

The Havening Techniques® have been developed by the Neuroscientist and Medical Dr Ronald Ruden and his brother Dr Steven Ruden. The Havening Techniques® are powerful tools that can be used to treat the consequences of traumatic or stressful memories.

Depending on the nature of the trauma it can be done with guidance by a Certified Havening Techniques® practitioner or by oneself.

Please do not use the Havening Techniques® on yourself for a serious trauma or if you suffer from any psychological disorders.

We advise that you seek the help of a professional mental health care provider who is certified in the Havening Techniques® if you have experienced severe trauma or suffer from a psychological disorder.

A register of certified practitioners is available on the website.

[www.havening.org](http://www.havening.org)

## What Can You Haven Yourself For?

**Stress reduction**  
worry, anxiety, tension.

**Emotional states**  
panic, sadness, guilt, shame, loss, grief, jealousy.

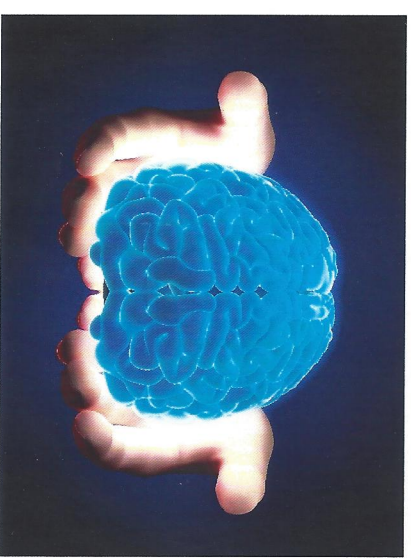
**Phobias, Cravings, Nightmares, Pain**

**Hope and Confidence**

For more complex problems  
always consult with a  
Certified Havening Practitioner.

## THE HAVENING TECHNIQUES®

*A New Way of Healing*



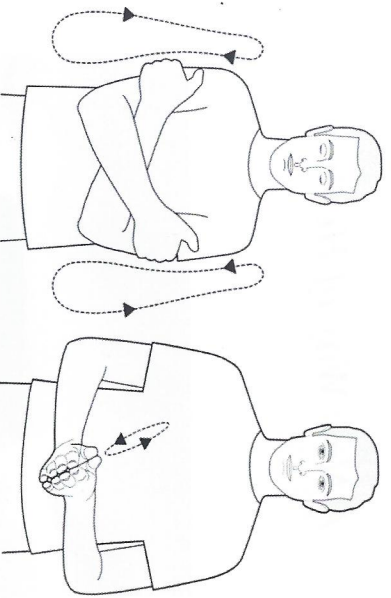
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## SELF HAVENING GUIDE

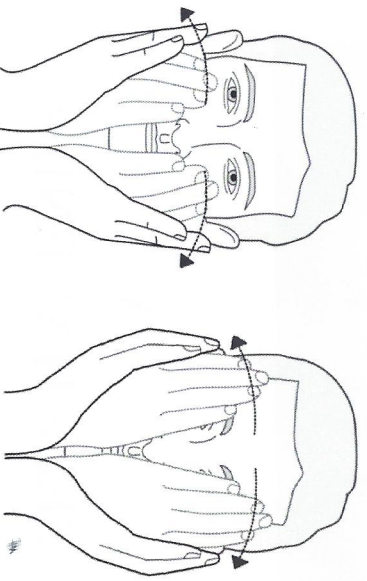
## HAVENING TOUCH®

Havening Touch® is gentle, soothing & comforting and is applied to the upper arms, palms and face.

### Arm Havening Palm Havening



### Face Havening



## EVENT HAVENING INSTRUCTIONS

1. Activate the emotional component of the distressing event by bringing it to your mind. If a craving or compulsion is experienced, this is sufficient activation. Rate the distress level 0-10, where 0 is not at all and 10 is extreme. This is called a SUD (Subjective Unit of Distress) score.
2. Begin Self-Havening by applying Havening Touch® to the upper arms. That is, move your hands down the upper arms. Circle outward and repeat downward stroking.
3. At the same time, with your eyes closed, visualise walking up a staircase of twenty steps. As you climb, each step causes the distress, desire or compulsion to diminish and for you to feel safe, peaceful and calm. Count 1-20 aloud as you climb the steps in your imagination. Continue arm Havening.
4. After you have reached twenty begin to hum the song *Row, Row, Row Your Boat* for two rounds while continuing the arm Havening. When finished, take a deep breath and open your eyes and look to the right and left. Close your eyes, inhale deeply and slowly exhale. Continue arm Havening and rate your SUD.
5. Repeat steps 2-4 with face Havening and palm Havening. You may choose the same visual and song or another for variety. Other visual images can include swimming, running, jumping rope, etc. One can then hum any neutral song, any one of your choice. After each round (arm, face, palm) rate your SUD. Continue till you reach 0 or the score remains stable after two additional rounds.

## AFFIRMATIONAL HAVENING

Many people who experience stressful and enervating events feel helpless, hopeless and weak. Affirmational Havening can help alleviate these feelings. Affirmational Havening requires connecting with an internal sense of hope and purposeful action. This type of Havening is good after an Event Havening or as part of a daily routine. The goal is to connect with and reinforce the positive and often overlooked good qualities you possess.

### INSTRUCTIONS

1. Bring to mind the good qualities you possess preceded by the words 'I am' e.g. 'worthy', 'person', 'capable', 'in control', 'strong', 'brave' so on. Really connect with the experience of your chosen word.
2. When you are ready, chant your chosen word.
3. Begin Self-Havening by applying Havening Touch® to the upper arms, palms or face, whatever feels most comfortable to you and find a way to change it around.
4. Continue to chant and Haven for about five minutes.
5. More than one word can be used during an event. A five minute period as long as you have located the emotional experience linked to each word.

### HOPEFUL HAVENING

Hopeful Havening can also be used at the end of a session or as part of a daily routine in order to connect with an inner sense of hope and positivity. Individual affirmations or chants the word hopeful whilst applying Havening Touch®. Statements can be added: 'I am going to have a great day', 'I am going to be confident today', 'I am the best I can be today'. This can be very effective, especially when applied for between one and five minutes, daily.