

30 mind games

Former Hull City footballer **Matt Hocking**, 35, talks candidly about how just one session of a revolutionary treatment called 'Havening' with **Chris Meaden** helped him to overcome crippling panic attacks which had blighted his life.



Matt Hocking

Tell us about the panic attacks

I stopped playing for Southport about five years ago and as you often read about footballers, I felt lost. Even though I'd never made it to the highest level I'd made it to League One and it was my whole life; my identity and status.

It's such an emotional rollercoaster being a footballer - with all its highs and lows and people always telling you how good you are. Then when you abruptly stop like I did it's a massive shock. At first I thought I'd get a job in coaching or in a school but I didn't.

I suddenly found myself at home with my little girl during the days and it was a difficult time. I went for a job and didn't get it and when I found out I had a frightening panic attack where I couldn't breathe and felt like I was having a heart attack and was going to die.

I'd had them before but nothing like this one.

How did you hear about Havening?

Research online led me to Chris Meaden. By this stage I knew I had to do something to sort this out once and for all, as I was no longer sleeping and the panic attacks had been going on for too long. My wife Debbie and family were worried about me.

Were you nervous when you went for your session?

Yes but Chris put me at ease. He asked me to recall in my mind some really traumatic emotional situations whilst he did the technique.

I had tears in my ears and could feel my heart beating fast and I felt a bit panicky.

He asked me to rate how emotional I felt out of ten. My main trauma was leaving football and that awful realisation that it was all over and feeling utterly lost, I rated that ten out of ten.

I was a bit embarrassed as the tears rolled but as Chris worked through the technique and each time I recalled that exact emotion it would drop until eventually I felt it was more like zero out of ten.

At the end I did have a bit of a cry and I was quite embarrassed but Chris told me not to be - this was completely normal. He said some people laugh hysterically, others cry.

It's the release of that main trauma going. He explained that once that goes it's like a chain that has been cut down and all the other chains of emotions go with it one by one.

Has it worked?

When I now think about that main trauma it's like playing a video in my head of me leaving football and yet I don't feel any of the emotion usually attached to it.

I know it sounds strange but I can now look back on things feeling much calmer.

As each day passes I feel my confidence is returning.

Would you recommend this treatment to other footballers who find themselves in your situation?

Yes; in fact to anyone. I can't really speak highly enough of Chris, he's a top guy.

It's like a weight has been lifted and I finally feel like I can breathe again.

HOW DOES HAVENING BENEFIT PROFESSIONAL PLAYERS?

Havening has real benefits to a player's and team's performance both on and off pitch, such as being able to let go of memories of past failures or defeats. It also deals with addictive or compulsive behaviours such as drinking, drugs or gambling, along with traumas (loss of status/identity, injury, divorce, bankruptcy) and can heal feelings of shame, blame, guilt, secrecy, abandonment and similar experiences.

WHAT IS THE HAVENING TECHNIQUE™?

The Havening Technique has 3 distinct applications:

1. Wellness, Stress Management, and Peak Performance;
2. Emotional Disturbances and Encoded Psychological Trauma;
3. As a Self-Help Tool.

The Havening Technique is a huge breakthrough in the field of psychosensory therapies in its ability to quickly heal individuals from severe traumas, stress, compulsions, phobias, chronic pain, grief, fear of abandonment, to improving performance, general wellbeing and more.

It has been developed by US Neuroscientist Dr Ron Ruden and is advocated by stage hypnotist and self-help guru Paul McKenna.

Chris explained: "The Havening Technique uses touch to produce an extrasensory response that generates delta waves whilst the client recalls in their mind the encoded trauma, event, pain or stressor.

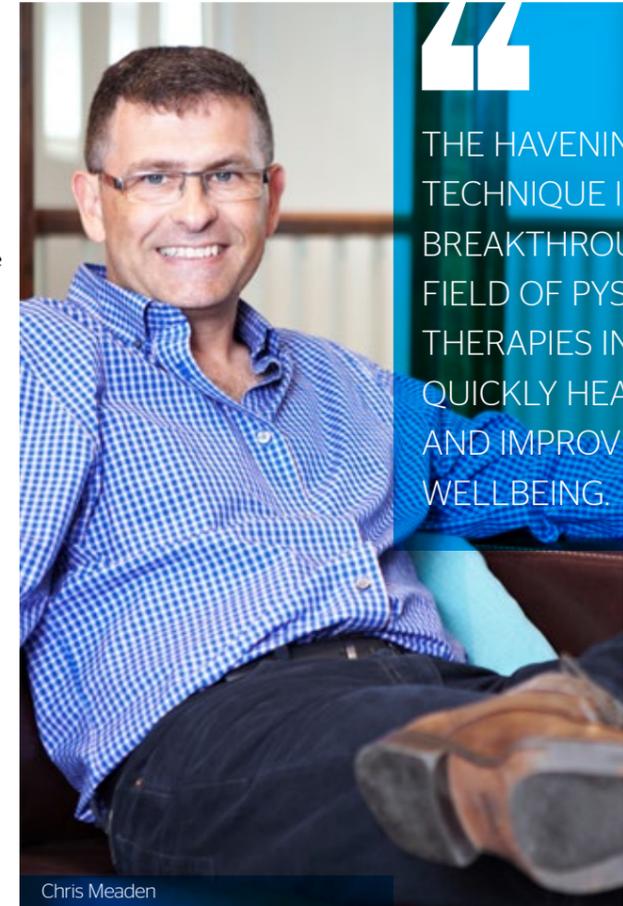
"Simultaneously with The Havening Touch, Chris distracts the client using a series of techniques. Since the mind cannot hold two thoughts concurrently, the use of distraction permanently removes the recalled event from the memory and the client's recollection of the memory is often fuzzy, dissociated or non-existent. The negative emotion or pain has gone."

DOES IT WORK?

Chris and Linzi were recently invited to qualify with Dr Ron Ruden and Paul McKenna to become two of the first fifty Certified Havening Practitioners in the UK and they have used the technique with hundreds of cases.

The technique is designed to alter the biological structure of the brain and it is claimed scientific studies have shown amazing permanent results.

Chris added: "Even the most sceptical client is astonished after experiencing Havening, particularly when they didn't share the content of what we were healing. The goal is to help individuals move forward with their lives, their careers, achieve better performance and let go of the baggage.....just imagine applying this technique to the England squad for the next World Cup..... winning penalty shoot-outs with the players approaching the ball calm and collective without the weight on their shoulders of past performances."



Chris Meaden



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Chris with creator of The Havening Technique, Neuroscientist Dr Ron Ruden



Chris Meaden
making personal change easier for You

For a private one-one session, call Chris or Linzi in confidence on 020 3327 1020 or email: chris@chrismeaden.com or visit: www.chrismeaden.com/ppmag

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