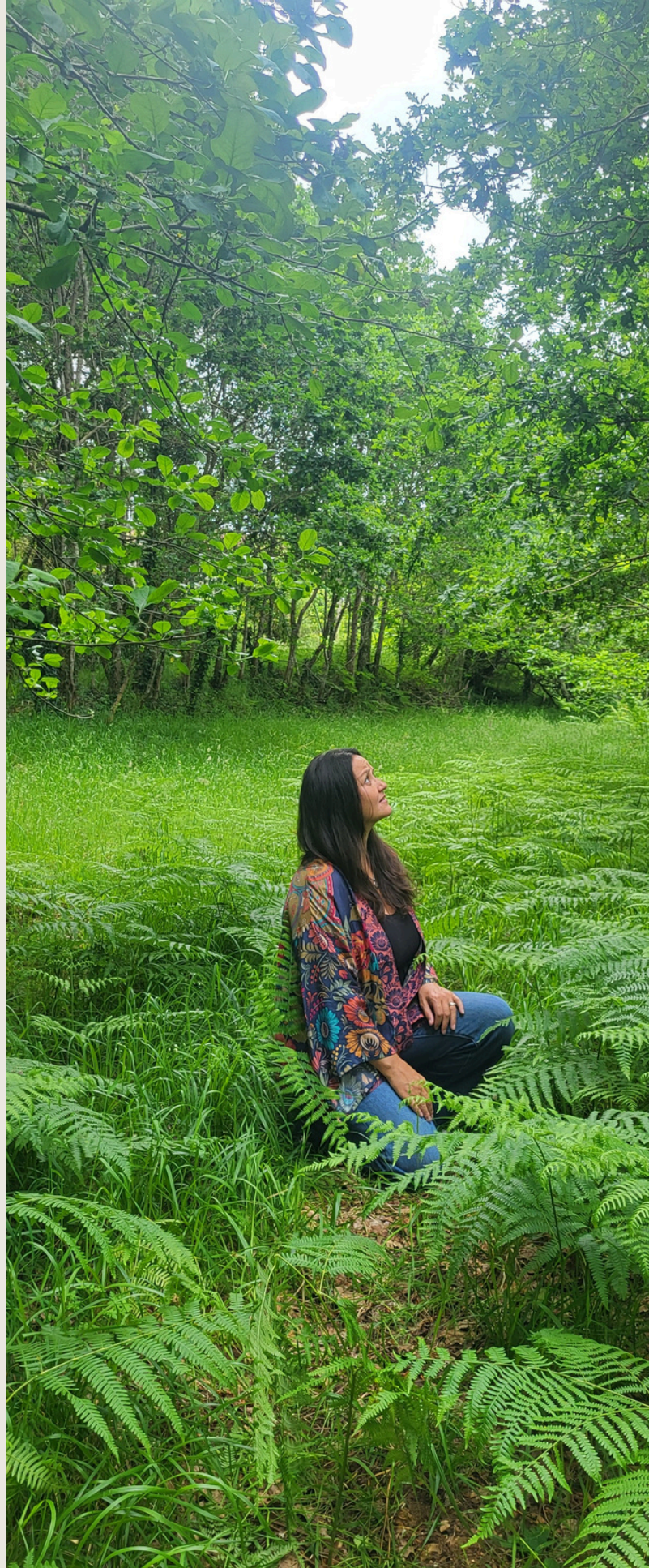


Claire Linturn: A Guide to Integrative Wellbeing Practices

*Exploring intention, subconscious
work, energy practices, and
heart-led approaches for mind,
body, heart and spirit .*



YOUR GUIDE



03 About Claire

04 An Integrated Approach

05 Rapid Transformational Therapy

06 Conversational Hypnotherapy

07 Access Bars[®]

08 HeartMath[®]

09 Meditation

10 Akashic Healing

11 Fascial Maneuvers

12 Continued Professional Development & Influences

15 An Invitation to Begin

16 Work with Claire



ABOUT CLAIRE

Claire Linturn is an internationally trained therapist, healer, and facilitator with over twenty years of experience supporting individuals and groups through personal growth, self-inquiry, and wellbeing-focused learning.

She offers both one-to-one sessions and group workshops, creating calm, supportive spaces where people can slow down, reconnect with themselves, and access their own inner resources.

Her work grew from lived experience. As a young mother navigating life's challenges, Claire began a personal journey of healing, learning, and self-development. Over time, this evolved into a deep commitment to supporting others in cultivating clarity, balance, and self-trust.

