

# Havening therapy

Developed by neuroscientist and physician Dr. Ronald Ruden, **The Havening Techniques®** provide an effective and efficient modality for assisting clients to process traumatic memory. Using a combination of touch and specific protocols, Havening changes how memory is stored in the brain and the body, permanently removing the negative effects of trauma on emotions, thoughts and body feelings. Unlike cognitive approaches, Havening can be effective in a relatively short period of time to address conditions such as PTSD, anxiety, depression, phobias and pain, and even with more complex attachment-based difficulties. It can also be used for resource and resilience building, performance enhancement, and by practitioners themselves for self-care.

Havening understands how the gamma waves and the waves above the delta wave bring through the most traumatic memories and increases the amount of calcium and increases the amount of receptors for calcium on the other side - reinforcing the traumatic memory- havening takes the wave to a delta wave therefore lessens the calcium and the receptors are destroyed and the memory is not reinforced and goes – Havening decreases distress and triggers for clients by touch, and exploring feelings and cognitions behind trauma memories.

The Havening Techniques integrate with a range of other therapeutic modalities including family therapy and systemic approaches, Internal Family Systems Therapy and other “parts” models, EMDR, cognitive behavioural approaches, behavioural techniques, and mindfulness.



What is Havening and how does it work ?