

What actually happens in a Havening session

Here is what a Havening Techniques® session involves, start to finish, so nothing about your first one is a surprise.

BEFORE YOU COME

The address is in your booking confirmation, and I email you a link to a short form you fill in online. It covers your background and anything useful for me to know, and takes about ten minutes. Send it before your appointment rather than on the day, so I have read it before you arrive. If a question on it feels like too much to write down, leave it blank. We can talk about it in person, or not at all.

WHEN YOU ARRIVE

A quiet room at my home in Red Beach. We start by talking for a bit. I want to understand what you have brought with you, and you want to know whether I am someone you can sit in a room with. Both of those matter.

THE TOUCH

Slow, light stroking on your upper arms, the palms of your hands, and your forehead. That is genuinely all of it. No pressure, and nothing that hurts. I show you before I use it, and I ask first every time.

Some people prefer to apply the touch themselves while I talk them through it. That is exactly the same process. You can decide that at the start, or change your mind partway through, and you do not need to explain why.

Wear whatever you are comfortable in. Nothing specific, and no need for short sleeves, because the touch works perfectly well through layers.

WHAT YOU WILL NOT BE ASKED TO DO

You do not have to talk about anything you are not comfortable with. That is the part that surprises people most, and it is the reason a lot of people are willing to try Havening at all. You can work on something without narrating it to me. Some people do choose to talk. That is your call, every time.

THE WORK ITSELF

You stay awake and aware throughout. You are in the conversation the whole way, and you can stop, pause or change direction whenever you want. Nothing happens that you have not agreed to.

I am guiding. You are the one doing the work, and the shifts happen in your own body. I am not the expert on you.

There is more than one Havening technique. I will tell you which one I think will suit and why, and we can change course partway through if another one would serve you better. The touch stays the same either way.

You do not have to know or remember what caused something. We can work with the felt sense of it, the emotion, what your body is doing. And if it is all too overwhelming to look at, we can do silent Havening instead, which is the same touch without working on anything in particular.

You might get upset. It happens, and it does not mean anything has gone wrong. I am not going to be thrown by it and I am not going to rush you.

AFTERWARDS

We sit for a few minutes and debrief. How it went, how you feel, anything you want to share or ask. I will not hustle you out the door because the time is up.

I have not had anyone leave tired or wrung out. Quite the opposite: calm, and usually energised. Everyone I have worked with has left calmer than when they arrived. I will still talk you through what to watch for and how to look after yourself for the rest of the day.

I will get in touch a couple of days later to see how you are doing. Not to check whether it worked. Just to see how you are.

THE PRACTICAL BITS

60 to 75 minutes. \$80, payable on the day, cash or bank transfer. If \$80 is out of reach, koha is welcome, so book in and mention it when we talk. In person, in a room at my home in Red Beach, Mondays, Tuesdays and Thursdays.

ONE HONEST NOTE

I cannot tell you what Havening will do for you. It is not suitable for everyone, it can bring up uncomfortable feelings for some people, and it is not a cure for mental health conditions. What I can tell you is what a session involves, what it costs, what I will and will not do, and that you can stop at any time.

If you have a question this did not answer, email me at thrive-together-havening@gmail.com or call 021 885 493. It comes straight to me.

Cheers,

Lisa

Lisa Legg, Thrive Together

Red Beach, Auckland

021 885 493 · thrivetogetherhavening@gmail.com · lisalegg.co.nz

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 is not a registered health practitioner. Havening should not replace advice or treatment from your registered health practitioner, nor should it delay or postpone you seeing your health practitioner about a health problem.