Progressive Mental Alignment® | Intake Protocol

The goals of PMA are as follows:

1. To attain emotional and mental liberation, leading a life free from unnecessary fear.
2. To facilitate the healing of psychological and psychosomatic disorders.
3. To acquire a profound understanding of one's own emotions, motivations, and behavioral patterns.
4. To gain insights into the emotions, motivations, and behavioral patterns of others.
5. To eliminate intellectual and mental obstacles.
6. To activate latent capabilities and potential.
7. To enhance energy levels.

Requirements for PMA sessions:

- PMA sessions can be conducted either in person or through a virtual platform such as Zoom, Teams, Skype, Google Meet, etc. (If the session is conducted via an online meeting tool, clients will be informed in advance via email about the requirement of a high-quality headset and a computer equipped with a functional (built-in) camera.)
- A comfortable reclining chair, sofa, or similar.
- Privacy must be ensured.
- Confidentiality of all client information must be maintained.

Exploratory phase:

A potential client becomes acquainted with the PMA method through:

1. Online marketing of PMA organizations:
   a. Advertisements such as Google AdWords, Social Media, LinkedIn, etc.
   b. Websites: i. https://www.pmainstitute.com/ ii. https://www.pmainstitute.com/nl/
   c. Email follow-up marketing
   d. Free e-book
   e. Word-of-mouth referrals (via PMA coaches, PMA clients, and students).
   f. Books by Jacob Korthuis: "Desirable Power", "The Unified Brain Model", "Mind Blowing Management" and "The Happy Millionaire".
   g. Referrals from (company) doctors, therapists, psychologists, educators, etc.

Intake Phase:

The content and purpose of the intake interview for a PMA session depend on the conditions under which a client approaches you. There are three different forms of intake:

1. Complimentary 30-minute intake (Optional)
2. Integrated within a program
3. Part of the first individual PMA session

Complimentary 30-minute intake (Optional)

This initial intake session, provided free of charge, serves as an opportunity for the client to briefly discuss their concerns, goals, and expectations with the practitioner. It allows both parties to assess the suitability of engaging in a PMA session together.

Step 1:

First, the client is asked about the reason for their visit. An assessment is made of the complaints or discomforts the client wants to overcome and the goals the client wants to achieve. The client is asked about their expectations from a PMA session.
Next, a brief overview is provided on how a PMA session is conducted. This explanation is focused on the practical aspects of the session rather than providing an introductory description of PMA.

It is explained that a PMA coach:

- Does not conduct physical examinations
- Does not make diagnoses
- Does not prescribe medication
- Does not discourage the use of any existing medication
- Does not draw conclusions
- Does not provide guidance or advice
- Does not employ hypnosis

During a PMA session, the client retains complete control, with the ability to halt the session at any time. A PMA session consists of advanced questioning with the aim of jointly discovering the underlying causes of the client's complaints and permanently resolving them.

- The client is informed about the reason for closing their eyes during the session, which is to minimize the influence of external distractions.
- It is explained that the Complimentary 30-minute intake is solely intended to provide the client with an experience of how PMA sessions are conducted.
- To resolve the root causes of their complaints/problems, it is necessary to continue questioning until a complete understanding of the underlying jamming station is achieved.
- PMA sessions typically span a duration of two hours.

This initial portion usually takes no more than 10 minutes.

Step 2:

A demonstration of a PMA session is provided, lasting approximately 15 minutes.

- Prior to the moment when the client closes their eyes, the Coach asks the client the familiar PMA starting question if anything unpleasant has occurred recently that has caused the client a negative feeling
- From there, the coach follows the standard procedure: Event - Most unpleasant Moment - Most unpleasant Detail - Feeling - Next spontaneously arising Event.

Step 3:

After the session, the client is asked if they would like to schedule an appointment for their first session. If they agree, the date and time are arranged.
Once the client has completed their initial session, they are offered the option to pre-book 3-5 additional sessions. If the client chooses to proceed with this and makes the payment in advance, a discount can be negotiated, if desired.

The PMA coach explains that they will send three forms to the client via email. It is clarified that the intention is for the client to complete these forms prior to the first session to save time and allow for an immediate start to the session.
(See subject: “Protocol PMA Session" below for further details.)

If the coach senses any hesitation from the client, they inquire about the reasons and areas of doubt. (This allows the coach to understand the client's beliefs and address any questions they may have.) It is explained that the client can expect to see immediate results from the first session onwards, which will aid in their personal development journey.

