



"What is Havening?"

HAVENING TECHNIQUES® - BETTER LIVING THROUGH NEUROSCIENCE

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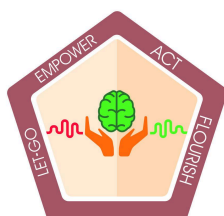
• Introduction

The Havening Techniques engages our inherent biological system to permanently heal, strengthen and empower our minds and bodies. The Havening Techniques have been developed by Ronald A. Ruden M.D., Ph.D. and his brother Steven J. Ruden, D.D.S., ICF/ACC.

The Havening Techniques are powerful and simple tools that can be used to alleviate the consequences of traumatic or stressful events.

Havening or Delta Techniques™ is a method which is designed to change the brain to de-traumatize the memory and remove its negative effects from both our psyche and body.

These techniques were inspired by a conversation in 2001 that turned into a book "When the Past is Always Present" and became the Havening Techniques, with the



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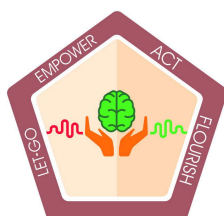
first official training occurring in May 2013, London. Now we have grown and spread to all corners of the world, with practitioners in Alaska to New Zealand and hundreds in between.

• What is Havening?

The Havening Techniques are healing modalities designed to help individuals overcome problems that are the consequence of traumatic or stressful encoding. They belong to a larger group of methods called psychosensory therapies, which use sensory input to alter thought, mood and behavior. The system is comprised of protocols and methods that use touch as a therapeutic tool we call Havening Touch®. This touch generates a delta wave in the brain and as a consequence we also refer to Havening Techniques as Delta Techniques™. Havening can be used within a psycho-therapeutic setting with professional mental health-care clinicians who have been fully trained and certified in the Havening Techniques. These techniques can also be used by non-licensed and /or allied health care professionals as a protocol for coaching, wellness and stress reduction.

• Is Havening Permanent?

It's not possible to provide any guarantees but once Havening is successful it has shown to be permanent in most cases. This is because Havening is believed to alter the biological structure of the brain. The return of symptoms implies either the traumatic core has not yet been found or the problem has been encoded in a different way. In particular, addictive and obsessive/compulsive behaviors, certain pain syndromes and vasovagal (e.g.fainting) issues often need reinforcement or cannot be treated with the Havening Techniques at the present time. No therapy works for all problems, but Havening is demonstrating that it's possible to successfully treat disorders that have not been resolved by western medicine. Although the Havening Techniques appear to have promising emotional, mental, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities and, therefore may be



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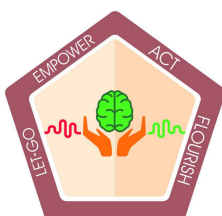
considered experimental. The Havening Techniques are self-regulated and they are considered alternative or complementary healing methods in the United States.

• What Types of Problems Can Havening be Used for?

The consequences of traumatic encoding can be physical and psychological.

Havening has been shown to be very helpful for addressing negative and traumatic **Stress**. It also helpful for the following (these are just a few):

- Phobias
- Chronic pain
- Distressing memories (broken relationships, shocking news, loss, embarrassment, etc. which can cause a variety of symptoms including depression, anxiety, pain among many others)
- Victims of natural disasters (hurricanes, floods, etc.) and man-made (war, fire, assault, home intrusion, etc.)
- Anger
- Fear of abandonment
- Self Esteem
- Cravings
- PTSD
- Panic attacks
- Trauma from abuse
- Performance enhancement
- Public speaking
- Sports
- Emotional eating
- Bereavement
- Allergies



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These are just a few, find more and review testimonials on www.turnoveranewleaf.co.uk and on www.havening.org.

For more details of the science behind the work, is the website www.havening.org under the learn more tab, white papers <http://havening.org/about-havening/articles>

If you have any questions send inquiries to Jan Carpenter at Turn Over a New LEAF

Here are some great videos, important publication and research paper.

