



**Mathilda van Dyk's** background is in Psychology. She is also a NLP Master Practitioner and Life Coach whose clients include Business Executives, Actors, International Athletes and Aristocracy.

Dissatisfied with the limitations of talk therapies, Mathilda started looking for answers elsewhere. As a result, her Kinesiology career began in South Africa in 1997. Because information was limited in South Africa she went to England in 1998 to do advanced courses. She has studied most of the major schools of Kinesiology.

During the next 7 years her research in Natural Health and Holistic Healing took her to many European Countries, India, Egypt, Iceland, Russia and China.

In 2004 she was appointed as International Representative and Instructor for the Institute of Cyberkinetics and started a year-long tour for the world launch of Cyberkinetics. During this time she also went to Australia to research new techniques with Philip Rafferty, founder of Kinergetics and she qualified as a Kinergetics Instructor.

With a strong desire to give kinesiology more exposure, she developed an Introduction Course in Kinesiology (Healing Foundations) as well as kinesiology workshops for Pain Relief and Stress Relief for the general public to introduce them to kinesiology.

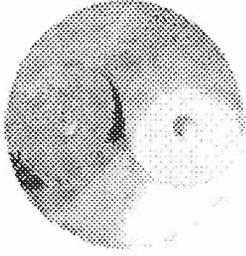
As her passion lies in finding the emotional and/or spiritual reasons that are behind so many physical dysfunctions and unfulfilled, unhappy lives, researching and developing a course in this was a natural progression.

She gradually co-developed Integrated Healing with her partner Nic Oliver, leading to its launch in 2006. After 20 years of holistic healing research, as well as attending over 70 kinesiology courses, they wanted to focus on the issues that many healing modalities struggle with such as Self-Sabotage Programmes, Survival Programs, Inner Child Healing, Soul Integration, Deep Level Neurological Switching, Clearing the impact of Negative Amygdala Memories, and many others.

In the same year, Integrated Healing went international and rapidly spread into many different countries. IH experienced astonishing growth and within 7 months of its launch date there were IH practitioners throughout the UK as well as in Ireland, Spain, Hong Kong, China, Singapore, Malaysia, Japan, South Africa, Dubai and Australia.

In 2008 Integrated Healing became one of only a few kinesiology to have received the prestigious accreditation from the Australian Kinesiology Association. The Kinesiology College of Ireland has also included IH as part of their curriculum.

For information on Integrated Healing visit [www.integratedhealing.co.uk](http://www.integratedhealing.co.uk)



## Integrated Healing

### Turning kinesiology into kin-‘easy’-ology

Integrated Healing, developed by Mathilda van Dyk and Nic Oliver, combines the many benefits of NLP and Life Coaching with kinesiology to produce a simple but profound approach to kinesiology. Their background includes psychology, physiology, NLP, life coaching and training. Therefore you can look forward to workshops that are fascinating and fun, as well as a time of profound healing and growth for yourself.

After 20 years of holistic healing research, as well as attending over 70 kinesiology courses, they wanted to focus on the issues that most kinesiologies don't address such as Self-Sabotage Programmes, Survival Programs, Inner Child Healing, Soul Integration, Deep Level Neurological Switching, Clearing the impact of Negative Amygdala Memories, and many others.

Integrated Healing's holographic approach and simple structured protocol, enables new and experienced kinesiologists to help clients who are seeking deep and lasting relief from a wide range of emotional, spiritual, neurological and physical dysfunctions.

For the ***newly qualified kinesiologist***: Integrated Healing will instil confidence by adding structure, safety, flow and depth to your balances as well as giving you a wide range of tools for your 'tool kit'.

For the ***experienced kinesiologist***: One of the benefits of the Integrated Healing approach is that nothing you have learned is redundant, as the Healing Pathways Protocol will be a powerful add-on, rather than a replacement, for what you already do. Many experienced practitioners have switched to using IH as the basis for all their balances, using their existing tools and modalities within the simple and safe, yet extremely powerful, framework of the IH structure to ensure deep and long-lasting balances.

#### **Here is a summary of some of the benefits:**

- ◆ Integrated Healing (IH) is a completely Holographic system, addressing the 'total being'
- ◆ IH does away with the need for Hip-and-Jaw stacking
- ◆ IH re-introduces the power of ancient hands-on healing techniques
- ◆ IH takes away the 'what-to-do-next' worry by being guided by the wisdom of the client's body
- ◆ IH gives you a protocol template to confidently address any issue a client can

possibly present

- ◆ IH uses simple protocols to deal with difficult issues like Self-Sabotage & Deep Level Switching
- ◆ IH integrates the healing on every dimension of the client's being
- ◆ IH includes built-in safety tests that prevent healing crises
- ◆ IH incorporates the '*tools-for-change*' used in Neuro-Linguistic Programming to:
  - Ensure that the client creates a clearly defined outcome
  - Confirm that the client 'Chooses' their new healed state
  - Expose any secondary gain programs that may hinder the client's healing
  - Fill the 'void' that may be left by clearing redundant programs
  - Make sure that the client 'Owns' their healed state
  - Test and reinforce the client's 'Knowing and Believing' that healing has taken place

**The focus is therefore very different from most kinesiologies.**

When we were questioning the simplicity of Integrated Healing and whether healing could really be this easy, this quote from Diana Cooper inspired and reassured us:

**"If it is complicated, it's from ego. Spirit is simple."**

Working Holographically enables us to use simple protocols for difficult-to-deal-with issues such as:

|                              |                                     |
|------------------------------|-------------------------------------|
| Sabotage & Survival Programs | Deep Level Neurological Switching   |
| Inner Child Healing          | Clearing Negative Amygdala Memories |
| Soul Integration             | Clearing Self-Limiting Beliefs      |
| Chakra Gateways              | Restoring Blueprint States          |
| Cutting Energetic Cords      | Clearing Phobias & Anxiety          |
| Invasive Energies            | Chamber of Memories                 |
| Age Recession                | Clearing Redundant Vows             |
| Reclaiming Personal Power    | Physical Dysfunctions               |

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