

I have been received Havening treatment from Marianne Sandberg. It was completely new to me - but it was a bit like coming home. Havening affects the trauma areas that otherwise can be hard to work with, in a very special way.

You feel completely safe during the treatment. And your traumas /challenges seem more distant and less painful after treatment. One of my most traumatic experiences was a car accident. It had been really hard for me to drive past the place for several years. After Havening it has got easier, and now it no longer weighs on me in the same way.

Marianne's effervescent personality also has a good effect and helps to create a space where addressing one's challenges no longer feels dangerous. I can highly recommend working with one's trauma through the Havening method.

Marie Louise R