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ANNA KHEFORS



NEUROBREAKTHROUGH

AN ORIGINAL APPROACH
TO ACCELERATED TRANSFORMATION

DESCRIPTION OF THE ORIGINAL METHOD

ANNA KHEFORS

A METHODOLOGICAL GUIDE

"NEUROBREAKTHROUGH": AN ORIGINAL APPROACH TO ACCELERATED TRANSFORMATION

Publishing Solutions
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2025

UDC 159.9

LBC 88

K41

Fonts provided by ParaType

Anna Khefors

- K41 A Methodological Guide "NeuroBreakthrough": An Original Approach to Accelerated Transformation / Anna Khefors. - [Place of publication not stated]: Publishing Solutions, 2025. - 58 pp.

ISBN 978-5-0065-7471-7

Anna Khefors's methodological guide "NeuroBreakthrough" introduces a unique approach to accelerated personal transformation grounded in the author's experience. It examines the theoretical foundations of psychology, psychotherapy and neuroscience, as well as key principles such as awareness and neuroplasticity. The method focuses on integrating knowledge and practical rules of the system. It helps improve emotional well-being and family relationships, contributing to the evolution of society.

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In accordance with Russian Federal Law No. 436-FZ of 29 Dec 2010

ISBN 978-5-0065-7471-7

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1.2. WHAT PROBLEMS IN MY LIFE OR CLIENT PRACTICE DID I SEEK TO SOLVE WITH THIS METHOD?

My main goal is to ensure a full and psychologically healthy upbringing for the next generation. In my experience, all problems begin in childhood. Although we sometimes have to deal with consequences that have already occurred, the main thing is to prevent them by helping parents. Our shared future depends directly on the condition of the adults in a family and on their relationships. This principle is central to my method and underlies all my projects and courses.

1.3. THEORETICAL FOUNDATIONS (PSYCHOLOGY, PSYCHOTHERAPY, NEUROSCIENCE)

1.3.1. Neuroplasticity

- The capacity for change
- The brain retains the ability to reorganize its neural connections throughout life (not only in childhood).

4. TECHNIQUES AND TOOLS USED

4.1. PSYCHOLOGICAL TECHNIQUES

4.1.1. Elements of cognitive behavioral therapy (CBT)

- **Why:** CBT helps people recognize automatic negative thoughts and replace them with more realistic ones, while developing new behavior patterns.

- **How it is used:** In "NeuroBreakthrough," clients keep a "reflection journal" to catch destructive thoughts ("I am no good at anything," "Nobody loves me") and learn to turn them into constructive ones ("I can cope," "I have resources and support").

- **Result:** Anxiety gradually decreases and confidence grows as the internal beliefs that hinder personal growth are dismantled.

4.1.2. Emotional imagery therapy (EIT)

- **Why:** Many emotional blocks are better worked through with images and symbols, rather than only through logical understanding.

- **How it is used:** Clients are invited to imagine internal images (for example, an "inner child," an "offender" or a "resource place") and to "communicate" with them. This helps them reinterpret old trauma and release accumulated emotions.

- **Result:** A deeper emotional release and a sense of freedom as negative feelings stop "living" in the subconscious.

4.1.3. Family systems therapy techniques

- **Why:** Family problems often underlie personal conflicts and affect health and self-esteem.

- **How it is used:** Work with a client considers the role and place of each family member, identifying "entangled" loyalties and imbalances (when a child assumes adult responsibility or spouses "swap roles").

- **Result:** Awareness of family patterns helps a person build healthier relationships and spare future generations an unnecessary emotional burden.

4.1.4. Original visualization and "neurotrainer" techniques

- **Why:** Alongside conventional methods, "NeuroBreakthrough" uses unique exercises aimed at rapidly shifting consciousness and reinforcing new mindsets.

- **How it is used:**

- 1) Visualizing a desired state: for 2-3 minutes a day, the client "rehearses" a future successful behavior pattern at their point "C."