



# HAVENING TECHNIQUES®

CERTIFIED PRACTITIONER

**A Brief Guide to Havening Techniques:  
*Unlock Your Emotional Well-Being, Cultivate Resilience, and Thrive in  
Tough Times!*  
By Paul Emery ©**

**Introduction:**

Welcome to this brief, yet fairly comprehensive guide to Havening Techniques. In this guide, I invite you on a transformative journey to discover the power of Havening, and its profound impact on emotional well-being, trauma release, and personal growth.

**Haven = a safe place**

Havening Techniques is a neuroscience-based tool that combines elements of psychotherapy, neurobiology, and self-soothing techniques. Initially developed by Dr. Ronald Ruden around 2010, after researching 'energy medicine', notably the original 'tapping' method, TFT (Thought Field Therapy), and its remarkable effectiveness in removing phobias and traumas.

The groundbreaking Havening empowers individuals to release and heal from traumatic events, negative emotions, and everyday stressors, usually rapidly and with little initial/no re-traumatization of the client.

Within this brief guide, you will find explanations, practical tips, and a few inspiring success stories that illustrate the transformative potential of Havening. My goal is to start to equip you with the knowledge and resources to integrate it into your life and experience its profound benefits.

Through the sections of this guide, you will:

- Gain a brief understanding of the core principles and science behind Havening.
- Explore the multitude of benefits it offers, including stress reduction, anxiety management, emotional resilience, and personal growth.
- Learn its practical applications, from self-havening techniques to integrating it into specific areas of your life.
- Be inspired by real-life success stories and testimonials, witnessing its transformative power.
- Discover the next steps to continue your Havening journey and explore additional resources for further learning and growth.

I invite you to immerse yourself in this guide, engage with the content, and embark on your own journey of emotional well-being, resilience, and personal transformation. It will provide you with invaluable insights, step-by-step instructions, and practical tools to support your Havening journey.

### **First, a little background about myself**

I've been a holistic therapist and coach since 1994. I always had an interest in psychology, however, the main reason I started to explore this field more fully, was that when I was 14 I was diagnosed with severe anxiety, what my doctor called, a 'Social Phobia'.

That diagnosis led me on to a mostly unsatisfactory and frustrating 35-year journey to find a cure. I didn't want medication, and unfortunately, all the traditional and even non-traditional avenues of therapy that I sought out and tried didn't do anything for my anxiety or phobia.

The solutions I sought were in the form of training as a 'traditional' counsellor, then an NLP Master Practitioner (trained by founder Dr. Richard Bandler alongside Paul McKenna Ph.D), a TFT Thought Field Therapy Advanced Practitioner (the original and superior 'tapping' method), and an EFT trainer (trained in part by founder Gary Craig).

Moving forward 35 years from my diagnosis, the cure I was looking for came in the form of TFT (Thought Field Therapy), the original and in my opinion, superior tapping method.

Thanks to Dr. Roger Callahan, its founder, my anxiety and phobia were almost eradicated in a matter of hours. So much so I'm now able to appear on live T.V without a problem! For example, this live quit-smoking treatment on Turkish T.V.:

<https://www.youtube.com/watch?v=YpOaBIW0Z4>

Then subsequently in 2006, I was lucky enough to be trained in Havening by Dr. Ruden.

Nowadays, I often travel the world working out of various International Health Resorts, or provide treatments online.

Okay, now it's time to unlock the potential within you. Get ready to experience the life-changing effects of Havening and take control of your emotional well-being!

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## **Section 1: What is Havening?**

In this section, we will explore the core concept and methodology behind this transformative tool. Prepare to discover how it can revolutionize your approach to emotional well-being, trauma release, and personal growth.

### **1.1 Understanding the Essence of Havening**

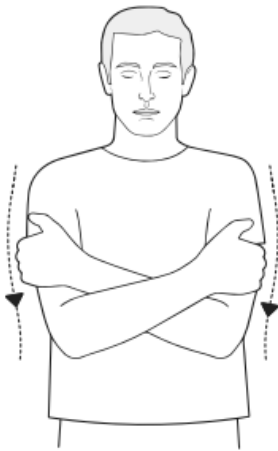
At its core, Havening is a '*Psychosensory*' neuroscience-based approach that combines elements of psychotherapy, neurobiology, and self-soothing techniques. This groundbreaking method empowers individuals to release and heal from traumatic events, negative emotions, and everyday stressors.

