



Heal & Reset

BREAKUP & RELATIONSHIP TRAUMA RECOVERY PROGRAM



Program Overview

A Structured 4-Session Recovery & Rebuilding Pathway

This program is designed to support individuals navigating separation or divorce by stabilising emotions, releasing trauma stored in the nervous system, restoring clarity, and rebuilding direction for the next chapter of life.

This is not crisis management.

This is guided recovery, regulation and forward movement.

Session#1

RELATIONSHIP & TRAUMA MAPPING

Understanding what happened and how it affected you

This session focuses on:

- identifying relational trauma patterns
- recognising emotional injury, betrayal and power dynamics
- understanding how the relationship impacted self-worth, boundaries and safety
- clarifying values and unmet needs

Outcome

Clients gain clarity, validation and emotional grounding before release work begins.

Session#2

NSR TRAUMA RELEASE

Releasing stored relational trauma and nervous system stress

This session focuses on:

- identifying nervous system activation linked to the relationship
- releasing stored emotional stress and trauma responses
- calming fight, flight and freeze reactions
- restoring emotional regulation and internal safety

The NSR Clean Slate process is used to support trauma release.

Outcome

Clients experience emotional relief, reduced reactivity and improved nervous system regulation.

Session#3

INTEGRATION & EMOTIONAL STABILISATION

Processing change and rebuilding internal safety

This session focuses on:

- integrating emotional and physical shifts after NSR
- strengthening emotional regulation skills
- stabilising thoughts and emotional responses
- reinforcing boundaries and self-protection strategies

Outcome

Clients feel grounded, emotionally safer and more stable following release work.

Session#4

VAK GOALS & RELATIONSHIP RESET

Rebuilding confidence and healthy relationship direction

This session focuses on:

- restoring identity and confidence
- clarifying healthy relationship standards and boundaries
- rebuilding trust in self and future relationships
- creating clear personal and relational goals using the VAK Goals framework

Outcome

Clients move forward with clarity, self-trust and healthier relationship expectations.

Program Outcome

This program supports individuals to:

- regulate their nervous system and reduce emotional overwhelm
- release emotional pain held from past relationships
- rebuild self-trust and emotional safety
- strengthen boundaries and relational awareness
- understand unhealthy relationship patterns
- move forward with confidence and clarity

Breakup & Relationship Trauma Recovery is a structured healing program designed to support nervous system regulation, release relational trauma and rebuild emotional safety, confidence and healthy relationship patterns.

Program Investment

What you receive

4 x 90 Minute Individual Sessions
Delivered in person or via Zoom

Each session is delivered in a contained, trauma-informed and nervous-system-aware framework.

Option 1
Pay in full: \$1,500
Afterpay Available As Option

Option 2
2 payments of \$750
Afterpay Available As Option

Option 3
5 payments of \$375
Afterpay Available As Option

Heal&Reset
Investment Price: \$1,500

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“ Heal what happened. Reset how you move forward in relationships. ”