

# Frequently Asked Questions

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## Question: What is PSYCH-K?

PSYCH-K is a unique and direct way to change *subconscious* beliefs that perpetuate old habits of thinking and behaving that you would like to change. It is a simple process that helps you communicate with your subconscious mind so you can change beliefs that limit your self-esteem, relationships, job performance, and even your physical health, and much more! PSYCH-K is popularly characterized as a spiritual process with psychological benefits.

While “psych” is often used as an abbreviation for “psychology,” in our case it is used as a variant spelling of the word *psyche*, meaning “mind,” “soul,” or “spirit.”

Thus the overall goal of PSYCH-K is to help you free your mind from beliefs that limit your recognition of yourself as a *spiritual being having a human experience*.

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## **Question: How can PSYCH-K help me?**

Your subconscious beliefs establish the limits of what you can achieve. If your life feels like a car being driven with one foot on the accelerator and one foot on the brake, chances are you have a conflict between your conscious goals and your subconscious beliefs. This kind of conflict can show up in your relationships, job performance, self-esteem, athletics, weight loss, prosperity, even your physical health.

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## **Question: Can PSYCH-K help me at work?**

Yes! You can reduce stress, improve sales performance, enhance your leadership ability, increase your job satisfaction, and more.

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## **Question: What is a PSYCH-K Balance?**

A PSYCH-K Balance is a process designed to create balanced communication with both hemispheres of the cerebral cortex. This “Whole-Brain State” is ideal for reprogramming the subconscious mind with new self-enhancing beliefs that support your goals rather than block them!

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## **Question: How is PSYCH-K different from Hypnosis?**

One of our Certified Instructors who is also a Certified Hypnotherapist offers these distinctions: Hypnosis places authority in the therapist, while PSYCH-K gives equal or greater authority to the partner (client).

Hypnosis usually requires a trance state, while PSYCH-K works without such a state.

Hypnosis may have no spiritual foundation, depending on the therapist. PSYCH-K is always a spiritual process because it's designed that way.

Hypnosis usually has no permission protocols; it's assumed to be helpful. In PSYCH-K there are always spiritual permission protocols, i.e., contact with your Higher-Self via muscle testing, so we ensure that your belief changes are in your highest and best good, and are not well intentioned, but misguided goals, that can actually make things worse, rather than better.

In hypnosis the partner or client must disclose often painful or embarrassing personal information. In PSYCH-K, this information can remain private if the partner prefers.

PSYCH-K is more of a team process between partner and facilitator, more "do with" rather than "do to."

At least three hypnotherapists also trained in PSYCH-K say that they typically get the same or better results in half the time (or less) using PSYCH-K instead of hypnotherapy.

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## **Question: How does PSYCH-K differ from other ‘Self-Help’ modalities?**

PSYCH-K differs from other modalities in a variety of ways. While all change processes have value, there are important differences among them that make a difference.

Many of these contrasts are addressed in Chapter 7 of Rob Williams’ book *PSYCH-K... The Missing Piece Peace In Your Life*. To view the contents of Chapter 7, click the following link:

[The Differences That Make a Difference.](#)

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## Question: How does PSYCH-K work?

PSYCH-K is a unique process evolving from years of brain research and hundreds of sessions with individuals and groups. It creates a receptive, “Whole-Brain State” that dramatically reduces resistance to change in the subconscious mind.

The subconscious can be accessed in a way analogous to a personal computer. PSYCH-K works as a kind of ‘mental keyboard’ – a user-friendly method of communicating with the subconscious mind that is simple, direct, and *verifiable*. [Click here](#) for neuroscience research about the Whole-Brain State.

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## **Question: How did PSYCH-K come to be?**

PSYCH-K was originated in 1988 by Robert M. Williams, M.A. It was a response to the frustration that came with the realization that typical counseling techniques, which rely almost exclusively on “insight” and “motivation,” seldom create real and lasting changes. Rob has spent more than 25 years developing and improving PSYCH-K. His backgrounds in both business and psychotherapy create a results-oriented approach to personal change.

PSYCH-K was inspired by a variety of processes, some contemporary and some ancient. It deals with the part of the mind called the subconscious, which is capable of creating dramatic and lasting changes, quickly and easily.

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## **Question: Why haven't I heard of PSYCH-K before?**

Until 1997, Rob was the only person teaching PSYCH-K. Now there's a growing number of hand picked Certified Instructors teaching PSYCH-K courses all over the world. PSYCH-K has been growing in popularity for over 25 years!

It's not the latest fad in personal development that is usually untested and unproven. Instead, it's a proven method for personal growth that has a strong spiritual component, not often found in other systems. It's a unique approach to subconscious belief change that is now being recognized as a *breakthrough* in personal growth and spiritual evolution. In short, you'll be hearing a lot more about PSYCH-K in the future!

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