

richard SCOTT

the MAGIC
the MYSTERY
the MASTERY
the MYSTIQUE

“You need to not care about those things which you are not in control of.”

– Derren Brown, English mentalist & illusionist



“Absorb what is useful, discard what is not, add what is uniquely your own.”

– Bruce Lee, Hong Kong/American actor, martial artist, philosopher, filmmaker, and founder of Jeet Kune Do

the Magic

What do *Penn and Teller*, *Bruce Lee* and *Sherlock Holmes* have in common? Apart from mentalism, martial arts and movies, they are the motivation behind my lifelong interest and subsequent ingress into the enigmatic world of hypnotism.

Mentalism

[ˈmen-tu,li-zum] (philosophy) A doctrine that mind is the true reality and that objects exist only as aspects of the mind's awareness

Magic has always been an important part of my life. From an early age, I remember watching Paul Daniels and was inspired by the way he captured the imagination of his audience... how he made them believe that it was more than just an illusion and kept them suspended there, in a complete state of awe.

I wanted to do that too.

As I got older, I was really into the misdirection and shock appeal of American magicians, Penn and Teller. And finally, my interest in *magic* evolved towards the mentalism of Britain's *Derren Brown*. (I took my wife to see him live once; she wasn't impressed: I ruined the *magic of it all* for her when I correctly divulged the *trick* ahead of time!)

But magic isn't just about clever tricks. It's about discovering patterns in everything and learning how to use them to guide your awareness intuitively.

Martial Arts

[noun] Any of several Oriental arts of weapon-less self-defence; usually practised as a sport

An extremely shy nine-year-old, I was introduced to *hypnosis* by my world-

champion Taekwon Do instructor, Kenny Walton, to help with focus and performance. I achieved a black belt at thirteen – the youngest ever to do so in the United Kingdom at the time – and went on to compete internationally.

Martial arts played a large part in shaping who I am today, from sitting in the front room watching old Bruce Lee reruns with my grandad, to helping coach the Great Britain Taekwon Do team. I continue to live by the philosophies of

never misusing my personal power, becoming a champion of freedom and justice, and building a more peaceful world by adhering to the tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit.


Movies

[moo-vee]

A form of entertainment that enacts a story by sound and a sequence of images giving the 'illusion' of continuous movement

The Master of Mystery, Sherlock Holmes, has always been one of my heroes, and I was immediately taken in by his depth of perception, infallible logic, and keen sense of deduction. I was resolute in following his lead – fictitious

as it may have been – and to this day, I pride myself in determining new clients' symptoms, triggers and overriding histories within a couple of minutes of meeting (that probably goes for anyone I meet, actually).



“Once you eliminate
the impossible,
whatever remains,
no matter how
improbable,
must be the truth.”

– Sir Arthur Conan Doyle,
British writer

the Mystery

Sherlock aside, Richard's keen interest and indomitable curiosity surrounding mentalism and anything to do with the powers of the mind cut an inextricable path before him, eventually leading him to his *first* career as... creative director of an advertising agency.



Elementary as it may have been that his time in advertising offered him an innate understanding of psychology and subliminally-hypnotic language, after fifteen years of – as he puts it – “manipulating people’s minds into buying stuff they don’t really need”, Richard decided that he would much prefer focussing his particular brand of abilities on helping others boost their mindsets directly. *But how?*

His inquisitive mind pointed him back to mentalism and hence began his professional inception into hypnotism. His initial course of studies saw him achieve the highest mark awarded in the history of the institution. With this achievement under his belt, he sought to enhance his knowledge and credentials by engaging in advanced training, which again resulted in the attainment of the coveted highest ranking.

“Richard [Scott]
astounds us all!
...we are delighted to
promote Richard,
he is a real achiever.”

– School of Natural Health Sciences (SNHS), UK



in the Beginning...

Combining positive psychology, neurolinguistic programming (NLP) and cognitive behavioural therapy CBT with traditional and modern hypnosis, Richard began offering his services at a local charity in his hometown in England, before moving into a small complimentary therapies clinic.

Another unique opportunity saw him open his first clinic on the campus at the University of Hull, where he treated university staff, students and the public. He took part in a series of research projects in conjunction with the Department of Psychology, including studies into the efficacy of virtual gastric band therapy (hypnosis) against the traditional laparoscopic sleeve gastrectomy (LSG) surgery.

Richard also trained various academic departments in the areas of stress relief and confidence-building, including midwifery, nursing and business.