Today, Claire works with clients internationally, guiding individuals and groups through processes that encourage self-awareness, emotional understanding, and meaningful personal insight.

Claire's approach is not about fixing or forcing change. Instead, she gently facilitates inner listening and self-exploration, allowing each person's own wisdom and innate capacity for growth to lead the way. Her work supports awareness of underlying patterns while inviting new perspectives that help reconnect mind, body, and spirit.

Her training spans a wide range of complementary and holistic modalities, including Rapid Transformational Therapy (RTT), conversational hypnotherapy, Access Bars facilitation, HeartMath, meditation and mindfulness practices, EFT/Tapping, Reiki, Quantum Heart Healing, Akashic Healing, and body-based awareness through Fascial Maneuvers – often described as the art of feeling and healing.

Alongside her client work, Claire is also an experienced trainer and mentor. She has supported RTT practitioners internationally, co-created the award-nominated “I Can't to I Can” programme for children's mental health, contributed to bringing RTT-informed approaches into secondary schools, and developed her own signature programme, Shining Diamond of Potential.

All one-to-one sessions and group offerings are held within a nervous-system-aware and consent-led framework, honouring individual capacity, pacing, and choice. Claire's role is to hold space, share learning, and support both teens and adults in feeling seen, supported, and empowered in their own process of reconnection and growth.

An Integrated Approach

Across all modalities, Claire's work is not about fixing or forcing change. It is about facilitating awareness, honouring each person's pace, and creating a compassionate space where inner wisdom can lead.

By gently exploring underlying patterns and inviting new perspectives, individuals are supported in reconnecting mind, body, and spirit and opening the door to growth, insight, and renewed possibility.

Rapid Transformational Therapy

RTT®

What Is RTT?

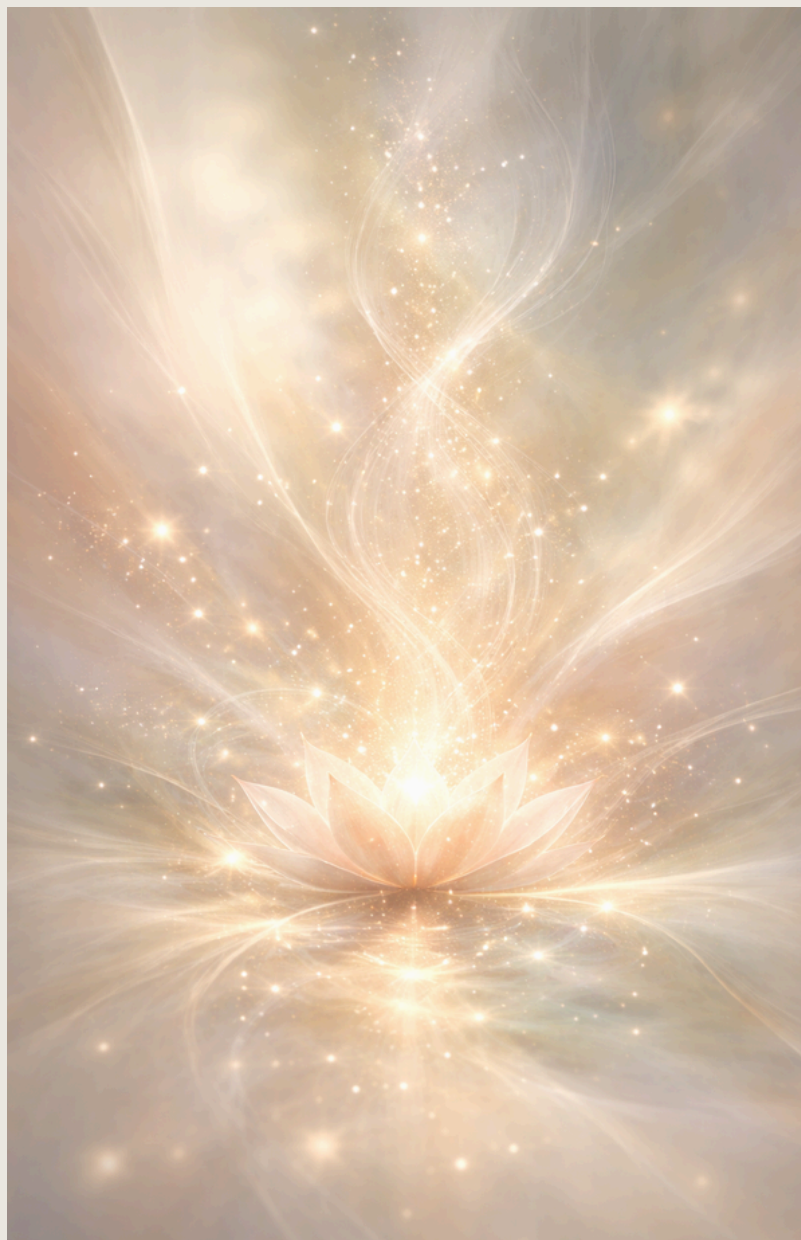
Rapid Transformational Therapy is an integrative approach that invites individuals to explore subconscious patterns, beliefs, and emotional imprints that may influence how they experience their lives.

