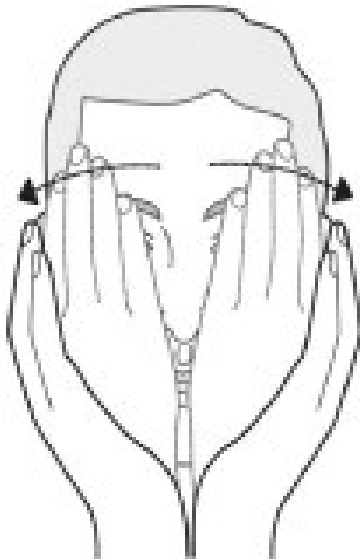


## The Havening Technique for Trauma release.

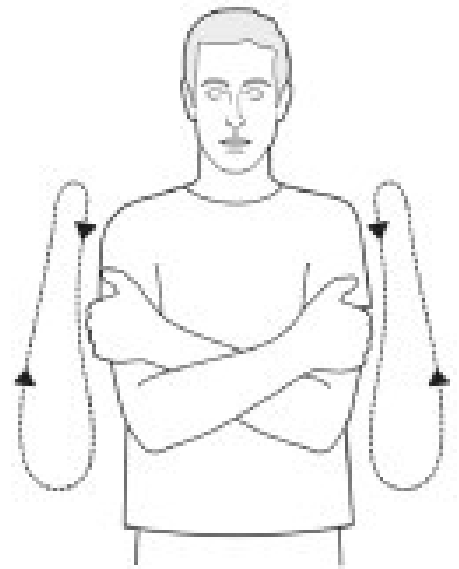
Simpler than I even imaged. Gently rub your face, your hands and then your arms, like so.



FACE HAVENING



PALM HAVENING



ARM HAVENING

Source: <http://trypophobia.com/get-help/treating-trypophobia-with-havening/>

It was developed by two brother's Dr Rod Ruden and Dr Steven Ruden and it has been named after the concept of finding a Safe Haven. It is an Amygdala Depotentialisation Technique (ADT). Refer to [www.havening.org](http://www.havening.org).

