

**HAVENING TECHNIQUES:
BETTER LIVING THROUGH NEUROSCIENCE**

Havening Techniques (HT) is *a new and revolutionary way to heal emotional disturbances, empower an individual's quest and optimize one's performance.*

Says who? I seem to have no choice at this time but to be guilty of imposing on you this bold statement based only on empirical evidence instead of difficult rigorous controlled trials. However, those that have learned and used Havening already know that its ability to achieve amazing results is well beyond mere conjecture. It is up to us to now prove it. While proof is on the way, we wish to share with you what we know so far. This training conference will describe and demonstrate why Havening is indeed both new and revolutionary. You will learn how to perform Havening and by attending this conference complete the

first step in becoming certified as a
Havening practitioner.

But why do I say that Havening is NEW
and REVOLUTIONARY

Let me explain.

Mainstream methods for healing
emotional and physical disturbances,
empowering individuals and optimizing
performance are based in two main
therapeutic arms, language (as in talk)
and chemicals (as in drugs). Talk enters
the brain via the auditory cortex and uses
words to treat emotions. For most of us it
is difficult to talk oneself out of guilt or
anger. Talk generally tries to reframe
thoughts so that they are no longer
distressing and the problems they create
diminish. Drugs, on the other hand, enter
the brain via the circulatory system after
absorption through the digestive system.
There, they alter the neurochemical

landscape by which information is processed without dealing directly with the underlying problems. Thus, Talk; while problem specific, cannot easily reach the root cause of our problems, our emotions, and drugs, which are not problem specific only mask the true underlying issues.

OK.

How else can we enter the mind and the brain and be therapeutic?

The answer is Havening Touch. What? Do I really expect you to believe that simple touch can heal emotional trauma, cure pain, be empowering and optimize one's performance? This strains credulity! Please, my friends sit through these next two days with an open mind ... enquiring skepticism is encouraged.

Havening Touch is one of the active components of a group of methods called

Havening Techniques (HT). The other two components are emotional activation and distraction. Havening Techniques is a **psychosensory** (the application of non-specific sensory input to alter the mind and brain) method, which uses simple touch as the therapeutic transducer to effect change. Firstly, HT is new and revolutionary because it enters the system differently from talk and drugs (by touch). HT enters the brain and generates special brain waves called Delta waves. How these waves interact in the mind/brain have everything to do with how the events that cause the distress are encoded. You will learn about this later.

Secondly, Havening is new and revolutionary because it deals directly with the subconscious where negative emotions, such as chronic anger, fear, and guilt are stored. These immutably encoded emotions are the forces involved

in the production of disease, distress, helplessness and poor performance. Talk deals with the consciously accessible thoughts and drugs do not deal at all with content.

Most therapy is based on a clinician's observation of behavior, what we would call symptoms. This leads to the practitioner making a diagnosis and outlining a treatment plan based on these symptoms. Havening is different. So thirdly, Havening is new and revolutionary because it does not deal with diagnosis. Unlike Drug therapy, which is diagnostically driven (anti-anxiety drugs for anxiety, etc), and talk therapy, which is diagnostically coded for insurance purposes, Havening seeks the events that cause the symptoms. Thus, trauma can produce anxiety, depression, substance abuse and so on. Havening

views behavior as a consequence of encoding, a symptom and seeks to uncover the event that has produced the symptoms.

Fourthly, Havening is new and revolutionary in that once the encoded event is found and treated the individual is cured. CURED?

One does not use this word in talk or drug therapies, remission, yes, but not cured. We will later explain how Havening cures.

Finally, Havening is new and revolutionary in that it protects the practitioner from vicarious trauma. By performing havening we are in essence Havening ourselves, for those that have applied Havening they know what I mean and so will you when you incorporate it into your practice.

Is Havening curative for all emotional and physical disturbances? Of course not, some problems are inherently hard wired and we can only manage them. Talk and drugs are useful but it is important to begin to think differently so that we can recognize those that are amenable to Havening and offer treatment.

So as to provide a framework for what you will witness and experience, Havening touch works by generating an electrical signal called Delta waves. Activated at the right moment, these waves produce a cascade of events that lead to the extinguishing of the subconscious emotional stressor from an encoded traumatic event, altering its down stream co-encoded components,

cognitive memory, visceral and somatosensory aspects of the encoding moment. The mechanism by which this is accomplished is called depotentiation. This teaching conference will give you the knowledge and skills to apply this method. In my opinion, Havening deserves to be called new and revolutionary our Mission Statement

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