### **1.2 The Science Behind Havening**

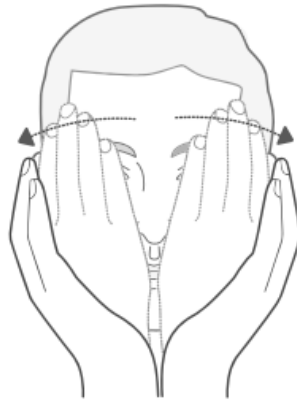
Havening operates on the principle of amygdala depotentiation, which involves using gentle touch to activate delta waves in the brain. These waves contribute to the release of certain chemicals that help rewire neural pathways associated with negative experiences, effectively reducing the emotional and physiological impact of trauma.

### **1.3 How Havening Technique Works**

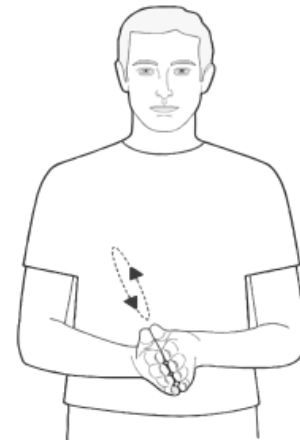
By engaging in Havening, you can learn to reframe your thoughts and emotions, effectively transforming your internal landscape. The method primarily involves the gentle stroking of the arms, face, or hands alongside distraction techniques.



Arm Self-Havening



Face Self-Havening



Palm Self-Havening

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

Through this process, Havening Technique facilitates the creation of new neural connections and the reduction of distressing emotions associated with past events.

#### **1.4 Applications of Havening Technique**

Havening has garnered recognition for its broad applications in various areas of personal development. Whether you seek relief from anxiety, emotional or physical pain, or limiting beliefs, Havening can be an invaluable tool. Its potential benefits include:

- **Trauma Release:** It offers a safe and effective approach to heal from traumatic experiences, such as accidents, abuse, or loss.
  - **Anxiety Management:** Individuals can reduce anxiety symptoms, regain control, and experience a greater sense of calm.
  - **Emotional Resilience:** Havening cultivates emotional resilience, enabling you to navigate life's challenges with a greater sense of empowerment.
  - **Performance Enhancement:** From public speaking to sports performance, this amazing technique has been used to improve focus, confidence, and performance outcomes.
  - **Self-Transformation:** By releasing negative emotions and beliefs, Havening opens the door to personal growth, self-acceptance, and the ability to create positive change in your life.
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## **Section 2: Benefits of Havening**

In this section, I delve into the numerous benefits that this transformative technique can offer. Prepare to discover how integrating Havening into your life can lead to enhanced emotional well-being, resilience, and personal growth.

### **2.1 Stress Reduction and Emotional Regulation**

One of the key benefits of Havening is its ability to help reduce stress and promote emotional regulation. By engaging in the practice, you can learn to effectively manage and navigate challenging emotions, allowing for a greater sense of calm and control in your daily life. Havening provides a powerful toolset to release the burden of stress and cultivate emotional balance.

### **2.2 Trauma Release and Healing**

Havening has gained recognition for its effectiveness in releasing and healing from traumatic experiences. Whether it's a distressing memory from the past or a recent event that has left a profound impact. It can facilitate the rewiring of neural pathways associated with trauma. By engaging in this practice, you can experience relief from the emotional and physiological effects of traumatic events, allowing for a path toward healing and growth.

### **2.3 Increased Emotional Resilience**

Emotional resilience is crucial in navigating life's challenges and maintaining overall well-being. Havening equips you with tools to enhance your emotional resilience, enabling you to bounce back from setbacks, handle stressors more effectively, and cultivate a greater sense of inner strength. With Havening you can develop the capacity to adapt, thrive, and maintain emotional well-being even in the face of adversity.

### **2.4 Anxiety Management and Relief**

If you struggle with anxiety, Havening offers a powerful approach to managing and alleviating its symptoms. By engaging in this practice, you can learn techniques to reframe anxious thoughts, reduce the intensity of anxiety responses, and restore a sense of calm. It empowers you to regain control over your anxiety, fostering a greater sense of peace and tranquility.