**What is Havening and how does it work. By Tam Johnston.**

Source: <https://www.youtube.com/watch?v=VD6PcEWDJbo>

<https://freshinsightcoaching.com/>

**Facilitating Self-Havening by Dr Robin Youngson of New Zealand.**

Source: <https://www.youtube.com/watch?v=Qlz-sye89ec>

Source: <https://neuroscienceofhealing.com/>

**PTSD – 6 minute live invention – Havening Demo Excel London 2017.**

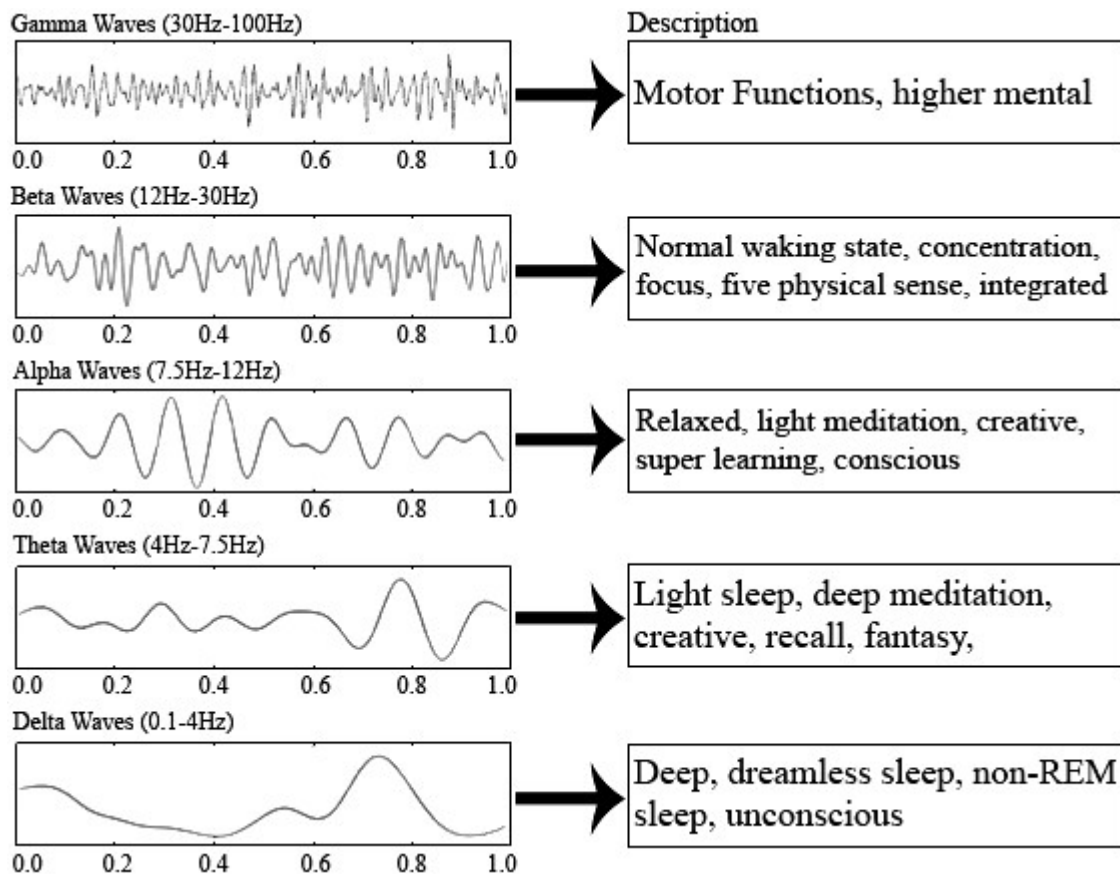
Dr Stephen Simpson.

Source: <https://www.youtube.com/watch?v=-lWObwyl5YE&t=99s>

Source: <https://www.drstephensimpson.com/>

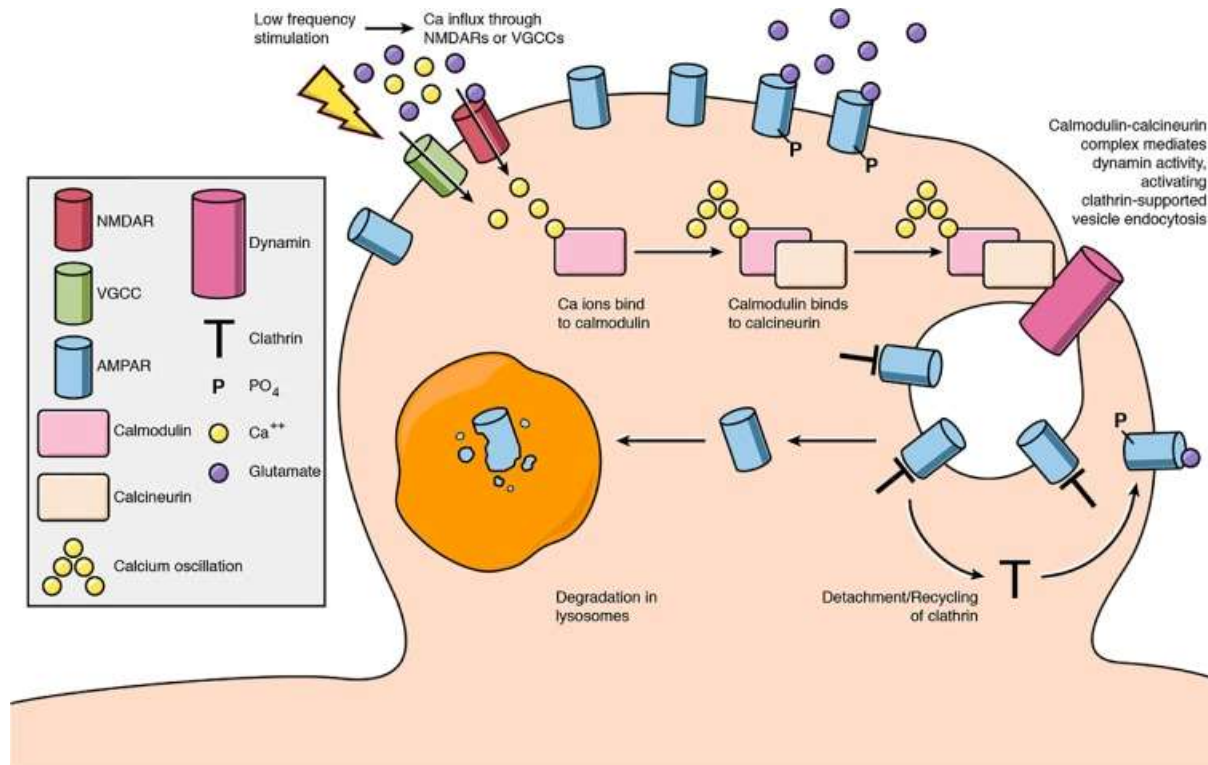
**The Havening Technique simply slows the brain waves down.**

