

## INDEPENDENCE AND COLLABORATION FOR MENTAL HEALTH: A WAY FOR-WARD.

### **GILLIAN MORGAN**

*Timeline Therapy®, Neuro Linguistic Programming, Hypnotherapy*

#### **INTRODUCTION**

With the pressures of daily life increasing and the necessary isolation of many due to the Covid19 pandemic, there has been a significant rise in mental health issues. Isolation and loneliness has forced us to confront the basic human need of community. This can be quantified further.

This presentation aims to give insights as to the root cause of suffering and poor mental health. Implementing practical strategies in the use of therapeutic techniques combined with positive spiritual practices to facilitate the best outcome for those suffering from anxiety, depression, stress, addiction and self sabotaging behaviours, low self worth or self-loathing.

#### **AIM:**

To significantly reduce the incidence of mental health issues by addressing the root cause.

#### **CONCLUSIONS:**

When our basic human needs are not being met, functionality is reduced. Every person has within them, the ability to meet their own needs. Facilitating independence and sense of self by removing trauma, limiting beliefs and strong negative emotions, while providing tools to cope with challenging situations and engender unconditional self love, will in time, significantly impact the wellbeing and mental health of both individuals and the community as a whole.

#### **KEYWORDS:**

Timeline Therapy®, NLP, Meditation and mindfulness strategies, coping mechanisms, self healing

#### **BIOGRAPHY:**

Gillian Morgan lives in Canberra Australia with her 4 children. She has spent much of her life overcoming challenges, reinventing herself many times. A certified Hypnotherapist in the Krasner method. She is a practitioner of NLP and Timeline Therapy®. An intuitive healer and the founder of Gillian Kindly and the 'I Am Free' program, her passion is empowering others to heal themselves and in doing so, contribute to the transformation of the world.