

SymbioDynamics™

The next generation in rapid changework

Training

When the name '**SymbioDynamics™**' was first mentioned to a small group of professional therapists, it was met with puzzled stares and raised eyebrows. The name was so new that it scored a complete blank in the 'Google' search engine and had to be spelled out three times to the Trademark agent just five minutes later!

The therapy that it refers to is not new, though – at least, not in the sense that you would have to learn all manner of different ways of working, for it uses traditional models and styles that will be familiar to most, though with a new 'slant'. The whole is beautifully coupled to a unique central structure that creates a modern and near 'bomb proof' work methodology for positive change. There are few presenting difficulties where **SymbioDynamics™** cannot be of use, especially when working with difficulties that *should* be resolvable yet have 'survived' other styles of working. At the highest level, it can even work effectively with catastrophic illness, providing good palliative care and even remission in some cases.

Evolution is always exciting; **SymbioDynamics™** is the highly evolved descendent of the much-lauded 'Warriors, Settlers & Nomads' (Published by Crown House, 2000) which has proved to be an exciting and effective tool for change. It is not, though, just a 'revamp' of that process – 'Warriors' was the embryo from which this therapy grew; the gestation period was lengthy, the final result polished and complete.

It grabs at the imagination like the promise of a magician's spell, inspiring the heart and entrancing the psyche.

We hope you enjoy becoming part of it!

The SymbioDynamics™ team

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Terence Watts was born in 1941 and has crammed more into his 65 years (at time of writing) than many people might in two lifetimes!

Leaving school in 1958 after being told by a careers advisor that he should seek work as a park attendant, he promptly went on to achieve four entirely separate professional careers; electronics engineer, ballroom dance teacher, computer programmer and latterly hypnotherapist, psychotherapist and trainer. He also enjoyed brief spells as a lead guitarist in a rock 'n' roll group, tailor, carpet layer, salesman, delivery driver, radio and television engineer and shop assistant.

All this is in addition, of course, to writing several books and specialist training courses, lecturing internationally, and creating and developing the highly successful 'Warriors, Settlers & Nomads' therapeutic methodology.

Terence never did sleep much!

He has a profound belief that the brain and mind are designed to be used to maximum capacity and that most people only utilise a mere fraction of their natural capability. It is this belief that led to the 'birth' of **SymbioDynamics™** and **M.A.G.I.C! for Minds™**, both designed to help harness the astonishing potential for success that is part of every human being's birthright.

Early in his career as a therapist, Terence became aware that it was not just the individuals who were able to think positively who achieved their goals – in fact some of those failed miserably – but those who were able to create a 'balance of being' that became so instinctive that they did not even need to think about it. Early research into this phenomenon of natural success showed that it was not just material achievement that people could find but great improvements to emotional and physical health, too. But that was where things got tricky; it was not easy to discover exactly what those ultra successful clients were actually doing, for the processes were invisible, deep in what might be considered as the purely instinctive part of the subconscious mind.

How it began

In 1997, Terence was working on what was to be a 90 minute lecture on the subject of personality and illness. In the event, it was never delivered; something about the research he had carried out suddenly caught his imagination and for a brief moment, he recognised it made available an enormous potential for a powerful means of self-improvement.

The moment passed, and with it, what he had sensed, just like a dream that evaporates upon waking; there followed almost a year of searching, thinking, grumbling and momentary flashes of inspiration which just would not stay 'locked in' long enough for him to begin to get it all down on paper. At last, the idea gelled into focus and he was able to start working on the new project. It saw the light of day in the year 2000 in the form of a book called **Warriors, Settlers & Nomads** (Crown House, ISBN: 189983648-9) which, whilst written primarily as a self-help book for the high street bookstores, became a firm favourite among therapists, life coaches, counsellors, and training schools within all those disciplines.

The concept was based upon the notion that we inherit not only physical traits from our ancestors but also emotional and psychological 'ways of being' that are handed on from generation to generation, in the form of instinctive behaviour or 'Ancestral Memory'. Part of the original research had shown how those inherited instinctive behaviour patterns can become distorted due the pressures and demands of growing up, leading to frustration, sometimes anxiety, and frequently failure to achieve what we deserve. Positive attributes such as **determination** and **self-confidence** are reinterpreted by those in charge of our lives as **stubbornness** and **boastfulness**. Thoughtful individuals are told that they have their 'head in the clouds' and exuberance may be dismissed with such statements as 'empty vessels make the most noise'; we believe all of it because we are a child – and we continue to believe it even when we are an adult.

