

Haven Dispatch

HYPNOSIS
HAVEN



June 2025



What's Up With GLP-1? + Gifts for Good Men & Great Metabolisms

Silent Doesn't Mean Strong

We don't all have fathers we admire. Some of us are healing from the absence—or the damage—that certain men caused. But this June, let's also acknowledge something else: there are men who are trying. Some who show up quietly, day after day. Who want to break cycles but don't always know how. They may not get much credit. They may not always get it right.

But when men choose healing—

when they get help instead of hiding, when they tell the truth instead of defending the lie—that is sacred work.

If you're one of those men—or you're raising one—I see you.

And if you've been hurt by one, I see that too.

Either way, this month is about choosing strength that stays, not strength that shouts.

Enjoy the newsletter

Susana

In this newsletter you can expect:

Strong Doesn't
Mean Silent

 Feature
Spotlight: What's
Up With GLP-1?

 Port of
Resilience Intro
with 24/7
Concierge Dr.

 Smoking
Cessation
Special for June!

 What We're
Talking About This
Month - Blog
Topics

 How to Connect



Introducing: Port of Resilience - 24/7 Online Urgent Care and Peptide Support

- ✓ \$129/month - 24/7 online urgent care
- ✓ Nutritionists + MD-led prescriptions
- ✓ GLP-1 if needed
- ✓ Add family for \$19.99/month
- ✿ Join during the Pilot Program for exclusive Peptide pricing!
- 🚫 [Tap here to start →](#)
[Port of Resilience.com](#)

My Clients Are...

- 🔥 Releasing cravings
- 💪 Building muscle
- 🦴 Reducing joint pain
- 🌱 Growing in self-control
- 👨‍👩‍👧 For Burnt-Out Parents
- 🕒 24/7 urgent care = fewer frantic last-minute doctor visits
- 🏠 Mental health add-on means support after bedtime chaos
- 📱 Whether you're healing your body or rebuilding your rhythm—this whole-body support keeps you anchored.



JUNE PROMO: Help Dads Stick Around

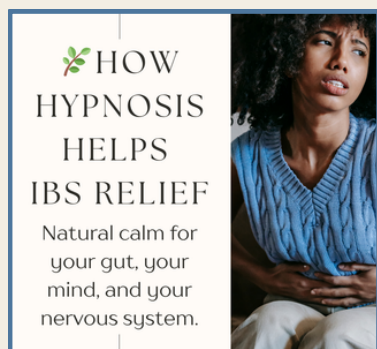
- 🚫 4-hour Hypnosis Package
- Regular: \$840
- June Rate:
 - \$650 for Dads
 - \$700 for Couples
- ♥ Real results.
- Real commitment.
- 🚫 [Book now](#)



Food Is Fuel. Not a Reward.

- ✦ Your body needs fuel, not punishment
 - ✦ Muscle doesn't build on fumes
 - ✦ Your mind deserves nourishment too
- If you're struggling with your weight and you want to know what your options are, let's talk.
- Hypnosis helps manage cravings, change what you want and your relationship with food. Motivate you to exercise and help you feel full with less food.
- Pre-diabetic? Let's talk!!

What We're Talking About This Month



“IBS Isn’t Just a Stomach Thing.”

In my work with clients experiencing Irritable Bowel Syndrome, I’ve discovered that what’s happening in the gut is deeply connected to what’s happening in the nervous system.

 **Did you know**
Connecticut ranks in the top 10 for IBS-related search traffic?

Stress, trauma, and repressed emotion are often at the root. That’s why hypnosis works: it gives the body a chance to calm the gut-brain feedback loop and build safety from the inside out.

✨ Whether you’re managing food fears, bloating, constipation, or bathroom anxiety, you are not alone. And you’re not imagining it.

➡ Explore the full article here:

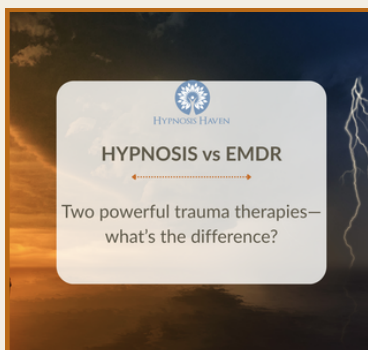
[Hypnosis for IBS Relief](#)



Walking Through Trauma: What Hypnosis Can Do for PTSD

There’s no shortcut through trauma—but there is support. Hypnosis helps your nervous system process stored fear, release survival patterns, and feel safe again—without reliving the pain.

🔥 Read how it works →
[Hypnosis and PTSD](#)



💡 Hypnosis or EMDR?

If you’ve ever wondered which method works best for trauma recovery, this side-by-side breakdown is for you. Learn how each approach taps into memory, emotion, and healing in distinct ways—especially for those carrying old pain.

🔍 Explore how both therapies unlock your nervous system’s natural capacity for peace.

📖 Read the full post:
[Hypnosis vs EMDR – Which is right for you?](#)



🌙 LATE IN THE EVENING

Private newsletter on healing from:

- Porn Addiction
- PIED
- Emotional compulsions

Written with warmth, research, and zero shame—this is where we hold space for deep, quiet healing.

✨ For men, women, and families reclaiming peace in the most personal parts of life.

✉ Subscribe now:
[Late In the Evening](#)



Closing Reflections from Susana

This month's issue was about showing up.

Whether you're walking through daily stress, weight changes, quiet trauma, or just trying to catch your breath—I'm glad you're here.

We're building a space where healing isn't rushed, dismissed, or sold back to you in pieces.

It's slow. Gentle. Real.

And it's yours to claim.

 Come ashore. Be restored.

With care,

Susana



@ HypnosisHaven



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