

# The Trauma Freedom Project

*Healing what holds you hostage*

## Testimonials

### What are clients saying?



### TRAUMAS

*Losses, Chronic Health Issues, Accidents, Divorce, War-Time Events, etc.*

#### **I Hated My Life - it Was a Struggle to Be Alive**

"I hated my life . . . it was always a struggle just to be alive. I grew up as an empathic, sensitive, highly intelligent Jewish boy. My family were stoic second-generation Holocaust survivors. Holocaust remembrance was a large part of my life. I was taught not to feel.

As early as I can remember I have felt disconnected from a sense of self and my internal world and have been haunted by a sense of heaviness and impending disaster. This was confirmed and compounded by my time as a tank gunner in the Israeli army during the Yom Kippur War of 1973 where I witnessed my buddy's death and lost many friends killed in action.

I participated in 3 hours of Havening and after a whole life of feeling frozen I am blessed now to feel a definite lightness and vitality. Other welcome changes included noticeable softening in my face, my bronchial tubes have expanded, and my ability to socially engage has definitely improved.

I recommend Havening for anyone ready to experience relief from significant trauma."

**Gadi Pollack. President, Lead Beyond Trauma Project. Houston, TX**



## **For a Time, I Lived Life in a Pink Bathrobe . . . Now Completely Free from Shingles**

“I was a realtor with a successful business, 4 teenage sons and a husband who was an attorney involved in politics. I had enormous responsibility in running my home, caring for 4 boys, and supporting my husband in his political aspirations. A typical day was 15 hours.

I developed a case of shingles so debilitating that I was no longer able to work or care for my home and family. I lived life in a pink bathrobe . . . the only thing I could tolerate wearing close to my skin. We spent a fortune seeking help from a variety of dermatologists all over New Orleans. None of the medications were helpful. After 6 weeks in bed . . . in desperation I sought another approach.

In several sessions Stephanie determined that my shingles were a stress response to the overwhelming demands I had on my time personally and professionally. My shingles were my body’s way of crying for help and much needed rest. As I took on a new routine built on self care, kindness and compassion for my limits, designed in my time with Stephanie, over several weeks my shingles completely disappeared. I now have a life and permission to care for myself. My skin has rewarded me by healing entirely with no need for prescription medication.

What a blessing it is to be able to put on normal clothing and return to life!”

**Jane S., Realtor of the Year, Fonville Morrissey, Kenner, La**

## **INAPPROPRIATE TOUCH**

*Incest, Rape, etc.*

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### **Recovering from Sexual Molestation – I Feel that I am More than My Sensuality**

“When Havening was introduced to me, I had a multiple of sexual molestation traumas, from my childhood. Throughout my adult life, I experienced difficulties with intimate relationships, feeling my worth came from sexuality and sensuality. In my 15 hours of learning Havening techniques, I gained release from feelings of guilt, shame, confusion, anger and hatred. I was able to realize that those memories were not my choice or my doing, and learned how to replace them with goodness and mercy, toward myself, with Havening.

I have achieved true freedom through this very powerful method. My life and my future have been impacted in a unique and exceptional way. I am now better equipped to handle life choices, in ALL of my relationships. I also know that I can better handle various facets of life, due to this life altering and enhancing experience. I am forever grateful to Stephanie, and to God for allowing our life paths to cross. Thank you!”

**Ana G**

## 67 Year Old Survivor of Incest. Now Feels Safe in His Body

“First off, I am not a testimonial writer. However after working with Stephanie, I felt compelled to share my experience.

My age is 67, I now feel younger each day because of the Havening Technique. My main trauma was incest abuse as an adolescent. As a result of the violation of my body I have lived many days at an off the chart pain level for 50 years. How I have held my life together all these years is a mystery to me. How I am alive today is a miracle as well. I have tried almost every type of therapy except electro-shock therapy. I always made some progress . . . but the Big Elephant in the room always returned; self-abuse was my coping mechanism. I had a death wish.

I found Stephanie by coincidence . . . she let me know right away that there would be homework each session. I found the Havening Homework pleasurable. In two sessions (about 5 hours) my discomfort levels significantly dropped, with only occasional peaks. My life became manageable in a very short time. I completed my work in several sessions (about 10 hours). I am totally at peace with my past, I am at peace with myself and the abuser; it's as if it no longer matters. Stephanie's work gave me a 'safe haven' from the abuser. I feel safe in my body and safe sharing this story with you. I start each day with the techniques I have been taught; I have feelings daily of love, calmness, joy, and peace and I believe in myself. Due to this work I feel more whole each day!”

