

**SANE  
SESSIONS  
MANUAL  
2025**

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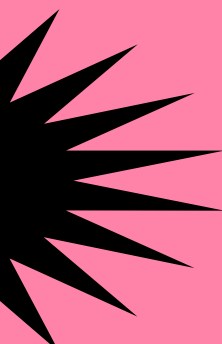
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# WELCOME TO SANE SESSIONS!

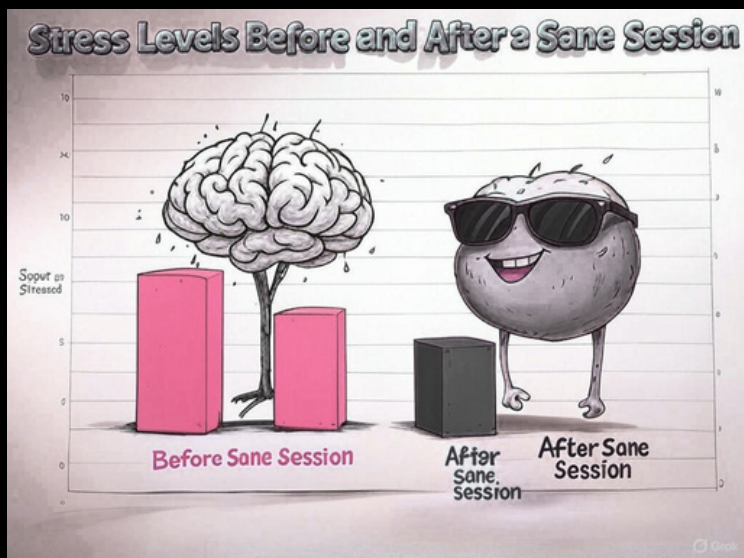


Hey there! You're about to dive into the world of Sane Sessions—hour-long hangouts with our awesome Sane Leaders. These aren't your typical sit-and-talk deals. Our Sane Leaders are licensed pros who bring a mix of fun, creativity, and real-deal wisdom to help Sane Trainees feel more grounded, confident, and ready to tackle life. Think of it like a cool mash-up of good vibes and clever tools to handle the tough stuff—all in a laid-back, no-pressure zone.

**Keeping it Chill,  
Creative, and Real.**



# WHAT ARE SANE SESSIONS?



## CHILL OUT, FIGURE THINGS OUT, AND GROW.

Sane Sessions are all about giving Sane Trainees (and their awesome brains) a space to chill out, figure things out, and grow stronger. Each session lasts an hour and is led by a Sane Leader—someone who's got the know-how of an adult but the playful energy of a Trainee. They're here to listen, guide, and sprinkle some creative magic into the mix. Whether it's busting stress, sorting out big feelings, or just finding a way to feel more "you," Sane Sessions have got your back.

# MEET YOUR LEADERS

Our Sane Leaders aren't  
your average grown-ups.

## LICENSED EXPERTS

They're licensed experts who've mastered the art of keeping it real.

## CHILL AND FUN

Picture someone who's chill, fun, and totally gets what it's like to be a Trainee—except they've got the skills and smarts to help you navigate life like a pro. They blend a bunch of cool techniques (think eye-movement tricks, mind-hack strategies, and ways to ride emotional waves) with a big dose of imagination and good vibes.





# WHAT HAPPENS IN A SANE SESSION?

Every session is a little different because every Trainee is a little different! Here's the gist:

## KICK BACK & CONNECT

01.

Sane Leaders start by making the vibe super relaxed—think laughs, maybe some doodling, or whatever feels fun.

## DIG INTO THE GOOD STUFF

02.

Using their eclectic bag of tricks, they'll help you tackle whatever's on your mind—stress, big decisions, or just needing a reset.

## CREATIVE VIBES

03.

Expect some out-of-the-box ideas—maybe a game, a quick art project, or a funky way to see things differently.

## WALK AWAY FEELING AWESOME

04.

You'll leave with new tools, a clearer head, and a boost of confidence to take on the world.

# WHY SANE SESSIONS ROCK



## **LESS STRESS, MORE CHILL**

Learn how to shake off the heavy stuff and feel lighter.

**01.**

## **BIG WINS FOR BIG FEELINGS**

Get better at handling emotions without losing your cool.

**02.**

## **CONFIDENCE BOOST**

Figure out who you are and feel good about it.

**03.**

## **PROBLEM-SOLVING SUPERPOWERS**

Walk away with creative ways to tackle life's curveballs.

**04.**

## **A FUN BREAK**

It's not boring or stuffy—it's a blast with someone who gets you!

**05.**

# OUR SECRET SAUCE



**TOOLS INSPIRED BY EYE-MOVEMENT MAGIC (LIKE EMDR) TO PROCESS TRICKY MEMORIES.**

**MIND-SHIFTING HACKS (LIKE CBT) TO FLIP NEGATIVE THOUGHTS INTO POSITIVE ONES.**

**CHILL-OUT STRATEGIES (LIKE DBT) TO RIDE EMOTIONAL WAVES LIKE A PRO.**

**PLUS, A WHOLE LOT OF PLAY, INNOVATION, AND KEEPING IT REAL!**



# FOR THE GROWN UPS

## A PEEK AT THE COOL TOOLS WE USE.

We know you might be wondering, “What’s all this eye-movement and mind-hack stuff about?” No worries—we’ve got you covered! Our Sane Leaders use proven, science-backed methods to help Sane Trainees thrive. Here’s a quick rundown to put your mind at ease:

### **EMDR (Eye Movement Desensitization and Reprocessing)**

This is like a superpower for clearing out stuck or tough memories. Using simple eye movements (or other back-and-forth tricks like tapping), Sane Leaders help Trainees process big feelings from the past in a calm, safe way. It’s gentle, creative, and can feel like a game—perfect for letting go of baggage without heavy talks.

### **CBT (Cognitive Behavioral Techniques):**

Think of this as a mind-flipping toolkit. Sane Leaders guide Trainees to spot negative thought patterns (like “I’m not good enough”) and swap them for positive, realistic ones. It’s practical, hands-on, and often paired with fun activities to make it stick—like turning a frown upside down, but with brain science!

### **DBT (Dialectical Behavior Tools):**

This is all about mastering emotions and staying chill, even when life gets wild. Sane Leaders teach Trainees cool tricks—like breathing hacks or quick mindfulness moves—to ride emotional waves without crashing. It’s empowering and feels more like learning a skill than anything serious or stiff.

# WHO'S IT FOR?

Sane Sessions are perfect for Sane Trainees who want a fun, relaxed way to deal with life's ups and downs. Whether it's school stress, friend drama, or just needing a space to breathe, our Sane Leaders are here to make it all feel manageable—and maybe even awesome.



## Ready to Get Started?

Sane Sessions are your ticket to feeling more like yourself, with a side of fun and zero judgment. Visit our appointments page to book a session with one of our Sane Leaders today!