Sessions are held in a calm, supportive way, encouraging curiosity rather than judgement. The focus is on understanding where certain responses or narratives may have originated, creating space for compassion, awareness, and fresh perspectives.

How Claire Works with RTT

Claire offers RTT within a nervous-system-aware, consent-led framework, honouring individual pacing and readiness.

For both teens and adults, sessions are approached as collaborative explorations rather than something to be “done” to a person. The intention is to support insight, self-understanding, and reconnection with one’s own inner resources, therefore allowing outdated patterns to soften naturally over time.



Conversational Hypnotherapy

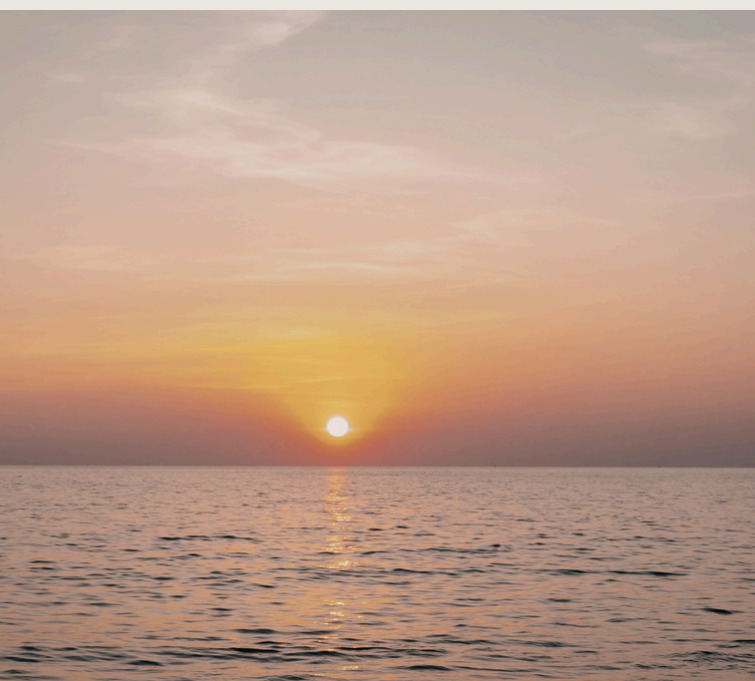


Conversational hypnotherapy is a gentle, collaborative approach that uses mindful dialogue to invite deeper self-awareness and inner listening. Rather than relying on formal induction techniques, sessions unfold naturally through conversation, allowing individuals to remain present, relaxed, and fully engaged throughout the process.

This approach recognises that insight often arises when people feel safe, heard, and respected. Through attentive listening, reflective questioning, and carefully guided conversation, individuals are invited to explore thoughts, emotional patterns, and internal experiences with curiosity rather than judgement.

Claire offers conversational hypnotherapy within a calm, nervous-system-aware and consent-led environment. Sessions honour individual pacing and readiness, creating space for both teens and adults to explore their inner landscape in a way that feels supportive and grounded.

Many people find this process deeply calming and clarifying. It invites reconnection with one's inner voice and emotional awareness, encouraging a greater sense of presence, self-understanding, and trust in one's own inner wisdom.



Access Bars®

Access Bars® is a gentle, hands-on modality that involves lightly touching specific points on the head. These points are traditionally associated with different areas of thought, perception, and internal experience.

