

MAP Coaching Institute Explains The MAP Method?

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The MAP Coaching Institute leadership team members are keen to inform more people about the services they provide and the successful therapeutic results they've seen and continue to achieve every day. MAP Coaching Institute provides services internationally online and wishes to share insights to their MAP Method?. This therapeutic approach is a scientifically based protocol that they developed to help improve the mental health of people from various parts of the world. The MAP Method? paves a way for people to experience effective and simple emotional healing, ongoing self-healing, and self-directed techniques to reprogram the mind. Those who are open to uncover more details can see this video from the MAP Coaching Institue on YouTube.

Founder and President of the MAP Coaching Institute, Colette Streicher, says, ?MAP stands for ?make anything possible.? The MAP Method is gentle and relaxing. It doesn't require you to remember or relive traumatic memories. You simply close your eyes and observe your experience! Your Coach will not require you to share your memories or tell your stories if you don't want to, making it very safe and non-invasive. It?s fast, you can measure the progress every few minutes. You are the one in control, not the therapist or coach, your higher mind is directing the healing. The results do not depend on the coach or therapist's experience, the process works by itself. It can be done from the comfort of your home or over the internet. It can be done in groups where you don?t have to share again, you can keep your privacy and still get great results. The

processing is often short.?

Before the first MAP Method session, the patient will be asked to view a 15-minute video to start teaching the brain. When the patient and coach initially meet, they will share one more brief exercise to further train their brain. Since the brain easily understands imagery, this exercise is centered on metaphors.

During the session, all patients need to do is to bring up the issue in their mind and then allow the relevant feelings to arise. They will then relax and while allowing those thoughts and feelings into their mind. The patient will then observe any changes, large or small, that occur while the coach instructs the brain to look for and heal that particular memory. Over the course of a few minutes the patients are asked to report the progress on what changed in their mind, body, and emotions. After that interaction, the coach will give the next instruction to the brain. The whole process is brief, and there is no need for patients to explain or provide any details to their coach.

The coach has been trained to determine the most effective and fastest way to address each patient?s issue, and follow a specific procedure during the session to discover this. Thus, the coach applies The MAP Method to help the patient quickly move ahead in their healing process. Beyond that, the coach can also teach the patient how to use effective and simple instructions as a way to manage daily stresses outside of the sessions. This is known as MAP on the Go.

People who would like to know more about The MAP Method and the MAP Coaching institute can visit their website, or get in touch via their Contact Us webpage. They are open Monday through Friday by appointment, and the appointment can be requested via their Contact Us form. To learn more about how the MAP Coaching Institute came into being back in 2015, please visit their first press release at https://www.pressadvantage.com/story/48829-map-coaching-institute-offers-help-with-trauma-mental-health-and-emotional-healing.

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For more information about MAP Coaching Institute, contact the company here:MAP Coaching InstituteColette Streicher(833) 300-5265info@mapcoachinginstitute.comSpring, TX 77379

MAP Coaching Institute

MAP (Make Anything Possible) makes positive change easy, gentle, and immediate. The MAP Method? is validated by

neuroscience to provide measurable results in minutes so you can finally overcome trauma, stress, self-sabotaging behavior and more.

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