### **2.5 Personal Growth and Self-Transformation**

Beyond its therapeutic applications, Havening provides a pathway to personal growth and self-transformation. By releasing negative emotions, limiting beliefs, and self-sabotaging patterns, you can create space for new possibilities and growth. It unlocks your potential, empowering you to cultivate self-acceptance, build resilience, and embark on a journey of self-discovery and personal fulfillment.

## 2.6 Enhanced Well-being and Quality of Life

Ultimately, the practice of Havening contributes to an overall sense of enhanced well-being and a higher quality of life. By integrating this technique into your daily routine, you can experience greater emotional balance, improved relationships, increased self-awareness, and a profound sense of inner peace. It offers a powerful gateway to a more fulfilling and meaningful life.

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### Section 3: Practical Applications of Havening

In this section, we will explore the practical applications of this transformative technique, guiding you through the process of integrating Havening into your daily life.

#### 3.1 Self-Havening: A Step-by-Step Guide

Self-havening is a fundamental practice within Havening that empowers you to take control of your emotional well-being. In this section, I'll provide you with a step-by-step guide to performing self-havening, allowing you to harness the benefits of this technique in the comfort of your own space.

##### How to perform the Self-Havening Technique (*Event Havening*)

1. Close your eyes and take about 30 seconds to bring to mind something that bothers you, recall it in as much sensory detail as you can. What do you see, hear, feel, even smell and taste. Something that makes you feel stressed, anxious, afraid, angry, guilty or sad for example. Rate your feeling 0-10. 0 lowest, 10 the highest feeling.
2. Then importantly '**clear your mind completely of the problem**' as you begin firstly self-havening your ARMS: Place a hand on top of the opposite shoulder and gently, comfortingly and slowly stroke down from the top of your shoulders to your elbows.
3. At the same time, visualize, imagine in as much detail as you can a distracting activity e.g walking 20 steps on a beautiful beach, or 20 steps up a beautiful staircase, putting 20 flowers into a vase, throwing a ball in the air 20 times, counting backwards from 50 by 3's, your phone number backwards – whatever you decide. Count aloud (preferably) as you perform the activity in your imagination whilst continuing the arm Havening.
4. After reaching a count of twenty, continue the self-havening as you hum a tune that makes you feel good, or is neutral in nature, e.g., Row, Row, Row Your Boat, Happy Birthday, Twinkle, Twinkle Little Star, etc., for approx 2 verses.

5. When you've finished humming keep Havening your arms as you open your eyes and look straight ahead whilst keeping head still look hard to the right and hard to the left, do this 10 times. Close your eyes and take a deep relaxing breath in and out.
6. Repeat sequence 3 – 5 above. But now, instead of Havening your arms, use your hands to gently stroke across and down your face – the forehead and cheeks - as if comfortingly washing the face. If you prefer however to continue to Haven the arms, then feel free to do that.
7. Repeat the entire sequence again – steps 3 - 5, but this time, Haven your hands by smoothly performing circular hand-washing-type movements. Once again you can Haven the arms or face if preferred.
8. Finally when finished after about 10 minutes or so, keep your eyes closed and take about 30 seconds to think about your problem again and rate your level of distress as it feels now. It should feel better.
9. If necessary repeat all above steps 1 - 8 until you feel the problem has gone completely or reduced to an acceptable level. Or come back to it another time.

### **3.2 Incorporating Havening into Your Daily Routine**

To experience the full potential of Havening, it is essential to integrate it into your daily routine. In this section, we will explore strategies and tips for seamlessly incorporating it into your lifestyle. Whether it's finding moments of stillness during the day or establishing a dedicated self-care practice.

For example, if you wake up having not slept well, or are feeling somewhat negative for some reason - tune into it, then put it out your mind and Event Haven it, as above! If time is short - you can simply perform a few minutes of Havening in the bathroom.

Or when any moment of stress or challenges occur during your day, you have the perfect tool to hand for a quick and effective way to deal with matters - and then simply get on with your day more focused, peaceful and productive.

Perhaps you could also end your day with 10 minutes of Havening to clear away any lingering stresses that occurred during the day. This will help you feel much more relaxed, able to enjoy your evening better, improve relationships and ultimately sleep better.

