

Please read this before we start. If anything is unclear or you would rather talk it through than read it, just say so and we will go through it together.

What I offer

I am a Certified Havening Techniques® Practitioner. Havening is a hands-on practice that uses light stroking on the arms, hands and forehead alongside guided attention. You stay awake and aware throughout.

I am not a registered health practitioner. I am not a psychologist, psychotherapist, counsellor or doctor, and Havening is not psychotherapy or medical care.

Havening should not replace advice or treatment from your registered health practitioner, nor should it delay or postpone you seeing one about a health problem. If you are currently under a doctor or a mental health professional, please stay with them.

What I cannot promise

Havening has not yet been fully researched by the academic, medical and psychological communities. Havening Techniques International describes it as potentially experimental and states that the extent of its effectiveness, along with its risks and benefits, are not fully known. Their scope of practice states that it is not a cure for mental health conditions.

I cannot tell you what Havening will do for you, and I will not pretend otherwise.

Touch, and your control over it

☐

I understand that sessions involve light touch on my arms, hands and forehead. Lisa will explain and ask before any touch. **I may choose to apply the touch myself with her guidance instead, at any time and without giving a reason.** I can pause or stop the session whenever I want.

Please initial the box above.

Possible effects

Havening is not suitable for everyone. It can bring up strong or uncomfortable feelings, both during a session and afterwards. Some people feel tired or emotionally tender for a day or so.

If something surfaces that needs more support than I can offer, I will tell you honestly and help you find the right person.

☐

I understand that sessions may bring up difficult feelings, and that Havening may not be suitable or helpful for me.

Confidentiality

What you bring stays with me. I keep brief notes, stored securely, and I do not share them.

There are two exceptions, which apply to any practitioner. I may need to break confidentiality if I believe there is a serious risk of harm to you or to someone else, or if I am required to by law. Wherever possible I will talk with you first.

Your information

I collect only what I need in order to work with you safely. It is stored securely, it is not shared or sold, and it is kept for seven years and then destroyed. You may ask to see what I hold about you, or ask me to correct it, at any time.

Practical terms

- Sessions run about an hour and sometimes a little longer, up to seventy five minutes.
- The fee is \$75 a session. If that is out of reach, please talk to me. Koha is welcome and I would rather see you than not.
- If you need to cancel or change a time, please let me know as soon as you can.

Your agreement

- ☐ I have read and understood this form, or Lisa has talked me through it.
- ☐ I have had the chance to ask questions.
- ☐ I am taking part voluntarily and I understand I can stop at any time.

Full name

Date

Signature

Practitioner signature

Lisa Legg is a Certified Havening Techniques® Practitioner. Havening Techniques is a registered trade mark of Ronald Ruden, 15 East 91st Street, New York www.havening.org
Lisa Legg, Thrive Together · Red Beach, Auckland · thrivetogetherhavening@gmail.com · 021 885 493