Warriors, Settlers & Nomads *provided a way to help people to discover their true selves and to activate the hidden abilities that were theirs by birthright but which they had never been able to recognise.*

SymbioDynamics™ and **M.A.G.I.C! for Minds™** provide an even more effective method of working. Where 'Warriors' addressed personality – the 'style' with which we function in the world – this 21st century methodology empowers the activation of vital psychological resources which may currently be laying completely dormant in your psyche. *To put it rather more succinctly, 'Warriors' works on the outside, SymbioDynamics™ works on the inside.* Separately or together, they are a formidable force that can help us achieve almost any task that we set ourselves, from establishing and sustaining a living relationship, through financial success and prosperity, to managing – maybe even defeating – physical illness.

SymbioDynamics™ Training can help you to become a formidable therapist!

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SymbioDynamics™ works with a central structure that allows focus upon, and subsequent enhancement of, three major processes of the psyche:

- **Assertiveness**
- **Protectiveness**
- **Change**

Using these three resources effectively allows almost any plan to be materialised; ‘effectively’, in this context, means achieving a near perfect balance of interaction between the three and that depends on the particular situation at hand. A plan might be of a practical nature as in business, career development, sports performance and the like, or of a more esoteric nature, such as success in relationships issues and creative endeavour. It can also be used as a superior form of coaching.

‘SymbioDynamics™’ is derived from the work process itself – creating a dynamic and symbiotic relationship between the three processes. Even though the term ‘symbiotic’ would normally apply to discrete organisms, you will later see that it is, in fact, completely relevant to this style of working.

Although not a therapy *per se*, at an advanced level it can be used to work with even complex psychological difficulties as well as many physical conditions. Depending on the psychical and imaginative capabilities of the client, it can even be used to provide at least palliative help, and maybe more than that, for catastrophic illness, assisting with the management of pain and other distressing symptoms. Obviously, medical consultation would have to be sought before working with physical conditions.

There are two formats:

1. The full professional version which is the subject of the upcoming training and the associated lecture notes of which this introduction is the beginning.
2. A simplified 'domestic' version which can be learnt by almost anybody to help family and friends with relatively simple matters such as work-related stress, confidence, transient anxieties and many other everyday problems. In this incarnation it has the 'friendly' title of **"M.A.G.I.C! for Minds™"**. This title can be marketed to suitable individuals by those therapists who complete the full training up to Trainer level. The **"M.A.G.I.C!"** part of that is an acronym for the central structure, which is covered in great detail during the training.

Contra-indicators

There are few contra-indicators for this process, save for the advanced work with symbolism, which would be unsuitable for those individuals who have a disposition towards psychosis. Senility would obviously cause problems, as would any noticeable degree of learning difficulties.

It is entirely possible to work with drug addicts and alcoholics, as long as they are able to remain focussed during their work sessions and have at least some ability to complete between-session 'homework'.

The Need for Structure

Usually, we do not structure our ideas very well at all which is the reason why so many plans and projects fail. There is a human tendency to be distracted by optimism, to being drawn to the most rewarding, encouraging or exciting part of any plan and this can easily result in foundations not being properly laid, pitfalls not being foreseen, and later opportunities being missed. This is especially important when working with serious situations such as catastrophic illness or where large amounts of money and other resources are being committed.

The structure that we will be employing here, applied accurately, minimises or removes those distractions by maintaining focus until each stage is complete. The acronym mentioned earlier, **"M.A.G.I.C!"** assists greatly in this task and is used in both the 'domestic' and

'professional' versions of the work. The three energies can be accessed from within the structure and/or via a symbolic form that allows the creation of a 'set it and forget it' concept with a capable client.

At **Consultant** level, other powerful tools are added and these are of a strongly cognitive and interactive nature, conferring extra skills. The highest level of qualification, **Trainer**, allows the individual so qualified to work with catastrophic illness and other serious issues, as well as to teach the programme via seminars and/or one-on-one' sessions.

The whole is completely client-centred and versatile enough that it will dovetail easily into the existing skill-set of the therapist.

The **M.A.G.I.C! for Minds™** 'consumer' format needs no therapeutic knowledge. It can be taught to individuals of average intelligence in a single-day group setting, making it the ideal instrument for entertaining and effective public workshops and seminars. It can also be taught via two one-on-one sessions with a period of home study between them.

There are three levels of qualification:

- **Registered Practitioner** (this workshop)
- **Registered Consultant** (adds extra methodologies)
- **Registered Trainer** (adds the ability to work with physical illness, relationships, and other complex and specific issues.)

Only practitioners who have completed the full training up to **Trainer** level are registered to teach "**M.A.G.I.C! for Minds™**"

*All who complete the **Registered Practitioner** training will receive a commission-free "**M.A.G.I.C! for Minds™**" e-book to offer to sale to visitors to their website. No fees will payable to any other party at any time for this book.*