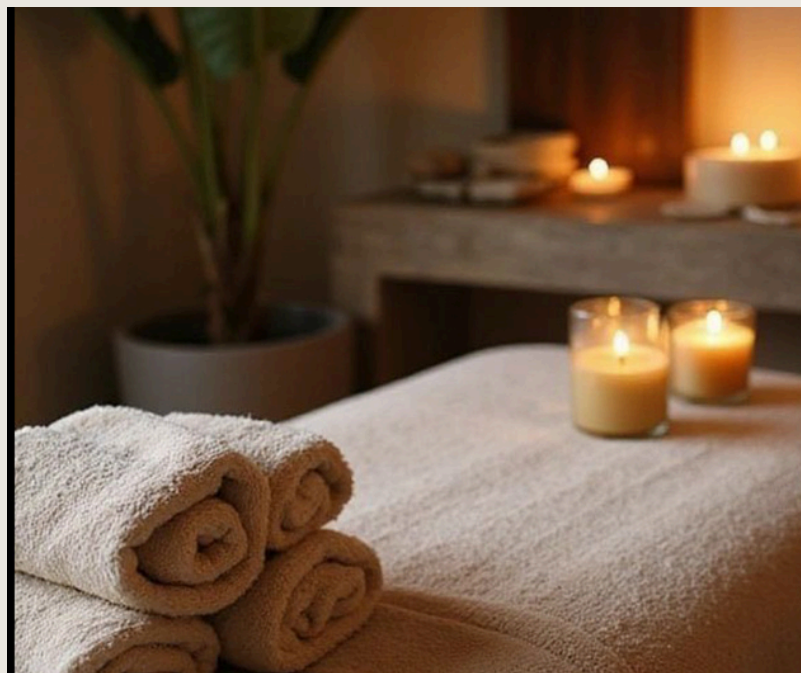
Sessions are approached as an opportunity for deep rest and mental spaciousness. The light, supportive touch invites the body and mind into a calmer state, allowing individuals to step out of habitual patterns of thinking and reconnect with a quieter sense of presence.

Claire offers Access Bars® within a nervous-system-aware and consent-led framework, creating a safe and respectful environment for both teens and adults.

Each session is guided by attentiveness to individual pacing, comfort, and readiness.

Many people describe the experience as deeply relaxing, often bringing a sense of ease, clarity, or stillness.

The process invites space for reflection and awareness, allowing individuals to reconnect with their own inner resources and natural capacity for balance.



HeartMath®



HeartMath® is an approach that focuses on strengthening awareness of the connection between the heart, mind, and nervous system.

It introduces simple, practical techniques that invite individuals to shift their attention inward and cultivate a greater sense of presence and internal balance.

Through guided exercises involving breath, attention, and heart-focused awareness, individuals are invited to explore how emotional states influence both mental and physical experience.

These practices encourage a gentle reconnection with the body's natural rhythms, fostering a sense of steadiness and coherence.

Claire offers HeartMath® techniques within a calm, supportive environment, working with both teens and adults.

Sessions are approached as opportunities to develop greater self-awareness and to build a more conscious relationship with emotional experience, particularly during periods of stress, transition, or heightened intensity.

Many people find these practices easy to integrate into daily life, offering accessible tools for returning to a sense of centredness and inner alignment.

Meditation

Meditation offers a gentle invitation to turn inward and reconnect with the quieter layers of awareness that often become obscured by the pace of everyday life.

Rather than striving, fixing, or achieving, meditation encourages stillness, presence, and a compassionate awareness of one's inner experience.

Through simple, accessible practices involving breath, attention, and mindful observation, individuals are guided to slow down and listen more deeply to themselves.

This process can help cultivate a greater sense of spaciousness, allowing thoughts and emotions to be observed without judgement or urgency.

Claire offers meditation within a calm, supportive environment, working with both teens and adults. Her approach honours individual readiness and pacing, creating a space where each person can explore awareness in a way that feels natural and safe.

Over time, meditation can become a steady anchor, a practice that invites clarity, self-acceptance, and a renewed connection to one's inner stillness and presence.



Akashic Healing



The Akashic Records offer profound insight into life's challenges, revealing karmic patterns, ancestral wounds, and unresolved soul lessons carried across lifetimes. By accessing this higher wisdom, you can identify the root of recurring struggles, heal past-life and generational trauma, and release energetic blocks that limit your growth.

Through this sacred awareness, you realign with your soul's purpose, reclaim your authentic power, and clear family karmic patterns for future generations. Held in a frequency of unconditional love, the Records provide a compassionate space for deep healing, forgiveness, and true spiritual evolution.

Claire offers Akashic Healing for both teens and adults, holding a calm and compassionate space where individuals can reconnect with their inner wisdom and sense of direction.

This work honours each person's unique path, encouraging integration, clarity, and a deeper relationship with self.

For many, the experience becomes an opportunity to pause, reflect, and reconnect with a broader sense of perspective and inner alignment.

Fascial Maneuvers

The Art of Feeling and Healing

Fascial Maneuvers are a gentle, body-based approach that brings awareness to the body's connective tissue, known as fascia.

Fascia forms an interconnected web throughout the body, linking physical structure with sensation, movement, and internal awareness.

