

Timoteo Crnković Introduces Drug-Free Relief for Anxiety and Panic with Rapid Mental Reset Method

Renowned hypnotherapist Timoteo Crnković launched a timely and drug-free intervention for individuals having mental health challenges such as anxiety and panic disorders through his groundbreaking RMR approach, or Rapid Mental Reset approach.



Zapreshic, Zagreb Aug 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - Renowned hypnotherapist [Timoteo Crnković](#) launched a timely and drug-free intervention for individuals having mental health challenges such as anxiety and panic disorders through his groundbreaking RMR approach, or Rapid Mental Reset approach. Indeed, this innovation is truly relevant for this age, where global mental health is now a priority, especially after the pandemic.

The Rapid Mental Reset approach was developed to give a drug-free, rapid intervention with enduring effects. The method integrates different effective approaches such as somatic regulation, clinical hypnotherapy, and subconscious reprogramming, aiming at the root causes of panic attacks, anxiety, and other mental health concerns. RMR is applauded and gaining leverage among leading medical practitioners and clients globally, especially for its transformative effects after undergoing a few sessions.

Crnković shares how people have been conditioned to think that anxiety must be cured using medications or prolonged therapy, and RMR changes that because, as he said, “The mind has a remarkable ability to heal when you work at the subconscious.” This, he explains, triggers the Rapid Mental Health reset.

RMR focuses on reconnecting individuals to their core, unlike medications or the traditional forms of

therapy. Patients who have undergone RMR reported significant improvements in their confidence, emotional stability, and nervous system control in a few weeks time. Recipients of this approach have expressed appreciation of this treatment, especially because it is non-invasive, organic, and tailored to the needs of individuals.

Pilot studies and reports from clients from last year till early this year have shown that RMR has been successful in minimizing mental health symptoms such as panic disorder, generalized anxiety, and trauma-related stress without the need for pills and other treatment. People nowadays have been very concerned about the side effects of pills, or being dependent on mental health medications. RMR is now the solution for all of those concerns. With the growing number of people all over the globe who are challenged in their mental health as reported by the World Health Organization, RMR is the solution for those who are looking for unconventional yet effective forms of treatment.

RMR is also available in person to person meetings and digital platforms through private sessions with a licensed practitioner. This will soon expand into Western Europe and North America next year.

To learn more or schedule a consultation, visit <https://www.timoteocrnkovic.com>.

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