From strength to strength

His career multiplied after opening a larger clinic near the university where he specialised in stress and anxiety, weight control and empowering women. His proven track record featured in national media which went on to gain him worldwide acclaim.

His expertise was sought by those in more than 30 countries – including celebrities, sporting champions, royalty, government, Special Forces, esteemed medical practitioners and members of academia – some travelling from across Europe to see him.

Richard moved to Australia with his family in 2014, where he continues to practice internationally and has a calendar of speaking events, media appearances and special projects scheduled into the future.



the Mastery

Richard's professional dedication to hypnotherapy and hypnosis as a whole has been unwavering since 2004. After moving to Australia, he took up the mantle of social advocate for the benefits of – and dispelling the myths about – clinical hypnosis. He believes that if it was good enough for the ancients, then it's absolutely crucial in our modern times of extreme excesses.

In this age of instant gratification across almost all areas of life, it's easy to fall into the trap of delegating our problems onto others and expecting results.

However, hypnosis teaches that nothing can change unless the mindset does first. This is because our frame of mind affects the way we perceive and react to everything experienced in the outside world.

Richard's hypnotic method is four-fold. He equips individuals with the motivation to engage in change, followed by the mindset tools needed to address and reframe their specific needs. Next come the confidence and determination to see

success as attainable, and finally, the will power to continue the work within a daily routine, firmly establishing new and improved neural pathways.

“I have been fortunate to work with people from all walks and stages of life.

Helping others is uniquely satisfying for me, which is why what I do is more than just a job.”

– Richard Scott



Focus

Anxiety (and stress)

It's not a situation that causes stress or anxiety, but our *reaction* to it. Hypnosis is highly effective in treating both; it assists in understanding why we think the way we do, and how our thoughts can be positively programmed.

By altering our reaction to a situation – in a relaxed state – to a more positive one, feelings about that situation become more positive. When the situation is re-experienced, the reaction is altered. Hypnosis teaches the skills needed to relax and access the unconscious mind to discover the root cause of the problem.

Weight Management

Hypnotherapy can help identify the emotional event(s) that caused a specific attitude to food. Accessing the subconscious mind can lead to the underlying root cause, and once this has been recognised it can be dealt with rapidly.

Different attitudes towards food are created which allow for new eating habits to develop. Individuals can once again control how much they eat and only eat until the body signals that they're full.

Self-Empowerment

Until now, there has never existed a generation of women that were expected to uphold the responsibilities of homemaker and mother as well as hold down a full-time job.

Thousands of career-minded women are disempowered into low states of being and believing, including Richard's own wife.

It was this defining low moment that prompted Richard to focus on developing a specialist program that allowed women – regardless of life situation – to learn how to change perspective, establish an unwavering level of certainty and blast through obstacles to achieve ultimate success.



the Mystique

Richard's successes derive from thousands of hours of individual one-to-one sessions. Below are comments from past clients that have trusted in the therapy, committed to changing for the better, and achieved the goals they aspired to.

“ I can honestly say that since using your techniques I've been feeling great. No panic attacks or thoughts of that nature. I find that I don't think about how to control my anxiety any more... because there is none. I would like to say how thankful I am for all your help, you have really made a difference.”

– Sarah, Gold Coast, Australia

“ I've been on a concoction of over 8 different tablets every single day and suffered anxiety and low self-esteem for the last 30 years. I've seen doctors and specialists who offered nothing but more drugs. After our very first mindset session my symptoms changed, 2 sessions later and they were completely gone. Thank you, Richard for giving me my life back.”

– Linda, Brisbane, Australia

“ I know I'm stubborn but Richard persisted with me and helped me realise that my weight goals would only be reached if I was ready to change the way I thought about myself. I had 4 sessions and continued with the audio programme and lost 33 pounds (14.9kg) in around 2 months!” – Jackie, Derbyshire, UK

“ Richard Scott was recommended by an English friend of my husband's. I am from Missouri USA and had 4 Skype sessions which worked really well for me. I remember Richard saying that it was 4am where

he was once! I have gone down 3 dress sizes and completely regained my confidence. Richard motivated me to complete my training as a personal nutritionist and I'm about to launch my new business!”

– Tessa, nutritionist, USA

“ I found Richard online. He helped me lose the excess weight from my two pregnancies and I have managed to keep it off for 3 years. I occasionally listen to the MP3s he sent me after my initial five sessions over Skype. I feel great Richard. Thank you!”