This modality invites individuals to slow down and listen to subtle sensations within the body. Through guided attention and mindful movement, people are supported in reconnecting with areas that may feel held, restricted, or disconnected, allowing awareness and presence to emerge naturally.

Claire offers Fascial Maneuvers within a calm, consent-led environment, working with both teens and adults. Sessions honour the body's own pace and intelligence, creating a safe space for individuals to explore embodiment and deepen their relationship with themselves.

Many people experience a renewed sense of grounding, inner connection, and ease within their body. This work invites a gentle remembering that the body holds its own wisdom, and that through awareness, space can open for greater balance and integration.



Continued Professional Development & Influences



Claire's work is shaped by ongoing study, lived experience, and continued professional development across a range of therapeutic, psychological, and awareness-based approaches. These influences inform how she listens, holds space, and facilitates learning, ensuring each individual is met with care, respect, and sensitivity to their unique process. Her approach is grounded in a nervous-system-aware and consent-led framework, recognising that meaningful insight and integration arise most naturally within environments of safety, compassion, and trust.

Therapeutic & Psychological Foundations

Claire draws from contemporary therapeutic perspectives that deepen understanding of the relationship between mind, body, and emotional experience.

Acceptance & Commitment Therapy (ACT)

Supports a values-led, acceptance-based approach, encouraging psychological flexibility, self-compassion, and conscious choice.

Interpersonal Neurobiology

Informs an understanding of how relationships, nervous system regulation, and lived experience interact, supporting safe and attuned spaces for awareness.

Internal Family Systems (IFS)

Offers a respectful and compassionate framework for exploring inner parts, encouraging curiosity, integration, and reconnection to the core self.

Compassionate Enquiry

Shapes a gentle and curious approach to exploring emotional patterns, supporting individuals in meeting their inner experience with safety and awareness.

Coaching, Awareness & Integration

These approaches support personal insight, resilience, and self-leadership.

Positive Intelligence Coaching

Encourages awareness of internal patterns and the strengthening of inner resources, supporting greater clarity and resilience.

Mental Health First Aid

Provides grounding in recognising emotional distress, offering appropriate support, and maintaining ethical responsibility in practice.

Mike Mandel Hypnosis Training

Influences the careful and collaborative use of language and conversational processes within subconscious exploration work.

Reflective & Contemplative Influences

These systems are used as tools for reflection, insight, and self-understanding.

Gene Keys (Pearl Sequence)

Supports contemplative reflection on purpose, potential, and embodied awareness.

Step Astrology

Offers a symbolic lens for exploring personal themes and life cycles, used as a reflective tool rather than prediction.

How These Influences Are Integrated

These continued professional development influences do not function as standalone methods. Rather, they inform Claire's overall facilitative approach, shaping how she listens, holds space, and supports each individual's process. Her work is grounded in a nervous-system-aware and consent-led framework that honours personal capacity, pacing, and choice. These foundations create a safe and supportive environment where individuals can explore their inner experience with curiosity, compassion, and self-awareness.

Together, these influences contribute to an integrated approach that supports reflection, insight, and reconnection, allowing each person's own understanding, clarity, and direction to emerge in a way that feels natural and authentic.



An Invitation to Begin

Every person's journey is unique. There is no single path, no fixed destination, only the quiet unfolding of awareness, insight, and reconnection over time.

Claire's work offers a space where you can slow down, listen inwardly, and explore your experience in a way that feels safe, respectful, and aligned with your own pace.

Whether you are seeking clarity, support through change, or simply a deeper relationship with yourself, each session is guided by presence, compassion, and care.



This is not about fixing who you are, but about creating space to remember the wisdom and strength that already exists within you.

If you feel drawn to explore this work, you are warmly welcome.

Sometimes, the most meaningful change begins not with effort, but with the simple willingness to pause, listen, and begin.

A portrait of Claire Linturn, a woman with long dark hair, smiling slightly. She is wearing an orange top. The background is a blurred outdoor setting with green foliage and a mountain range in the distance.

Claire
Linturn

To book your session

[Book a session here](#)

or email me claire@masteryourgreatness.com

Healing possibilities: Clinical Hypnotherapy, Advanced Rapid Transformation Therapy, Facial Maneuvers, Conversational Hypnotherapy Coaching, Functional Medicine Coaching, Positive Psychology, Nervous system and consent informed Practices, Heart Math Mentor, Spiritual Intuitive and Coach, Energy Medicine, Meditation and Mindfulness Mentor, Reiki Master, Quantum Life Healer, Munay Ki Rites, Access Bars