PISTA /PISA Therapy - self administered treatments

THEORY
PISTA is an approach that users/clients are trained to follow, a self help program. The users/clients are in a safe environment to learn and make changes without the interference of others.

PISTA/PISA therapy helps people to take control of their lives by learning about their problems. Life events, especially early ones, that affect not only the trajectory of an individual’s life but also his memory system and topographic structure of the mind.

We normalise and optimize brain functioning using various techniques including brainwave feedback, brain stimulation, and self-regulation procedures. These all assist in correcting inefficiencies in brain activities.

A complete system of healing, incorporating mechanical, psychological, bio-force, and biochemical aspects.
PISTA/PISA therapy both activate and deactivate the thinking system through the self-questioning technique with the help of a trained coach to guide the client where to approach difficulties with self help technique.
The overall result one can achieve is by assisting the body (mind-body-spirit) to integrate together in managing difficulties in a controlled and safe environment.

TYPES of self administered treatments
PISTA
PISTA, stands for Processing Inner Strength Towards Actualization, is a technique to facilitate memory reprocessing.

PISTA helps individuals to uncover their emotions and form constructive responses to situations by drawing on their own inner strength and creativity. It benefits individuals through expanding their ability to manage their actions more successfully and appropriately.

The PISTA technique focuses on a person’s positive characteristics such as resilience and inner sense of coherence. As a result of the PISTA, the individual is able to form better relationships and improve their ability to think clearly about emotional matters. It also strengthens their capacity to have an accurate self concept and higher self esteem.

PISTA is an innovative technique that has achieved major breakthroughs in
empowering individuals to transform their lives. In human development, individuals are likely to experience moderate to severe psychological problems at some point in their childhood or early adult development.

PISTA helps individuals to take care of a wide range of issues such as anxiety, stress, childhood issues… and overcome difficult situations by utilizing their strong self and creativity.

Or it can also be used on specific problems such as overweight, smoking, eating disorder, etc.

The spirit of PISTA focuses on people’s strengths rather than their perceived deficiencies. It encourages management of the self and helps individuals to draw on their own resources and inner strength to achieve their potential.

**General application of PISTA**

PISTA: can be used for self development and to resolve difficult emotional issues.

In the first session, the coach, supervisor, or facilitator will help the user to find an entry point (EP) where the user can focus, concentrate or to hold on to this mental picture to get started, the coach will use their hands to tap on the client in regular even taps for 80 seconds per set. After each set, the coach will write down what the user described what she/he had been thinking, or what mental images come to them in that 80 second set. (We can use a “PISTA” machine to replace tapping, the “PISTA” machine is a machine with headphone and the sound is beeping alternatively in left ear to the right ear.

Without making any judgment or comments or opinion, the coach will ask user to continue for the next set and the facilitator will continue to keep record for each set.

The therapist will instruct client before the session that if they encounter images or story they do not wish to review, the client will report to the facilitator that it is not for reviewing, by using the code “secret” and the facilitator will write down “secret” in the record, or if nothing or no images are recalled, the client will report “blank”.

After 13 sets, the facilitator will lead/ ask the user to analyze the issues and her/his general thinking and insight, and help the user to realize what he/she thinks/feels now compare to the beginning of the set.
The procedure in mental processing guides users to comprehend concepts from the simple to the complex. The realizations are derived from a self-affirmative experience process and learners can evaluate their own advancements easily within each PISTA session.

After the first session, users are encourage to self administer, and to be supported by their coach through email, phone calls to help report or analyze their learning curve. Users of PISTA can follow the images that came from the past events and can learn to formulate constructive self learning; users can improve their conscious level that helps to enhance the mastery of life events.

If the level of consciousness is high, a person can understand, feel and be in touch and master their emotional life. The inner strengths developed by the PISTA users is productive in creating positive change that can be enacted and applied in daily living.

**Why we use PISTA**

The process of using PISTA allows people to uncover their inner strength and find LIFE direction in the process. PISTA is cultural and context-specific in helping user to learn about their situation and rebuilding their life according to their own values n choices. PISTA helps user to recognize the incongruity of reality and life expectations.