The touch calms the fast trauma Gamma Waves and replaces them with Delta Waves.



Source: [https://www.researchgate.net/figure/Brain-waves-charts-description\\_fig1\\_325701712](https://www.researchgate.net/figure/Brain-waves-charts-description_fig1_325701712)

**For a pretty technical picture of how Low frequency stimulation creates an influx of Calcium to dissolve trauma records. See the chart below.**

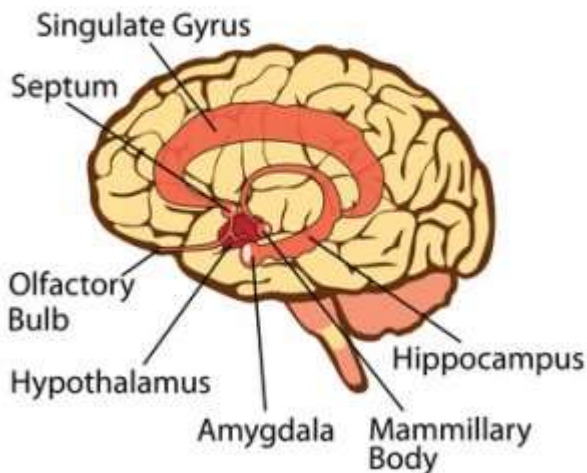


**Source:** <https://www.sciencedirect.com/science/article/pii/S1550830718301848>

This is found in the research article. 'Harnessing Electroceuticals to Treat Disorders arising from Traumatic Stress: Theoretical Considerations using a Psychosensory Model. By Robal Ruden Explore May/June 2019, Vol 15, No3.'

**It works in the Limbic System Structures.**

## LIMBIC SYSTEM STRUCTURES



Source: <https://www.health-success.co.uk/havening-therapy/>

**How is Trauma created. The four steps of EMLI.**

1. Event
2. Meaning
3. Landscape
4. Inescapable.

**What are the Trauma symptoms to look for. CASE.**

1. Cognition. Stories of a or several external events.
2. Autonomic. Heightened symptoms in the Sympathetic and Parasympathetic nerve systems.
3. Somatosensory. Mind effects the body in posture, pain, pressure or constrictions.
4. Emotions. Anxiety depression and fear symptoms.

**Key words to consider when the Haven Technique could be of value.**

**Fear of:** - Abandonment, attachment, being trapped, heights, open spaces, predators, creepy crawlies, phobias, suffocation, failure, success, poverty, wealth, health, sickness, sleep deprivation, guilt, shame, obsessiveness, chronic pain, substance abuse, mind body integration.