- **How does Havening Work?**

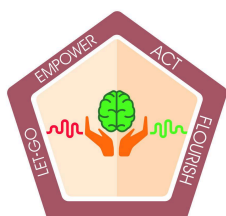
<https://www.youtube.com/watch?v=VD6PcEWDJbo>

- **What is the Evidence for Havening?**

Literature

Dr. Ron Ruden published in Science Direct Harnessing Electroceuticals to Treat Disorders Arising From Traumatic Stress: Theoretical Considerations Using A Psychosensory Model

<https://www.sciencedirect.com/science/article/pii/S1550830718301848>



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Published Havening Research

Impact of a Single-Session of Havening: Kings college Hospital (2015)

KCH did a study into the impact of one session of havening on employees feeling subjectively depressed affecting their ability to work – after 2 months and just one session of havening there was evidence of ongoing benefit.

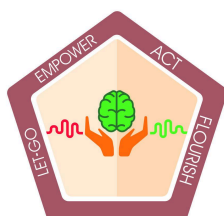
<http://www.hsj.gr/medicine/impact-of-a-singlesession-of-havening.php?aid=7273>

A Psychophysiological Examination of the Mutability of Type D Personality in a Therapeutic Trial (2020)

Evidence that Havening can help reduce many of the uncomfortable symptoms experienced by people with D type personalities and make them less vulnerable to stress related ill-health.

[https://econtent.hogrefe.com/doi/pdf/10.1027/0269-8803/a000266?ct=t%28EMAIL CAMPAIGN 8 19 General COPY 02%29&mc cid=9ff34e9b78&mc eid=6a65923537&](https://econtent.hogrefe.com/doi/pdf/10.1027/0269-8803/a000266?ct=t%28EMAIL%20CAMPAIGN%208%2019%20General%20COPY%2002%29&mc_cid=9ff34e9b78&mc_eid=6a65923537&)

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What is Type D personality?

D Type is a particular personality type first labeled in the 1990s by Belgian psychologist and researcher Johan Denollet. The letter "D" in this type of personality stands for distressed and is referring to a set of personality traits that involve things like:³

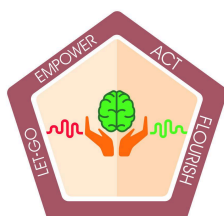
- Feelings of worry
- Sadness
- Irritability
- Pessimistic outlook
- Negative self-talk
- Avoidance of social situations
- Lack of self-confidence
- Fear of rejection
- Appearing gloomy
- Hopelessness

People with a Type D personality are more likely to be lonely and anxious. Even though many of us can feel a variety of these things at times, people with type D personality experience these traits more frequently than the average person and more consistently over time.

Research on Touch (2020)

Research undertaken in early 2020 about the importance of touch and whether people believe they are getting enough of it.

https://www.bbc.co.uk/programmes/articles/58WGxwkrmrLcIT4tcDYX4PB/nine-things-we-learned-from-the-world-s-largest-study-of-touch?fbclid=IwAR0zFzmtJRYBxe5VQFWWhRIWXsrlsqVGSd35CDGBWuw_i7Uojbt0piMQxwxU



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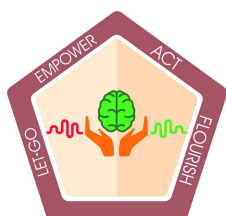


The Power of Touch: The Effects of Havening Touch on Subjective Distress, Mood Brain Function and Psychological Health; Nottingham Trent Uni (2022)

<https://www.ntu.ac.uk/about-us/news/news-articles/2022/03/nurturing-touch-technique-shown-to-change-brain-activity-and-reduce-distress>

Augmenting resilience to trauma: A parallel-group controlled trial of a psychosensory intervention Reading University (2023)

<https://europepmc.org/article/PPR/PPR660514>



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