

ADDRESSING EMOTIONAL CHALLENGES WITH HAVENING TECHNIQUES®

**How to use Havening Touch® to address
stress, anxiety, panic, chronic pain, and
other amygdala-based issues**



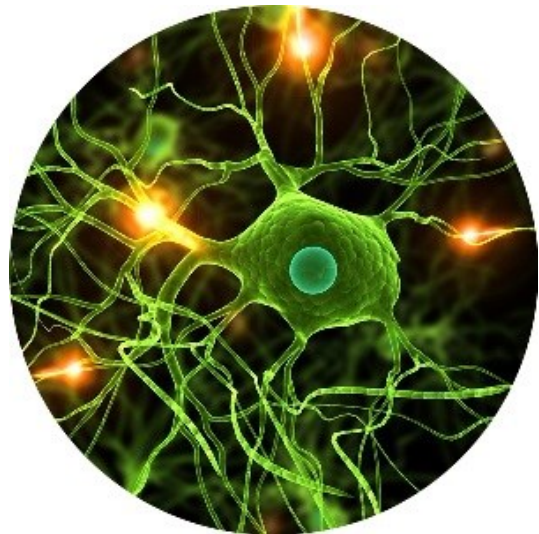
By Dr Eva Detko, PhD

What are Havening Techniques®?

Havening Techniques® are a radical new and evolving form of scientific therapy that helps permanently treat and heal traumas, anxiety and phobias as well as to create positive alterations in our brain. This is a type of psychosensory therapy, meaning applying a sensory touch to produce a response (electrochemical) that literally heals and positively alters our mind (psyche).

Past experiences can stay with us in our lives, resulting in unwanted responses and emotions to similar situations. These past experiences can be significant traumatic events that are producing PTSD symptoms, or equally seemingly insignificant experiences that our brain has stored in a way that produces a disproportionate emotional response.

Our brain is very literal and does not have the ability to rationally gauge what should be traumatic or not, so due to the way the experience was perceived at the time, it sometimes stores past experiences in a way that means they set off our primitive emotions such as anger, anxiety, fear, rage, whenever something reminds us of them again, even if they seem insignificant when we think about them objectively now.



Havening techniques® uses a way that has been found to correct the way these memories are stored in our neurology, so that they have no further emotional impact and other responses and symptoms can be altered for the better, or completely eradicated.

How we create traumatic memories

In order for an event to be traumatic, no matter how significant or insignificant it seemed at the time, it has key components that cause the memory of the event to become stored, or as the neuroscientists call it, 'encoded' in the brain as a trauma.

What makes up a traumatic memory

These tend to be highly emotional events or experiences that in the moment we have taken to mean something threatens us. They tend to also be experiences

that for whatever reason we perceive we cannot get away from. This can be literal, as in there is no means of escape in traumatic events such as violent abuse, being trapped, war zones, etc. It can equally be about how we perceive the situation is not being able to control the situation or get out of it because the consequences would be too terrifying, which is of course just as real in a different way. Examples such as losing our job, a threat to a relationship, being abandoned by a parent etc. are just as real as being in a car accident and not being able to get out, or some other literal traumatic event. The other component that means that we encoded these as traumatic experiences is to do with what is known as our 'emotional landscape' at the time. Basically, this is what state our brain is in at the time of the event, formed by previous and current experiences, our temperament and how sensitive or vulnerable we currently are to stressors in our lives.

So how does Havening work?

A memory is made up of lots of different sensory and cognitive information that is stored in the brain with it, including the emotions felt and the effect that they have on the body.

Every time the traumatic memory or experience is re-accessed through recalling it, or experiencing another event that is similar enough in its stimulus, there are certain receptors in the area in which the memory is stored that become activated (potentiated). It is these receptors that are responsible for linking any similar event to the extreme emotional response of the initial memory, by allowing fast conduction down that memory pathway in the brain straight to the emotional response. These activated (potentiated) receptors are the vital link in the chain between the stimulus of the traumatic memory and the emotional response.



Havening Touch®, sets off an electro-chemical chain reaction leading to the permanent removal (depotentialisation or internalisation) of these receptors. It is this removal that permanently disconnects the recalled memory from its emotional content, therefore detaching you from the event, and the memory being encoded in a different, non-traumatic way. After the process, you may remember the memory or the event, however the emotional response is no longer there. This means you may still be able to recall the memory, perhaps with some extra or different information that you didn't have

access to before. Or it may seem more distant or harder to recall, but, most importantly it will no longer have any negative emotional impact. It will be just like your normal memories.

What can Havening help with?

The simplicity of it means you don't even need to know where what you want to work on came from. Havening also allows working with a particular emotion to clear it all out without needing to go to a particular experience. The effect of the Havening Touch® produces a calm pleasant state, or meditation, whilst being fully in control and aware of what is going on.

Some of the areas Havening can be used for:

- Emotional/Psychological Trauma
- Anxiety
- Fears, Phobias and Panic
- Post-Traumatic Stress Disorder
- Depression
- Compulsions and substance abuse (combined with other therapy)
- Relationship breakups and unwanted behaviours in current relationships
- Guilt and Shame
- Jealousy
- Grief
- Conversion disorder
- Chronic pain and illnesses/injuries with no medical or mechanical cause
- Anger and rage (including repressed)
- Cravings or Emotional Eating
- Self-esteem and confidence
- Stress and Resilience
- Visualisation and creativity
- Installing positive beliefs
- Focusing on and motivating yourself towards goals

IMPORTANT: HAVENING TOUCH® STIMULATES YOUR VAGUS NERVE, WHICH IS EXCELLENT NEWS FOR BOTH YOUR EMOTIONAL AND YOUR PHYSICAL HEALTH!

