

*I started seeing Mallery for QNRT therapy after being referred to her by a friend. After having a traumatic year of cancer treatment and relationship trauma on top of unresolved childhood trauma, I was having difficulty concentrating, sleeping, and overall felt poorly physically and emotionally. Mallery's kind, knowledgeable, and compassionate manner made me feel comfortable and at ease. After my first three sessions with Mallery, the progress I'd made was astounding. I had come further in those sessions than I had in months of EMDR, talk therapy, and other modalities I'd tried. I very quickly had a greater ability to concentrate and remain calm in stressful situations, as well as an improved inner state and feelings about myself. Each subsequent session has led to a deeper sense of healing and peace. It feels like my life is coming back together after being almost completely broken. As a therapist myself, I am amazed by what Mallery and QNRT have done for me and plan to become trained in it myself, in hope that people of all ages can achieve deep healing from emotional wounds. - L.T.*

*Doing QNRT work with Mallery Hammers has been nothing short of life-changing. Within the first week after my very first session, I had deeper, more restorative sleep and a better perspective on life. I found that I could move through the emotion that was hindering me and think more clearly about life's bigger challenges. After the following resets, this only continued. I have found calm & peace and rational thinking. I can feel the difference, and those closest to me have seen the difference. - M.H.*

*I have seen many counselors and therapists in the last five years. I even started a medication to help with the challenges that kept piling on. I was diagnosed with a rare eye condition that leads to blindness, faced infertility treatments - all of which failed - and dealt with trauma that sometimes comes along with being a stepparent within a blended family. I couldn't face all of these issues together... I felt I was falling apart and my marriage and relationships were suffering. I was prone to panic attacks and anxiety, short tempers and harsh words. None of these are my true self, but I was locked into a pattern. QNRT at Unlock Healing has changed all of that. I feel free and able to look my life in the face and greet each day. I can think about each hard thing, and not feel a surge of panic. I have had calmer responses and my marriage is stronger than I could have imagined it. For me, it started with my own change. But I did need help, and I am so glad I found QNRT with Mallery. QNRT resets have led to a change I can feel and see. I am forever grateful. - Anonymous*

*My experience with Mallery Hammers with Unlock Healing has been powerful. Mallery is professional & warm at the same time. She made me feel safe with vulnerable topics, and listened with genuine care and compassion. She moves through the reset with confidence and I end each session knowing that something good has happened within me. I would recommend her to my closest friends and family... and anyone else! Thank you Mallery! - M.H.*

*My first session with Mallery was life-shifting. She begins the session by answering questions, outlining the intention behind QNRT, and putting you at ease with the process. She is passionate about this work and that really becomes apparent through her care and attention to detail. We were able to pinpoint and reset my subconscious regarding an event that I didn't even realize was affecting me so deeply. In the*

*days following the reset, I really realized how much that life event was weighing me down. I feel a whole new sense of freedom and creativity now and moving forward. I am so grateful, and so looking forward to more sessions to come! - J.A.*

*I heard about QNRT from a friend and was very curious to learn more. I was in contact with Mallery and set up my first appointment. Mallery was great at explaining what QNRT was and how it worked. I went to my first few resets and I was amazed at the changes I started to see within myself. As I have continued with the resets I started to see big mindset shifts that have had a huge impact on my daily life. Mallery has been incredible in this whole process, she is very trusting and is very sensitive to the things that come up from the resets and is very gifted in speaking truth into each situation! I would definitely recommend going to see Mallery for QNRT! - A.R.*

*Having no knowledge of the process of QNRT but eager to reap the benefits, I had a lot of curiosity on how it all worked. Mallery was kind and patient throughout our first session, and has been a supportive therapist in each session following. As each need for a reset comes up and brings unexpected responses, Mallery guides me through the reset and ensures that I feel supported and comfortable. It can get emotional and she creates a safe space as we rewire my brain! QNRT has overall lowered my anxiety, helped me feel safer, and slowly but surely changed my subconscious to redirect my behaviors. It was the right next step for me after a year of cognitive behavioral therapy! - D.J.*