

Center For Subconscious Research

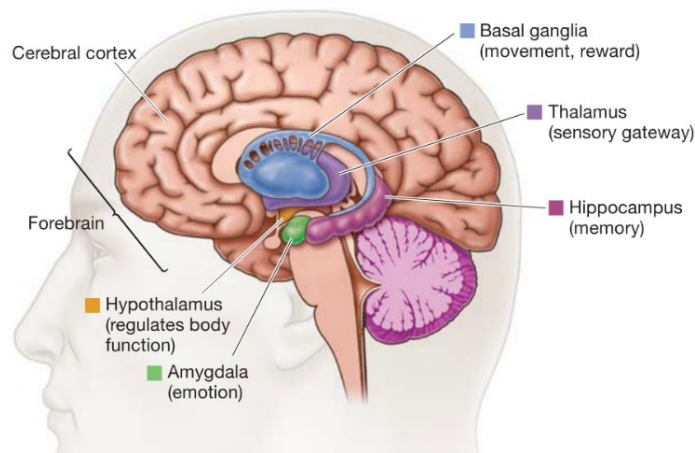
Submission to the Royal Commission on Mental Health

This submission is to offer the findings of a new subconscious therapy that eliminates trauma from the subconscious mind without the necessity to think or talk about the problem.

The original objective of the Center of Subconscious Research was to examine existing therapies to define their effectiveness in psychological disorders and to look at the development of more effective treatment modalities.

Specifically targeting the amygdala in the subconscious mind where all your emotions are programmed and triggered from.

With a focus on developing an effective treatment that the client does not have to think or talk about their psychological problem.



When examining the Placebo Effect

Placebo Effect (Webster's Dictionary)

Improvement in the condition in a patient that occurs in response to treatment but cannot be considered due to the specific treatment used.

New Discoveries

The two major discoveries that were discovered at the Center of Subconscious Research were:

- The placebo effect is a subconscious belief or in other words a subconscious intent.

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- Subconscious dissociation is a safety subconscious defence mechanism designed to protect the individual when reminded of the original trauma.

‘Subconscious Freedom Therapy’ was developed in Ballarat, Australia over a twenty-year period, to provide a truly effective therapy in the treatment of psychological disorders. Traditional therapeutic techniques are subjected to failure due to the subconscious minds inability to eliminate dissociation.

www.subconsciousfreedomtherapy.com/home

What We Know

Therapists from around the world have worked on numerous psychological theories, to treat different types of psychological disorders.

If these theories had always worked, then there would be a less therapists and a lot less people in long term therapy.

This is always going to be a problem because everybody’s subconscious mind will react differently to any given situation. We cope in accordance with our own life experiences and the information stored in our subconscious mind.

As a Dual Diagnosis Clinician, Leigh Skewes was working with a combination of both mental illness and drug addiction in all his clients. He was quickly aware that people who suffer from drug addiction often take drugs to eliminate emotional pain.

This made it imperative that the first focus was to eliminate the emotional impact of past traumas in order to stop the ongoing ping ponging process between drugs and unresolved trauma.

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Profile of Leigh Skewes developer of 'Subconscious Freedom Therapy'

Dual Diagnosis Clinician, Psychiatric Nurse, Drug & Alcohol Counsellor, Hypnotherapist, EMDR. BSFF, EFT. Specialising in Psycho-trauma and 'Dissociative Identity Disorder'.

Leigh has been the main developer of Subconscious Freedom Therapy in Australia by developing a technique that can eliminate dissociation from the subconscious mind by embedding a triple 'intention to treat' into the subconscious mind. This is a subconscious phenomenon that can eliminate subconscious dissociation.

- Leigh Skewes worked for ten years for the National illicit Drug Strategy in a Drug & Alcohol Outreach Center in Ballarat, in the role of Dual Diagnosis Clinician.
- Leigh also worked as a Therapeutic Case Manager for the 'Royal Commission into Institutional Responses into Child Sexual Abuse' in Ballarat.
- Psychiatric Nurse and Psychiatric Shift Manager at Lakeside Mental Hospital for Eleven Years.
- Youth Outreach Drug & Alcohol Counsellor in a Drug & Alcohol Team at the *UnitingCare Outreach* Center in Ballarat for One Year.
- Four years working in Melbourne Hospitals as a 'Psychiatric Special'

Added Skills

Drug & Alcohol Counsellor, Hypnotherapist, EMDR Therapist, Authorised Trainer of 'Be Set Free Fast'. Specialist in 'Dissociative Identity Disorder'.

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Why Can't I Get Over This Problem?



Because your emotions are programmed and triggered in your amygdala in your subconscious mind, these emotions cannot be changed by your conscious thoughts alone. Your emotions will always be triggered by your subconscious mind as your emotions will respond automatically to past programming. This is a subconscious defense mechanism.

It's like a spider phobia, the sufferer's subconscious mind will always produce fear whenever confronted by a spider.

Many try to fix their problems by conscious determination by using **'Mind over Matter'** while others will go out of their way to avoid **'Opening up Old Wounds'**.

Emotions may be complex, but their individual building blocks are simple. Emotions, positive or negative are produced by experiences recorded into the neuropathways of your brain.

This Submission is offered by Leigh Skewes to do free Subconscious Freedom Therapy demonstration for the Commissioners that would involve about an hour of their time.

I hope you can take this submission seriously as these findings are genuine and have been twenty-years in the development by a frontline mental health practitioner.

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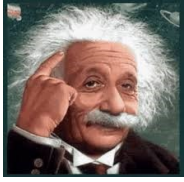
It would be a tragedy to ignore the discoveries and research done over a twenty-year period at the Center of Subconscious Research in Ballarat Australia.

This offer is to give the Commissioners a free demonstration of Subconscious Freedom Therapy, which would take approximately one hour their time, and allow them to experience, first hand, the healing powers of Subconscious Freedom Therapy.

Leigh Skewes believes the main blocker to the acceptance of Subconscious freedom Therapy is that old belief, 'Too Good to Be True'. It is our instinct to search for the meaning of the unknown and if there is none, it's our instinct to create a meaning. With any subconscious phenomena such as Subconscious Freedom Therapy it must be physically experienced to be understood. So, it is important that your thoughts are controlled by your feelings, and not your conscious thoughts, as your conscious mind will always be sceptical of any subconscious phenomena it does not understand.

Subconscious Freedom Therapy Research

www.subconsciousfreedomtherapy.com/research



Albert Einstein

The Father of Modern Physics.

Three Quotes.

- **'Insanity'** is doing the same things over and over again and expecting a different result'
- 'The true sign of intelligence is not knowledge, but imagination.'
- 'We cannot solve our problems with the same thinking we used when we created them'