

ETT®

What is ETT®?

Emotional Transformation Therapy (ETT®) is an attachment based interpersonal form of psychotherapy whose outcomes are radically enhanced by precise visual brain stimulation.

Experience Deep, Lasting Change with ETT®

ETT® goes beyond traditional talk therapy by engaging parts of the brain that aren't accessible through conscious conversation alone. This unique, interactive method helps uncover and shift the emotional patterns, trauma, and internal drives that fuel distressing symptoms.

Expect the Unexpected

Many people are surprised by how quickly and profoundly ETT® can create change. It's common to hear reactions like, "This feels too good to be true," or "Can something this fast really last?"—and yes, it can. The results often surpass what clients believed was possible.

Before Receiving ETT

Prior to receiving ETT, avoid any mind-altering substances (including caffeine). For those doing the ADHD Protocol, please talk with your clinician about your specific recommendations.

After Receiving ETT

Following an ETT® session, your brain remains in a highly responsive state for approximately five hours. During this time, it's important to prioritize intentional self-care to support and stabilize the changes initiated in therapy.

Please observe the following guidelines:

- Avoid all mind-altering substances for five hours post-session. This includes caffeine, cannabis, alcohol, and any non-prescribed medications.
- Stay well-hydrated by drinking water regularly.
- Keep activities low-stress and gentle—avoid major decisions, intense conversations, or emotionally taxing tasks. Aim to keep this period "light and easy."
- Take a moment to reflect by journaling 2–3 sentences about any shifts or insights you've noticed since the session.

