

Havening

1. Pray and ask Holy Spirit to surround, protect and guide during the session
2. Ask about their favorite places, activities, songs, topics to talk about
3. Close eyes, go back to memory and emotions of the traumatic event (see, hear, feel)
4. Scale of 0 – 10 how bad is it?
5. Open eyes, clear mind. Any reason to hold on to this memory?
6. Imagine walking in favorite place, count your steps from 1 – 20 (arm brushes throughout)
7. Shift to singing a song, or favorite topic (hand brushes)
8. Slow gentle breaths
9. 0 – 10 first number that comes to mind
10. Close eyes, count backwards from 30 by twos, face brushing
11. Use other distractions as needed (funny, stuff, counting, humming, etc.)
12. EMDR
13. Close eyes, deep gentle breaths with arm brushes
14. 0 – 10 first number that comes to mind
15. Close eyes, go back to favorite place and imagine walking, seeing, feeling, and count every step (1 – 20)
16. 0 – 10 first number that comes to mind
17. I count 1 – 5 while moving away, open eyes at 5
18. Assess feelings
19. Heavier or lighter?
20. Debrief: close eyes and drift back to original memory. What's happening/feeling?
21. What change to picture of memory
22. Try to bring back the stress of that memory. What's the difference?
23. 0 – 10 what number
24. Pray and ask Holy Spirit to confirm and seal the healing that was done