Consent for a young person

Lisa Legg
THRIVE TOGETHER

For anyone under 18. This is completed by a parent or guardian, and signed by the young person as well. Please read it together if you can.

Young person's full name

Date of birth

Parent or guardian name

Relationship to young person

Phone

Email

What I offer, and what I do not

I am a Certified Havening Techniques® Practitioner. Havening uses light stroking on the arms, hands and forehead alongside guided attention. Your child stays awake and aware throughout.

> **I am not a registered health practitioner.** I am not a psychologist, psychotherapist, counsellor or doctor. This is not counselling and it is not medical care.
>
> If your child is under a doctor, a school counsellor or a mental health service, please stay with them. If what your child brings sits outside what I am trained to work with, I will tell you honestly and help you find the right person.

Touch

> **With young people, the usual arrangement is that your child applies the touch themselves while I guide them.** It works just as well and it means they stay in charge of their own body.

Please choose one:

- ☐ **My child will apply the touch themselves**, with Lisa guiding.
- ☐ **I consent to Lisa applying the touch**, having discussed this with my child and with Lisa first.

You stay for the session

A parent or caregiver stays for sessions with under 18s. If that ever becomes the thing getting in the way, we will talk about it together rather than quietly changing the arrangement.

Your child can stop

> Your child can pause or stop at any point, and they do not need to give a reason. That decision is theirs rather than yours. A session where a young person feels they cannot say no is not a session worth having.

What I cannot promise

Havening has not yet been fully researched by the academic, medical and psychological communities. The organisation that trained me describes it as potentially experimental and states that it is not a cure for mental health conditions. It is not suitable for everyone and it can bring up difficult feelings.

I cannot promise you an outcome, and I will not pretend to.

Confidentiality

What your child brings is treated with care. I keep brief notes, stored securely. I will not report back on everything said, because that would make it hard for your child to speak freely, but I will always tell you if I have a concern about their safety.

As with any practitioner, I may need to break confidentiality if I believe there is a serious risk of harm to your child or to someone else, or if I am required to by law.

Other people involved in their care

GP, counsellor, or anyone else currently supporting your child

Agreement

- [ ] I have read and understood this form and have had the chance to ask questions.
- [ ] I consent to my child taking part, and I understand I can withdraw that consent at any time.
- [ ] I will stay for sessions.

Parent or guardian signature

Date

THE YOUNG PERSON'S OWN AGREEMENT

Lisa has explained what will happen. I know I can ask her to stop at any time, and I know I do not have to give a reason.

Signature

Date

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
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