

Havening Techniques:

Have the client bring to their awareness a difficult experience or emotion, and rate their emotional intensity by checking their Subjective Unit of Distress (SUDs) level.

At this point, *Havening Touch* is applied in which a client gently and rhythmically strokes their shoulders and arms downwards which regulates the emotions or stress, while the therapist leads them through *pleasant mental distractions*, such as getting them to imagine walking on a beach, while counting from 1 to 20. The client is then asked to move their eyes laterally from left to right (or visa versa). This bi-lateral stimulation creates new associations between the traumatic memory and more adaptive memories or information.

This process is typically repeated till the SUD is zero or significantly decreased.

Feeling overwhelmed – needing to feel calm and more in control?

- 1) Close eyes
- 2) Take a deep breath and clear your mind
- 3) Stroke your arms: Crossed over chest – stroking down from shoulders to elbows
- 4) Imagine yourself walking on a beach. (Continue stroking arms.)
 - Count with me. 1-2-3...20
- 5) Open eyes: (Continue stroking)
 - Keep head still
 - Move eyes laterally – eyes to the right, eyes to the left (or visa versa)
 - Repeat 4-5 times
 - Close eyes
- 6) Imaging walking in a beautiful garden on a warm summer's day. (Continue stroking arms.)
 - Count with me. 1-2-3...20
- 7) Open eyes: (Continue stroking)
 - Keep head still
 - Move eyes laterally – eyes to the right, eyes to the left (or visa versa)
 - Repeat 4-5 times
 - Close eyes

- 8) Imagine walking down a beautiful staircase. (Continue stroking arms.)
 - Count with me. 1-2-3...20
 - Take a deep breath...let it go
- 9) Open eyes: (Continue stroking)
 - Keep head still
 - Move eyes laterally – eyes to the right, eyes to the left (or visa versa)
 - Repeat 4-5 times
 - Take a deep breath...let it go
- 10) After the third round check within to see if the discomfort has disappeared.
 - Recheck SUDs level.

***Note: If the discomfort is still there repeat the process.

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**You can start your day off for yourself and even kids by using Havening to install positive affirmations.**

“I choose...” “I am...” (Always word it in the present tense.)

To be happy

Open my heart to...

Feel safe, peaceful and calm

Open my mind to learning

Hopeful...

“**I am**” can be stated as a positive affirmation: “I am calm”

Or

Can be stated with an emotion: “I am angry”

Havening can be used to improve learning skills, confidence and the abundance of all good things.