**Chaz R., Corporate Sales Manager, Meditation Teacher**

## ANXIETY

### My Daily Discomfort Level Was a 10 on a Scale of 10 – Recovery from Anxiety

“When I began sessions with Stephanie, my daily discomfort level was a solid 10/10. Anytime I was nervous or felt survival anxiety – sometimes it was answering the phone, even if it was my own grandmother – I would have symptoms of vomiting, feeling nauseous, diarrhea, fatigue, and clenching my body.

Going to work or school became an uncomfortable and stressful event, even road trips were scary. If I didn't have access to a bathroom every fifteen minutes I began panicking because most of my symptoms that I could not control required a bathroom.

With Stephanie's help I have: learned to take time and check in on myself before acting in a situation, my procrastination has turned into motivation along with most of my nervousness being turned into excitement – of course I am still cautious if the situation permits it. In our final session I developed a stronger relationship with self-confidence/ knowing which was ultimately my root cause to my physical symptoms.

My life after working with Stephanie feels more like I control what's happening in my life

versus asking 'why is this happening in my life?', 'who is doing this?'. When I start feeling my old symptoms, or new ones, I now have the tools and am able to navigate from a healthy viewpoint.

I noticed big shifts throughout our work together and my family/close friends see me as a different person – my brothers are no longer able to gang up on me or don't feel the need to put me down and it has been a blessing to watch my family relationships begin to heal. Once I started changing, the people around me were not able to act the same which forced them to change with me or leave my life. The need to be scared or in victim-mode now seems silly.

I was blessed to be working with Stephanie. In our time together I had six family deaths and two unannounced run-ins with my dad who I've asked to stay out of my life and at certain times I did feel a 10 because that's life, but I wasn't shaken up about it for months, which to me is a huge personal improvement. I would confidently say that since the beginning of 2022 my discomfort level/symptom intensity has not gone over a 3.

With my last two sessions being at the beginning of 2022 I was able to get all past traumas down to a solid 0 and gained tools so that when symptoms start, I never get past a 2 and am able to bring it down to a 0 in a matter of seconds."

**J.B., 20 years old, Independence, MO**

### **I Had Constant Fatigue, Anxiety, and Depression For as Long as I Can Remember – Now On My Way to Law School and a Life**

"I was diagnosed with C-PTSD after years of growing up in a broken home and dealing with bullying as a teenager. I was constantly self-sabotaging and had very low self-esteem. I had constant fatigue, anxiety and depression for as long as I can remember. I have seen multiple therapists, counselors, and physicians for over a decade. Some approaches would help ease the discomfort temporarily but I just felt like I was going in a circle and would often feel worse after seeing a therapist. I now have zero symptoms of depression and anxiety. They have completely disappeared. I also have full levels of energy back as well.

My life rapidly began to change after working with Stephanie. It's difficult to describe in words because it's truly unbelievable how much my life has changed since working with her. I stopped self-sabotaging immediately after our first session. I look at the world completely differently, I am confident and I can be fully present in the moment. She was able to help me move on from past events in my life and has helped me see my strengths. Each session is completely different when working with her, and each session has brought profound change into my life. I've had three sessions so far."

**Kaitlin Ashby**

## PHOBIAS / PANIC ATTACKS

### Fear of Flying

"I began to suffer from an extreme fear of flying. Previous to this I had been flying privately for almost 20 years and never had any trouble. The fear of flying was an immediate onset. I had a three hour session with Stephanie and engaged a meditative exercise to get a complete overview of the problem. This in fact was really intriguing as I came to understand that the fear had a much longer history.

Stephanie created and tested an exercise to heal the original fear, and crafted an intervention to interrupt the entire phobic response. So simple, so powerful! Today I use the healing exercise as a healthy regimen daily to help in almost any situation...from general stress, to fear of a challenging situation. I do Stephanie's exercise and all is well, clear, and safe for me.

In the past 3 years since the phobia work I have been flown over 15 trips through some fairly intense, low visibility, and turbulent weather."

