

The FAST Pathways® Academy - 'Havening Away' in Action

Louisa had always prided herself at toughing her way through her life's many challenges. She has a good network of friends and supportive colleagues, and plenty experience of keeping going when things got tough. Until the day she went to visit her Dad, and found him dead on the kitchen floor. The medics said it would have been quick - he hadn't suffered, and there was nothing anyone could have done. But that image of him seemed etched in her mind. She was having multiple flash backs and panic attacks every day, often bursting into tears, and finding it very difficult to be around other people.

She had to avoid all the places which she associated with her Dad (which was quite a few, as they'd spent so much time together), but pretty much anything could set it off. She'd taken off quite a bit of time from work because she just didn't know when it was going to hi-jack her, and when it did, those intense emotions could last for days.

When she kept bursting into tears, she couldn't bear to be around other people. People kept telling her to give it time, it'd pass, but months later the intensity hadn't reduced at all. She felt she'd lost all the hopefulness which used to keep her going.



Louisa's very first round of Havening brought the emotions of that memory from a discomfort level 10 (as bad as it could possibly get), down to zero. She could still remember exactly what had happened, but it was more like watching it in a movie – a past experience, instead of one that she kept on re-living. As she added more skills, the flashbacks stopped. One by one she was able to go to the places she'd been avoiding, and she came off her sleeping tablets. She began grieving normally, finding that many of the happy memories of times with her Dad surfaced instead of being suppressed. And instead of being too much to manage, work became something to immerse back into, a valuable route to moving forwards.