

The father of Psychoanalysis, Sigmund Freud, made the following statement. It is relevant to the Mnemodynamic process:-

*"In the end, if the situation of repression can be successfully reproduced in his memory, his complicity will be brilliantly rewarded. The whole difference between his age **then** and **now** works in his favour; and the thing from which his childish ego fled in terror will often seem to his adult and strengthened ego no more than child's play";*

(Sigmund Freud, 'The Question of Lay Analysis', 1926)

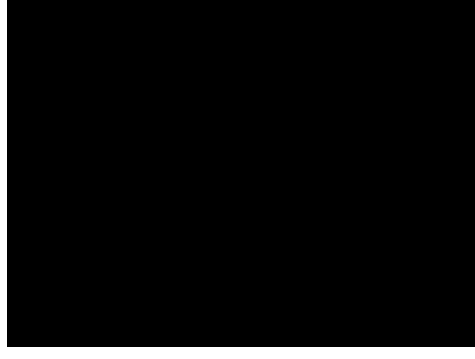
A client of Sue Washington said:-

*"I noticed that my wife didn't push my buttons any more. Things she does which used to provoke a strong emotional response in me don't do so any more. For example when she sighed in a particular way in response to what one of our children was doing, it would really get my hackles up. My response would be out of proportion to what my wife was doing. This has changed now. I still have emotional responses to things my wife does but they are proportional. I also have choice about whether I talk to her about them, whereas in the past I was a zealot to disclosure having to voice my emotions. Now I can choose whether I say how I feel or not".*

This leaflet is being given to you by Sue Washington, the originator of Mnemodynamic therapy

# Mnemodynamic Therapy

For your nearest registered Mnemodynamic therapist see [www.mnemodynamics.org](http://www.mnemodynamics.org)



You are being given this leaflet because by now, & because of your experience in therapy, you will know something about Mnemodynamics©. Your therapist will have used this model as he/she has worked with you. The purpose of the leaflet is to tell you more!

By now, you should be seeing more clearly: have more choices...

*"The greatest thing a human soul ever does in this world is to see something, and tell what it saw in a plain way. Hundreds of people can talk for one who can think, but thousands can think for one who can see. To see clearly is poetry, prophecy, and religion, - all in one".*

John Ruskin

A graduate, trainer & educator, broadcaster & writer, Sue has been in the field of psychotherapy 40 years! She is a UKCP Registered HypnoPsychotherapist. She works in South Ribble & Southport..

**The Mnemodynamic© Register Mission statement**

**To have people trained in these methods in every school & Health Centre in the UK.**

## What is in this for me?

- Contact with the client is **SHORT**, generally 5 to 7 sessions.
- your therapist will help you to promote rapid change **SAFELY**
- The efficacy of this treatment has been **PROVEN**
- As a practitioner, a Mnemodynamic therapist will work using the wealth of the unconscious mind to promote healing. The model has a firm theoretical base then marries Hypnotherapy & Freudian theory.

A client view of the process is recorded here. This was sent by an ex-client to Anna Paolozzi, a Mnemodynamic therapist by a grateful client. The quote is used with permission of therapist & client:

*"Of course I'm happy to say something about the process of our work together:-"*

*"For fourteen long and painful years I attended weekly counselling and psychotherapy sessions in the hope that the incredible pain & hurt that was trapped inside me could be expelled in a safe environment. For fourteen long & painful years all that happened at those sessions was stirring up of the events as I recollected them over and over again. No emotions dissipated and although my aim was to 'let go'; I was unable to because nothing ever changed.*

We are aware that Mnemodynamic Therapy is a new name to most of you. The name is important. It was coined to embrace the breadth of a brilliantly working model which this leaflet will start to explain to you enough for you to be able to understand. It will explain how people rid themselves of simple or complex and traumatic past events in what I think is the most fluent collection of methods yet put together.

Mnemodynamic therapy takes its name from the Greek goddess Mnemosyne (pronounced knee-mo [like hoe] zzy-knee), the goddess of memory. She was mother of the Muses (Zeus was the father), nine sister Goddesses, each of who was regarded as the protectress of a different art or science.

The "dynamic" part of the Mnemodynamic name is defined in the dictionary as: -

*"...of, or concerned with energy, or forces that produce motion". (This comes from the Greek "powerful" / "to be able").*

Dynamic psychology is any system of psychology that emphasizes the fluidity & energy of mental life and the motives, emotions and drives of the individual that underlie it. It embraces continuous change or advance.

The model is a tempered one, & an eclectic one. Some of the parts may be well known to you ... I think, though, not put together in this order and with this effect.

*Then four months ago I was given two sessions of Mnemodynamic therapy & had an instant and positive reaction. Within moments I was back in the most painful experience of my life & actually feeling it as if it were happening to me all over again EXCEPT that this time I was there safely. Rather than tears of frustration and increasing anger brought on by my previous therapists' inability to access these profound emotions, the Mnemodynamic therapy helped me cry the actual tears of sadness that had been locked away at the time of the event. All the emotions from that time flooded every cell of my body during this new experience & gave me an instantaneous 'clearing'.*

*Since the therapy was carried out I can remember the incident but feel no real attachment to it, other than as a series of visual images in my memory. I was set free.*

*It was so simple yet so effective. I can't thank you enough".*

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