

# Helping relationship



With our method we offer professional training and support to all those people who desire personal growth or who need help in different areas of life.

Prof. Dr. Emanuele Gesualdi PhD.



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## everybody need feel

Who among us has not had a personal, relationship, professional or social problem at least once in our lives?

It is natural that in the journey of life we sometimes come across a wrong path, rather than aiming to achieve our goals or dreams which are the basis of our happiness and well-being; we persist in wanting to bury disturbances and discomfort, even though we know that they can resurface at any moment, creating symptoms.

Whatever the reason why we do it, it is still a reason/reaction dictated by the logical/rational mind or by our aberrations created by nefarious thoughts.



**The holistic field, like that of neuroscience, is gaining ground every day because the cornerstone is the achievement of happiness and well-being.**

In 2022, dynamic sophrology was born in Italy, this is the modern science of mental balance or also known as the pedagogy of happiness.

Nothing to do with the classic Sophrology that we find on various websites and publications.

In dynamic sophrology, the founder Dr. Gesualdi Emanuele Professor of Leonardo Da Vinci University Swiss has dedicated a lifetime of studies and research to obtain results in the shortest possible time.

A dynamic Sophrology session consists of communicating, verbally or through magnetic instruments, directly with the Psyche (Soul) or if you prefer you can call it the unconscious or emotional mind, which will give us concrete answers to the disturbances and discomforts that the person is experiencing or has experienced .

It has also been discovered that a very low negative emotion or a very high positive emotion creates a hypnotic seal that can disturb our cognitive and behavioral system.

Therefore, dynamic Sophrology, through emotional regeneration, is able to de-hypnotize that unfortunate event and bring the person back to their normal psycho-physical balance. A real awakening to the improvement of our lives.

It is not the usual pearl of wisdom of the latest in the holistic field. In dynamic sophrology, the anamnesis of the bio-psycho-social subject is elaborated, the bodily, ego dystonic, ego syntonic, cognitive and behavioral alterations are studied until it is understood whether it can carry out a holistic treatment or direct it towards an allopathic healthcare one.

As regards the holistic one, Dynamic Sophrology deals with it which will put the subject in an emotional introspective condition within his 5 space-time channels (CST).

**The first** concerns, as previously mentioned, the compressed emotions of harmful events which, through emotional regeneration, remove the negative charge and the chains of suffering (charge and ridge).

**The second** CST concerns the suffering hidden behind events that have compromised conscience, or actions (misdeeds) that have exceeded our moral ethical index.

**The third** CST concerns all those times that we have suffered physical pain and compromised the cells to such an extent that the child or unconscious ego has moved away from that part of the soma, creating dysfunctional problems.

**The fourth** CST concerns all those sounds, noises, voices that we perceived during the third CST that can stimulate a painful event again.

**The fifth** CST concerns the human being as a spiritual form, the search for happiness, dreams, goals and emotional status. Here the OV (vibrational waves), functions and dysfunctions are analyzed.

The alchemy of this science is the ability to communicate with our inner self and rediscover our health and happiness.

In addition to the various single, couple and group sessions that are carried out by our expert operators in various areas, every year we develop online and in-person training courses to obtain new dynamic Sophrologists who operate both in Italy and abroad.

Most customers have testified in writing that they have resolved various types of problems. This gave us the incentive to continue research and make this fascinating method increasingly effective.

We like to think that we are very supportive of medicine and neuroscience and not the other way around.

Our training courses are developed in 4 full immersion days consisting of theory, practice and a final exam where the national CSEN DBN diploma, the technical card and inclusion in the professional list are issued.

Alternatively, it is possible to enroll in the three-year university faculty of sophrological sciences and techniques and the master's degree in dynamic sophrology with the Swiss unit Telematics Leonardo Da Vinci University and become a Doctor specialized in sophrology in the private sector.

Contacts and information

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