifications. Therefore, mindTV does not assume responsibility for the way practitioners use mindTV.

mindTV gives no guarantee that sessions will be successful in every case. Clients, their issues and life situations are too varied for that to be possible.

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