### 3.3 Troubleshooting and Maximizing Your Havening Experience

As with any practice, you may encounter challenges or questions along the way. In this section, we address common troubleshooting scenarios and provide solutions to help you overcome obstacles and maximize the effectiveness of your Havening experience.

**Addressing Emotional Intensity:** As with any approach, take responsibility for your own emotional wellbeing. Havening may sometimes evoke intense emotions or memories. It's important to approach these experiences with compassion and self-care. If you encounter overwhelming emotions during the practice, perhaps take a break. Give yourself permission to pause, breathe, and *ground yourself in the present moment*.

If you find it challenging to navigate intense emotions on your own, consider seeking guidance from a certified Havening practitioner. They can provide you with the necessary support and help you process any difficult emotions that may arise during your Havening practice.

**After Havening:** Some people find they feel a little light-headed, floaty or tired. Please be mindful of this, especially if you have to drive a car or engage in work!

### 3.4 Exploring Advanced Havening Techniques

Once you have familiarized yourself with the basics of Havening, you may wish to explore more advanced techniques to deepen your practice. This section provides an overview of advanced Havening.

**'Transpirational Havening':** This often helps quickly remove unwanted, sometimes hidden emotions and their associated connections. Usually only advised after performing 'Event Havening' on a memory as it can be rather intense and overwhelming for some. Having said that it can be an efficient, and effective way to really clear a lot of associated emotion - fast!

Haven your arms, face or hands as you repeat and focus on one negative feeling or thought you experience e.g. -'stressed' 'angry' 'sad' afraid' 'guilty' 'anxious' 'chocolate craving' 'betrayed'.

It maybe intense initially but keep Havening until the feeling reduces or completely goes, which should be fairly rapidly. If you get overwhelmed, stop and use Event Havening, then come back to this later.



### **Affirmational Havening (Positive State Reinforcement)**

Once you have neutralized an unwanted memory or feeling, it is a good idea to Haven and reinforce positive states for a few minutes or more. Connect to a desired feeling and repeat it aloud, preferably e.g. Calm, Peaceful, Safe, Relaxed, Confident, Strong, Loved.

If it's too big a leap to go directly into a positive state from a negative you could use:  
**'Affirmational Havening'...****'What If** I was calm and confident during my presentation'  
**'What If I.....'**

And then there's **'Hopeful Havening'**:

**'I am Hopeful** I can remain calm and confident during my presentation' **'I am hopeful that...'**

Or

**'I am Becoming** calmer, more confident whilst giving presentations'

Or

**'I Choose** to be calm and confident whilst giving presentations'

**'Outcome Havening'** (Creating a Positive Outcome). Once you've cleared a negative feeling you could Haven as you vividly imagine, visualize a desired positive outcome - being confident, calmer, safe, peaceful, stronger, healthier, slimmer, cigarette free etc.

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## **Section 4: Success Stories and Testimonials**

In this section, I invite you to explore inspiring success stories and testimonials from individuals who have experienced the transformative power of Havening. These real-life accounts highlight the profound impact that it has had on their emotional well-being, personal growth, and overall quality of life.

### **4.1 Overcoming Phobias and Traumatic Experiences**

Many individuals have found Havening to be a powerful tool in overcoming phobias and traumatic experiences. Through the gentle touch and reprocessing of distressing memories, it empowers individuals to release the emotional burden associated with past traumas. Countless success stories testify to the life-changing effects of Havening, as individuals have reclaimed their lives, free from the constraints of phobias and traumatic events.

Testimonial - John:

*"Before discovering Havening, I lived with a debilitating fear of heights that prevented me from fully enjoying life's adventures. Through Havening, I was able to confront and release the underlying emotions tied to this fear. Now, I've gone skydiving and climbed mountains, free from the shackles that once held me back. Havening has truly transformed my life."*

## **4.2 Managing Stress and Anxiety**

Stress and anxiety can be overwhelming, affecting various aspects of our lives. Havening has proven to be an effective method for managing and reducing stress levels. By engaging in Havening, individuals learn to reframe their thoughts, release pent-up stress, and restore emotional balance. Success stories highlight how it has provided individuals with the tools to navigate daily stressors, fostering a greater sense of calm and well-being.

