Guide to Self Havening

The Havening Technique is a revolutionary approach being used to help people who are suffering from trauma, PTSD, phobias, anxieties, stress responses and many other issues.

The following process is given as a guide for Self Havening:

• Activate the specific emotional event that you want to work on by thinking about it as if it is happening to you at that moment. Once you have accessed the memory, rate your subjective unit of distress (SUD) level on a scale of 1-10, where 0 is not at all and 10 is extreme.

• Now clear your mind and begin self-Havening by applying Havening touch on the face, arms or palms with repetitive circular movements as shown in the diagram about once per second. 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.

• On reaching the count of 20, begin to hum a familiar tune such as twinkle, twinkle little star or happy birthday for a two rounds.

• As you continue applying the Havening touch on arms, face or palms take a deep breath in and then keep your head straight with your eyes look to the left and then to the right.

• Close your eyes again, inhale deeply and breathe out on the count of 5 whilst still applying Havening touch and then rate your SUD to track how much the emotion has reduced.

• Repeat 2-4 times with a different Havening surface (beach, meadow, forest, swimming, running etc.), or choose the same visualization and counting from 1-20 and hum your tune, or you can choose a different tune. Continue repeating Havening rounds until your SUD is at 0.

Havening is a powerful technique that can leave some people feeling a little ‘lost’ as they become accustomed to their new way of being. It can be necessary to help our client’s adjust to their new way of being and it is therefore recommended you seek further help as necessary. Havening technique is often used to complements many other methods of healing and personal development.

If you would like to find out more information or for practitioner training please visit www.havening.org.

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