

## **HAVENING MENTORSHIP WITH ELENA KINDLER**

I am so excited to work with you on your journey towards Havening certification! You have up to *one year* from the date of training to complete all the steps necessary for me to recommend that you are certified as a Havening Techniques® Practitioner (after that, you would need to retake the training). The Havening certification process includes a **total of 23 sessions (20 written + 3 video)**:

- 20 written case studies
  - Please email me your case studies using the subject heading: [YOUR NAME]: CASE STUDY # \_\_\_. Do not upload your case studies to the portal.
  - Submit up to 3 case studies at a time **and review my feedback before starting your next Havening sessions and case studies**. This way, you can make necessary adjustments before a pattern starts that may be difficult to undo.
  - **Submit at least 2 case studies for each of the techniques**.
  - **Submit 1 case study using self-Havening (on yourself)**.
  - **Submit 1 case study where you work “content-free”** (client does not disclose the issue or event or any details; you only gather SUD and CASE at the beginning, along the way, and during debrief to measure progress)
  - You can work on the same person up to 3 different times.
  - Use the editable form that I give you to use (NOT the one in the resource library of the Havening.org website). Please submit your case study to me in a **word or google doc so I can type into the document with my feedback**. Please do NOT send me a pdf. You will receive detailed and timely feedback, typically by email, to facilitate your learning.
  - I will provide you with 2 model case studies to guide you as to what I’m looking for.
  - I strongly recommend that you try to complete the case study form immediately after the session ... and if that’s not possible, to at least take a few minutes to write down detailed notes that will help you remember the details for later in the day or week when you can write it up. Do not wait weeks to write up your case studies! Unless you have an amazing memory, it will be much more difficult, and you may end up “wasting” a good session and having to do more work than you need to!
  - While you can submit case studies on your own schedule, I suggest trying to submit at least 3-4 case studies each month so that you can get ongoing feedback that will help you hone your skills and/or confirm you are on the right track; if improvements need to be made, you want to know this early on, and certainly before you are half-way done with all your hard work and/or are running out of time!
  - Once you have submitted 20 case studies that meet these criteria and are sufficiently detailed and skillful for me to accept, you will have completed this portion of the certification requirement.
- 3 recorded videos (you do NOT write up a case study for these 3 videos)
  - Have the “client” sign the video authorization form before you videotape the session. Please email me a copy of the signed authorization with each video recording you submit.
  - I prefer a video that is 30-60 minutes in length (if it is a little under or over, that’s OK).
  - If possible, please send me a zoom link I can review. If you would like to submit a video by any other method, please talk to me FIRST to make sure I will be able to view it in the other format, so your work is not wasted!

- The video needs to show both you and the client (gallery view) and have good audio quality (another reason why a zoom recording is ideal). I will provide detailed feedback, typically by email, to facilitate your learning.
- **Please conduct your first video session after your 5<sup>th</sup> case study, your second video session after your 10<sup>th</sup> case study, and your third (and last) video after your 15<sup>th</sup> case study.** In other words:
  - 1-5 Case Studies → then 1st video
  - 6-10 Case Studies → then 2nd video
  - 11-15 Case Studies → then 3rd video
  - 16-20 Case Studies
- **For each video session, please provide the client with a brief explanation of the Havening neuroscience, do a demonstration of the areas of Havening Touch, and conduct a debrief.**
- Only 1 video can be with a fellow Havening student or practitioner. You need to work with a different person for each of the 3 videos.
- *You do NOT also need to write up the video session on the case study form.* Videos and written case studies are counted separately (20 written case studies + 3 separate videos).
- If you like, you can do a Zoom session with me in lieu of a third video (so I can give you oral feedback as both mentor and client). Be brave and try it!
- Once you have submitted 3 video recordings that meet these criteria and are sufficiently detailed and skillful for me to accept, you will have completed this portion of the certification requirement.
- **Science Exam (online)**
  - Most students worry a lot about this, but I can assure you that between the Primer, the training, and the PowerPoint, you will have all the information necessary to answer every question on the exam, which is OPEN BOOK! You can have all your resources in front of you when you answer the questions. And, you have 3 attempts! I recommend printing out the test first, reading it over once or twice, and then reading the Primer with the test on hand. You will be able to answer most of the questions this way.
  - I *strongly recommend* you try to complete the science exam when the learning is fresh, within two weeks of the training and once you've read the Primer (and reviewed the PowerPoint slides, if needed).
  - In our first group mentorship session, I will reserve plenty of time for any specific science questions you have so I'd encourage you to dig right in right away and jot down questions about anything that may be unclear. (See more about group mentorship sessions below.)
- **Ethics Exam (separate \$150 fee) – only required in the United States**
  - You will need to separately purchase and review the Midge Murphy written legal/ethics materials, complete the Ethics exam, and obtain your certificate of completion from her before you can become certified in the US. When you receive the written certificate, email it to me with the heading: [YOUR NAME] – ETHICS CERTIFICATE.

- Optional Group Mentorship Sessions online

- I aim to host 4 online group mentorship sessions, approximately once per month for the first 4-5 months after the training (on a date/time that works best for most.) These are totally optional. I'm making myself available to support your learning and help you stay on track. Each group session runs 90 minutes. You can ask any questions on any topic at any time. I will reserve time during the 1<sup>st</sup> group session for questions about the Science exam and how to write up a case study.

I'm here to support you on your certification journey, so if you're getting stuck or confused, or if there is something I need to be aware of, please don't hide! Reach out to me via email right away.

By signing in the space provided below, you acknowledge: (1) that you have read and understood these current requirements for mentorship with Elena Kindler and for certification as a Havening Techniques Practitioner; (2) that it is within Elena Kindler's sole discretion as to whether you have demonstrated sufficient understanding, skill, knowledge, experience, and professionalism to recommend you for Havening certification; and (3) that Havening certification by HQ is not guaranteed.

I, \_\_\_\_\_, acknowledge that I have read, understand, and agree to the terms of this mentorship document in its entirety.

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Signature

Date

Please email a copy of this signed page to me at [Elena@Metamorphosishavening.com](mailto:Elena@Metamorphosishavening.com) within 7 days. Thank you. Now let's get started!