**Jim Hill, Raleigh, NC**

### Veteran with Panic Attacks/Inability to Drive

"I walked into Stephanie's office ready to give up completely on myself and not saying much at all. On the day of my first appointment, I was very nervous and filled with anxiety. I walked in and she made me feel at home. She got to know me a bit more and after that we got right to work. I was desperate for help, so I went into the appointment with an open mind and heart. It was completely unique to any therapy experience that I had ever had . . . and it was AMAZING!

Before going to see Stephanie, I was experiencing panic due to Trauma that I had experienced while the military. After I left the first appointment, I was excited about the next appointment. I learned techniques that quickly calmed me; I have effectively used these techniques to self calm since that first session! Stephanie's work and experience is unprecedented.

After just 4 appointments (9 hours) with Stephanie, I was almost back to feeling like myself again. She is a great person who embraces you and she genuinely cares about your experiences and getting you better. I recommend Stephanie to anyone who wants intensive, fast recovery. She is an amazing wonderful person! She checked in on me often and her line was always open for me to call if I needed to."

**Toya Jenkins, M.Ed, Veteran Outreach Specialist, Kansas City, KS**

## MOOD REGULATION / LACK OF SELF-ESTEEM

### **As a Successful Doctor With Many Years of Practice, I Had Achieved Most of What People Believe They Are Looking For in Life; I Lacked, However, Basic Happiness and Peace**

“As a successful doctor with many years of practice, I had achieved most of what people believe they are looking for in life; I lacked, however, basic happiness and peace. I had invested a lot of time and energy in seeking insights, believing that more knowledge and more control would bring the happiness I was seeking. It did not.

In a few sessions with Stephanie I found the quietness possible through an open heart. In seeking and practicing this connection I developed, in this relationship with the tender heart, warmth, and personal compassion for self and others, leading to a daily sense of peace. I am very grateful for the richness this had brought to my life!”

**Bill Carter, M.D., ObGyn**

### **Feelings of Inadequacy / Lack of Direction**

“When I first came to see Stephanie, I was dealing with feelings of inadequacy and I was unsure of what direction I should take in my life. I was trying to take direction from my father and make him happy by chasing his dreams for me. This created a lot of confusion and pain in my life as I was trying to create a life that had no chance of making me happy.

Previous to my sessions with Stephanie my vision was clouded but after working with her and regularly Havening at home, I was able to see more clearly how I had perceived my life. I learned to trust the guidance from my higher self and live my life with ease.

Living my life from a place of trusting that all will be well has created a great sense of peace for me. I have much more confidence in my abilities and the choices I make about my future. There is an overarching belief that no matter what direction I go, I will be happy and successful. I cannot imagine ever going back to my old way of thinking and I look forward to each day and the opportunities that will present themselves to me.

I have Stephanie to thank for all this magic that has come into my life.”

**J.W., Disability Specialist**

## My Mind Raced Constantly – I Have Now Found my Peace and Purpose

“For as long as I could remember I struggled with a mind that was constantly racing. Every second of every day my mind was multitasking thinking about work, home, life. I believed that this was one of my greatest strengths as I was constantly problem solving every area of my life every second of the day and night. I had no idea it was negatively impacting my mental and physical health. I tried counseling a few times, but felt as though we never arrived at solutions.

After becoming incredibly ill, both physically and mentally in 2018, I made the decision to finally find answers. This led me on a road of alternative healing where I found Stephanie Shipper. After 1 session the constant mind racing stopped and I found that I was able to focus and be present in the moment. It was and has been life-changing.

As of now, the mind racing is a part of my past. I never realized how exhausting it was for my mind to always be going. I was both physically and emotionally exhausted. Not only has my mind stopped racing, but my path forward has been made clear to me. I am now taking steps towards fulfilling my peace and purpose. I have worked for the federal government for 15 years, and have not been able to find a place where I feel valued. I am in the process of starting a non-profit specializing in horse therapy for veterans, and children with special needs. Once my business is up and running I will be leaving my current government position. I would never have found this path without Stephanie. I have had about 5 sessions.”

**Stephanie L, Government Contractor**

*“Stephanie Shipper’s techniques are advanced, unconventional, and combine her cross-disciplinary expertise in neuro-linguistics, kinesiology, intentional prayer, and brain-based change.”*



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