If you want to know more about the vagus nerve and why we want to stimulate it, you can access my *Vagus Nerve 101 eGuide* [here](#).



What is Self-Havening?

Self-Havening is simply applying Havening Touch® to yourself. Self-Havening can be very effective if done with discipline, insight and a willingness to take risks to bring up uncomfortable emotions. Common conditions that respond particularly well are acute strong negative emotions, such as anger, grief, jealousy and sadness, compulsive thoughts and behaviours such as hair pulling, and/or imaging stressful situations, general anxiety, panic attacks and chronic somatic pain. As mentioned previously, self-havening is also an excellent tool for building emotional resilience, self-confidence and self-esteem.

Self-Havening process

1. Activate the specific emotional event that you want to work on by thinking about it as if it is happening to you now. Once you have accessed the memory, rate your distress on a scale of 1-10, where 0 is not at all and 10 is extreme;
2. Begin self-Havening by applying Havening Touch® on the face, arms or palms with repetitive circular movements (see diagram below);
3. At the same time, with your eyes closed, visualize walking up a flight of stairs counting out loud from 1-20 with each step. As you climb, imagine yourself becoming more calm and peaceful diminishing the distressing feelings exponentially (you can also use other distraction techniques, e.g. counting back from 60 in 3s; walking in a garden and counting 20 different plants you see, etc.)
4. On reaching the count of 20, begin to hum a familiar tune such as twinkle, twinkle for a couple of rounds. As you continue applying Havening Touch® on arms, face or palms take a deep breath in and point your eyes to the left and right whilst keeping your head straight and aligned with your spine. Close your eyes, inhale deeply and breath out on the count of 5 whilst still applying Havening Touch®, then rate your distress to check how much the emotion has reduced;
5. Repeat 2-4 with a different havening surface, either choosing the same visualization and counting from 1-20 and tune, or you can choose a different tune. Other visualizations include swimming, running, playing tennis etc. Continue repeating Havening rounds until your distress is at 0.



FACE SELF HAVENING



ARM SELF-HAVENING



PALM SELF-HAVENING

Self-Havening for belief change, goal setting and building self-worth

Self-Havening makes any belief change, motivation building or goal setting process much more effective. It is very simple to do. Just spend a few minutes per day sitting comfortably with your eyes closed, applying Havening Touch®, as shown previously. If you are working on changing unhelpful beliefs, then you will have to work out first what it is you want to be believing instead. Once you specified your new beliefs, just spent a few minute repeating them whilst applying Havening Touch®. Make sure that your beliefs are stated positively, e.g. “I am capable of learning and adapting”, “my body is healing”.

Self-Havening is also excellent for developing a better relationship with yourself and boosting your self-worth. Again, rather than stating: “I am not unlovable” or “I’m not so bas as a person”, state it positively: “I AM lovable/worthy/deserving”, “I am better than I’ve been telling myself”. Have a few of those powerful statements prepared in advance and then spend a few minutes every day self-Havening in front of the mirror (utilizing mirror neurons) looking at yourself and saying those positive statements.

This is likely to feel strange at first, particularly if you currently having a negative relationship with yourself, or your life is dominated by negative thoughts and emotions. But if you persevere, your experience will be transformational. So take action, give it a few minutes per day for a few weeks and enjoy the results!

Remember that by doing this work regularly, you are also reducing inflammation and regulating your immune system so apart from your mind being calmer, your body will thank you as well.

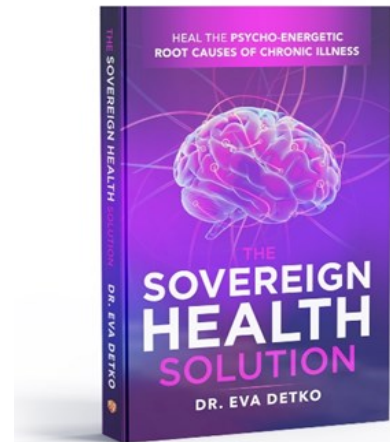


About the Author



Dr. Eva Detko is a natural healthcare practitioner, author, and speaker. She has studied natural medicine and the human mind for 23 years. Dr. Eva successfully recovered from chronic fatigue and fibromyalgia, and reversed Hashimoto's thyroiditis. She now helps others recover their health. Dr. Eva has an extensive knowledge and experience in the field of human physiology, biochemistry, nutritional sciences, and bio-energetics. She also uses a wide range of mind-transforming modalities, including: Havening Techniques®, BrainWorking Recursive Therapy®, NLP, psychoanalysis, hypnotherapy, mindfulness, and applied psychoneuro-immunology.

You can now pre-order my book: [The Sovereign Health Solution: Heal the Psycho-energetic Root Causes of Chronic Illness](#). This book is aligned with what I teach in my online programs and comes with a number of instructional videos, meditations and handouts. The paperback is scheduled for release in the spring of 2022 but you can start working with the electronic version of the book (available in December 2021), which is included as a bonus if you pre-order the paperback.



***** this eGuide is based on Havening Primer (2017) by Dr. Ronald A. Ruden, M.D., Ph.D.**