

# UNDERSTANDING THE DUAL RELATIONSHIP IN HEALING TRAUMA

## *Expert Outcomes*

**Stephanie C. Shipper**

**stephanieshipper900@gmail.com**  
**(919) 572-2215**

*I would like to welcome you as a New Client.*

I am interested in your complete recovery and know that symptom relief is only a part of trauma recovery (and yes that is wonderful in its own right.) However, a renewal of energy, life direction, and ease are also beautiful and unexpected aspects of recovery from trauma.

## Your Part

Your complete recovery depends 50% on your commitment to do the Re-encoding Exercises each day. These exercises remove any remaining charge associated with the trauma. After your first session you will receive a report and Homework directions on how to do this. I will check in with you a few days after your session to be sure that you understand and to follow how you are doing.

Havening restores the Serotonin, Gabba, and Delta waves in your system and creates an inner supply that enables resilience and quick access to relief. There are no side effects and you cannot overdo it.

**Note:** If you do not regularly do your Homework (understanding, of course, that every now and then you may take a day off), I will send you two reminders. Should you persist, then I will thank you and refer you out.

This treatment is not fully effective without Homework and is a waste of your time and mine without it.

**I Fully Understand and I am Committed to My Homework:** (please sign)

**Name:**