– Danielle, Sunshine Coast, Australia

“ My wife and I completed Richard's weight-loss audio program in 2015. We run a successful Brisbane business and so this was the best option for us. Richard offered advice via Skype, email and on the phone whenever we needed it. We are taking our first Mediterranean cruise this year which we agreed would happen if we both hit our weight targets by the end of 2015. Richard was professional and a great help.”

– Mal and Sophie, Hamilton, Australia

“ I was seeking a change in my life. I came across Richard Scott while listening to a podcast. I was so interested in his conversation on the subconscious and knew this was the perfect next step for me. I have had 3 sessions and the change in me is remarkable. I have

shifted and the momentum for success, joy, and passion has just exploded. I am so grateful to his process and his passion to help individuals reconnect to self and take charge of their lives. Thank you!”

– *Laura, Georgia, USA*

“ I took my daughter Katelyn to see Richard in 2012.

She was 14 at the time and very overweight for her age. She struggled to make friends because of the way she looked. As well as the sessions, he helped establish a healthy eating and fitness programme for us that we have continued to use with the CDs over the years.

Kate is at college now and is invited out by her peers.

She has a boyfriend and is studying to become a fashion photographer. I am very proud of her achievements and very grateful to Richard!!”

– *Donna, York, UK*

“ At first I was really quite worried about coming to see you but you made me feel at ease and I could talk to you about problems I have had in the past. You really are magic with the hypnotherapy you do. My life has changed for the better. If anybody feels they’re unsure that this works then talk to me because I was the biggest doubter and I was proved totally wrong thanks for all your help.” – *Jenny, Hull, UK*

“ It is difficult to place value on the sessions I had with you because if the result was a tangible item I could buy, then I would have been willing to pay a very high price. Many Thanks.” – *Adrian, Goole, UK*

“ Hi Richard, thank you so much for the hypnosis session it totally worked I had the best flight ever! I was even taking photos of the view as we were going over mountains! I was the most relaxed I have ever been on a flight and enjoyed every minute of it, even

when we hit a bit of turbulence I didn’t even think about it. I was better and calmer than I have ever been before. :)” – *Roxanne, Hull, UK*

“ After 50 years of suffering from my symptom [fear of water], Richard released it with a single session. Wonderful” – *Cynthia, Bedale, UK*

“ Thank you very much for your treatment, I really appreciate it. I still listen to your CD when I want to relax.” – *Desiree, Austria*

“ Thanks for the sessions and thank you so much for sending out my CD. I will continue the work straight away.” – *Denise, France*

“ We’ve seen a change in our son’s confidence levels. Even his school teacher has noticed a marked improvement and has asked what has happened.” – *Shelley, Hull, UK (parent of 11-year-old)*

“ I listen to your CDs at least once a day, they’re very relaxing. I’ve downloaded around 40 other CDs pertaining to hypnosis, and I have never come across one as professional as yours, the one I bought from you when I visited you for a bout of tinnitus.” – *Clive, Barton, UK*

“ My nail biting stopped the very next day and I found myself so very relaxed.” – *Sally, Sheffield*

“ The change is just incredible – I don’t know why the NHS [UK Medicare] don’t make more use of such a service, as it would cut down on many unnecessary operations as far as obesity is concerned. Thank you so much, you really have changed her life. – *Trisha and Pete, Hull, UK (client’s parents)*



Richard Scott

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Richard Scott offers an alternative therapeutic solution, saving the time, worry and expense of traditional programs, therapies and drugs from the outset.

Richard combines positive psychology, NLP and CBT with traditional and modern hypnosis for the fastest, most successful outcome.

He is the President of the Australian Association of Professional Hypnotherapists and NLP (AAPHAN), the Australian Board Advisor to the international Association of Weight Loss Hypnotherapists (AWLH), and an international student advisor at the UK School of Natural Health Sciences (SNHS).

Richard specialises in the release of anxiety, plus the related issues of stress, weight, confidence, self-esteem, and self-empowerment. From his Brisbane-based office, Richard offers one-to-one and group sessions in person or via Skype to those further afield or abroad.

Richard has been asked to present at various corporate and personal development events, and hosts regular self empowerment programs around Brisbane and the Gold Coast.

He has created a series of bespoke online self-help programs, and an extensive library of downloadable audio MP3s, featuring complete mindset sessions that rapidly retrain the mind in new behaviours and alleviate the symptoms of nearly 1000 physical, psychological, emotional ailments.