The PISTA learning method is a quantum approach to learning built upon the assumption that adult learning is best achieved through dialogue. The premise of this learning approach is that an adult has enough life experience to have a dialogue with the self about any subject and will learn new knowledge, attitudes or skills best in relation to their life experience. Scientists consider dialogue a quantum process and a means of engaging in quantum thinking.

Our PISTA emotive learning program facilitates a sound relationship between the coach and the learner. The PISTA modality provides an environment and context which makes it safe for the self-assessment of the learner. Our unique PISTA emotive learning model removes the unequal power relationship between the coach and the learner. It is designed to facilitate a dialogue with the self that translates to a learning environment without any power domination and which transcends personal likes and dislikes.
PISTA is an accountable model that enables users/learners to develop the necessary skills for the task at hand. Learners can perform task of knowing what they know easily and learners can honour the results they can manage to achieve.

In self-directed learning, learners take responsibility for their own learning. PISTA learning builds on the principle of engagement by helping learners to hear their own voice and decide the agenda themselves. It motivates individuals to learn because it empowers the individual.

A holistic view of the world invites the learner to consciously address issues on multiple levels. Only fundamental shifts in perception can affect real change, and this can be accomplished through specially designed learner tasks that address the learner at the cognitive, affective and psychomotor levels. Underlying the PISTA learning practice is the philosophy that learning encompasses an individual own ideas, feelings, actions, affective and psychomotor skills. This is an integrated learning approach created from a multi-disciplinary perspective.

**What it is about the self-actualization?**

Self-actualization, a term derived from the human potential movement, is an important concept underlying person-centred therapy. It refers to the tendency of all human brings to move forward, grow, and reach their fullest potential. When human being moves towards self-actualization, they are pro-social; that is, they tend to show concern to others and behave in honest, dependable, and constructive ways. The concept of self-actualization is focus on human strength rather than human deficiencies.

PISTA learning actively helping learner to achieve the desired results in their daily life. It helps to bring positive attitude of how they related to others, reach the emotional stability they need to manage the individual’s daily events.

**PISA**

PISA stands for Processing Insight Solution Action

PISA was initially used for clinical medical treatment, after 30 years of in-depth researches; PISA treatment has extended to help sufferers to relieve themselves on their daily life, from relationship conflict to anger management, and can help to resolve deeply suffering for participants.

The way to do PISA is similar like PISTA, the only difference is that PISA requires clients to finish all **13 sets, and each set is longer, 2 minutes.**
PISA modality provides the technique to clients to explore their feelings by establishing the relationship with self. It seeks to relieve symptoms through the development of insight.

PISA therapy does not place the importance on the therapeutic dyad, which is a medical term for the relationship between the therapist and the patient, the positive change in a user's outlook and behaviors are able to unfold through PISA 'self developed insight building' technique.

**Anticipated result**

Decreased anxiety and increased quality of life after a few sessions, the general results are the
Increase insight and handle the presenting issue better, decrease anxiety, more calm and positive. In our experiences, the participants show significant decrease in the negative emotion, and the second and third session onwards, participant can start to take steps into making more concrete plans to integrate PISTA treatment into their daily life.

PISTA program is designed for the learner to see immediate usefulness of what he learns in every session and the immediacy motivates him to continue working. PISTA uses this principle to design the time frame for the learner to achieve the desired results.

On the front end, the change process is defined for the user in as much details as early as possible. PISTA coaches target the learning program on a daily basis with the learner, and the results are evaluated and reviewed.

Coaches maintain clear channels of communication with learners to help learners understand what has been achieved. Emotional barriers are identified and determined early on, bringing learners to master their life course on practical issues and viewing it on a rational context.

At every stage, the PISTA coach will provide support for the same participant. The pre-test and pro-test results can show clearly how the participant can move away from the obstacles they were facing, and the past event that they faced with were more clearly defined.

Our PISTA teams of coaches are like a team of good support of those who need them, they are here for the PISTA/PISA users, they can communicate by Internet, sharing friendship; care and protection is their goal.
PISTA Coaches are trained not to judge, offer advice or solutions, as all of these come from the users. The coach helps to record and reflect to users, and discuss sequences of which presenting issues to work on. Coaches constantly report to their supervisors on the users’ progress and seek advice and support for the users. Users are advised to share only as much details as they like, they are entitled to all the privacy and thoughts that come from each set.