Integrated within a program

Sometimes PMA sessions are part of a program (e.g., through schools, businesses, government agencies, etc.). In that case, the client is not the contractor but the organization that pays for the sessions. The reasons and preferences of the contractor need to be taken into account, and the work should be focused on the improvements indicated by the contractor.

During the intake, the same topics are discussed as indicated in the above Step 1. This is then followed directly by the first session with the client. The client is not asked about a recently unpleasant event in general, but about a recent negative event that has been identified by the contractor as a problem.

The client is asked how they experienced this event. (This reveals the client's belief systems.)

If the client also sees this event as their problem and is aware of it, they are asked if they want to change this behavior. If yes, the coach continues with the question: When you feel the urge to adopt that behavioral pattern, what do you notice just before that? The triggers that led to this disruptive behavior are thus being asked about.

The client is asked if they are aware that their behavior is disruptive and if they agree that this behavior does not serve them or their relationships with others. It is also possible that the client does not see their behavior as a problem but attributes it to their boss or colleague. In that case, they are asked to mentally go back to that event and express the triggers that bother them about their boss or colleague.

Once the Homebase has been mapped, you continue with the PMA session following the standard PMA procedure.

Part of the first individual PMA session

This is the most common scenario where the client has already scheduled an appointment with the PMA coach through a channel (as mentioned in the previous section "Exploratory phase"). In this case, there is no separate intake, but the explanation as outlined in Step 1 is followed, and then the session proceeds directly.
The three lists (See topic: “Protocol PMA Session” below) are then sent to the client via email immediately after scheduling the first session.

PMA Protocol Session

Actions prior to the session.

The PMA coach sends the client the following forms once the final appointment for the first session has been made:

a. PMA Session Form 1 - Client Data and Address
b. Health Status Form
c. PMA Intake Level Form

All forms (under the name as indicated above) and information about them can be found for the PMA coach on top of our website: https://www.pmainstitute.com/ under: “Loging for PMA Coaches”.

The instructions on how the *PMA Intake Level Form* and the *Personal Growth Forms* are used by the PMA coach can be found in the document: "Application Growth Form".
The coach confirms the date and time of the appointment via email. PMA sessions can be conducted either in person or through a virtual platform such as Zoom, Teams, Skype, Google Meet, etc.

The first PMA session (2 hours)

The session begins immediately, even before the client closes their eyes and goes into a re-living state. At the beginning of the session, the coach identifies the client's complaints and goals.

The client is explained that the most powerful results will be achieved when they cooperate fully and follow the explanations provided by the coach regarding the PMA method's approach. "Full cooperation" means that there is mutual trust and the client shares everything that comes up in their mind, even if it seems irrelevant. Any spontaneously occurring thought or image is important and should be voiced by the client.

NOTE: The PMA coach empathizes with the client's feelings. The coach asks themselves what they would expect from a caregiver if they had the same problem. By speaking from this perspective, the client feels that the coach genuinely wants to help them.

The PMA coach is guided by the following steps:

- What are the client's goals?

- Ask the client to specifically express what they mean by their goals. (Often, goals can be vague and lack a concrete image. For example, "I want freedom." What does that entail? A goal without a concrete image is an expression of the friend mechanism.)
- Ask further until it is fully clear to both you and the client.
- Ask the client about their complaints/problems.
- How do these complaints manifest in their body?
- Are the complaints present 24/7 or recurrent? (In a PMA session, the primary focus is not on the complaints/problems but on a recent event that has caused the client an unpleasant feeling.)
- Ask about a recent situation that has given the client an unpleasant feeling and map out Homebase.
- From this point onwards, the coach follows the standard procedure: Event - Most unpleasant Moment - Most unpleasant Detail - Feeling - Next spontaneously arising Event.
- After reliving the next event, inquire about the similarities between that event and the recent situation they initially described. (Homebase).
- When appropriate continue to ask for making those connections in between or after each new event.
- It is crucial for the client to become aware that the present contains everyday sensory perceptions that activate negative experiences from the past, and that this subconscious comparative material is responsible for their current negative feelings and behavioral patterns.
- Raising awareness of this is the most powerful lever to instill confidence in the client's own subconscious processes and motivate them to continue with the PMA sessions.
- Encourage the client to engage in self-help PMA sessions at home as described in the book "Desirable Power”
- Occasionally send a brief email, genuinely expressing interest, to inquire about their well-being.