Testimonial - Sarah:

*"As a high-stress professional, I struggled with anxiety that often impacted my performance and overall happiness. Havening Technique has become my go-to tool for managing stress and anxiety. It has given me a sense of control over my emotions and allowed me to approach challenges with a clear mind. Havening has truly been a game-changer in my life."*

## **4.3 Enhancing Emotional Resilience and Personal Growth**

Havening is not only about releasing negative emotions but also about fostering emotional resilience and personal growth. Through the practice of Havening, individuals develop the capacity to bounce back from setbacks, cultivate self-compassion, and embrace new possibilities.

Testimonial - Emily:

*"Havening Technique has opened doors I never thought possible. It has allowed me to let go of self-doubt and limiting beliefs, enabling me to pursue my passions and dreams with unwavering confidence. Havening has been the catalyst for my personal growth, and I am forever grateful for the transformative power it holds."*

## **4.4 Transforming Relationships and Empowering Connection**

Havening not only benefits individuals on an individual level but also has the potential to transform relationships and enhance connection. By releasing emotional baggage and fostering self-compassion, individuals can approach relationships with greater authenticity, empathy, and understanding. Success stories highlight how Havening has

played a pivotal role in repairing and strengthening relationships, creating a deeper sense of connection with loved ones.

Testimonial - Michael and Laura:

*"Havening has given us the tools to navigate the ups and downs of our relationship with grace and understanding. By releasing past hurts and fostering emotional resilience, It has transformed the way we communicate and relate to one another. Our connection has deepened, and we are now better equipped to support each other through life's challenges."*

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## **Section 5: Next Steps and Resources**

In this section, I'll provide you with valuable information on the next steps to take in your Havening journey. I'll also share additional resources, recommended books, videos, and training programs to support you in deepening your practice and maximizing the benefits of Havening in your life.

### **5.1 Continuing Your Havening Practice**

Now that you have hopefully gained an understanding of Havening and its transformative potential, it's time to continue your practice. Consistency is key when it comes to Havening, so commit to integrating it into your daily routine. Set aside dedicated time for self-havening, creating a safe and peaceful space where you can engage in the practice regularly.

### **5.2 Further Exploration and Advanced Techniques**

As you deepen your Havening practice, you may wish to explore more advanced techniques and expand your knowledge. Consider seeking guidance from certified Havening practitioners who can provide personalized support and facilitate your journey.

### **5.3 Recommended Havening Resources**

To support your ongoing learning and exploration of Havening Technique, I recommend the following resources:

- **Books:** Dive deeper into the theory and application of Havening Technique by exploring books such as; *"Fifteen Minutes to Freedom: The Power and Promise of Havening Techniques"* by Harry Pickens and *"When the Past is Always Present"* by Dr. Ronald Ruden
- **Videos:** Online platforms, such as YouTube offer a wealth of videos on Havening. These resources provide demonstrations, discussions, and insights from experts in the field, allowing you to deepen your understanding and refine your practice.

I have some Havening videos on my channel for example, please subscribe if you wish... <https://www.youtube.com/channel/UCqe3RmiCeZ2zDZYejLcgeeA>

- Training Programs: Consider attending official Havening training programs to gain in-depth knowledge and hands-on experience. These programs are led by certified Havening Trainers and provide comprehensive training in the methodology, techniques, and applications of it: <https://havening.org/>

### 5.5 Consultation with a Certified Havening Practitioner

For a more personalized and tailored approach to Havening, consider scheduling a consultation with a certified Havening practitioner. These practitioners have undergone specialized training and can provide individualized guidance, support, and advanced techniques to address specific concerns or goals you may have. Their expertise can enhance your practice and help you achieve optimal results.

I am an award-winning and experienced certified Havening Technique practitioner (since 2014,) and would be more than happy to assist you through Zoom on your Havening journey in any way I can.

So if, you'd like to connect with me for any reason, make a comment, or ask questions for example - then I'd welcome that. Or even if you'd like to try an online Havening session with an experienced practitioner such as myself, then please just get in touch [paul@quantumepr.com](mailto:paul@quantumepr.com)



FEATURED BY 

**To your continued emotional health, wellbeing, and Havening success!**

**Paul Emery. <https://quantumepr.com/>**