

# Havening Techniques<sup>®</sup>

## Change Lives

Havening Techniques are designed to help us let go of stress, trauma and anxious feelings so we can be free to live a life full of choice. And let's be honest, we've all had our moments this year given the uncertain and ever-changing times we're experiencing on the planet, right?



### What is Havening?

Havening is a psycho-sensory technique (I'll explain this further on), that can help us change the way we respond to external events so we can feel calm and in control. Sometimes when we're feeling stressed or under pressure an event may cause us to respond in what might seem like a disproportionate response.

Habitual and learned ways of responding can be changed by using Havening Techniques<sup>®</sup> which is a gentle, efficient and often rapid way of changing the patterns within our brain without any side effects.

Havening is based on neuroscience and is all about training your brain to respond differently to the issue. Havening can help with:

- Emotional & psychological trauma
- Feeling anxious
- Fears, phobias, feelings of panic
- Shame, guilt & anger
- Chronic pain
- Emotional eating & cravings
- Self-esteem & confidence

### How does Havening work?

Havening is a psycho-sensory therapy. It uses a sensory input, in this case Havening Touch, to work

with our neurology (the brain). Using Havening Touch, we generate healing delta waves in our brain. Delta waves are brain waves mainly present during non-REM sleep, a time of replenishment & reorganisation of the brain. These low-frequency brain waves combined with your brain chemistry can be harnessed to increase resilience and diminish emotional responses.

Havening works by activating this electro-chemical response which sends a reassurance signal to your brain to alter the mind-body connection. This technique switches off your brain's 'alarm system' response associated with that particular event or issue and can prevent future unhelpful, unresourceful responses, allowing us to be our best selves in challenging situations.

Havening Touch can also be used to:

- De-link emotional responses to unhelpful memories
- Generate new behaviours
- Support our goal-setting
- Build resilience & confidence
- Help us manage stress
- Produce positive emotional states
- Increase our performance & wellness
- Assist us with visualisation & generating creativity

### How can Havening help YOU?

Havening is a new technique which can help us change how we respond to certain situations or triggers. Havening Techniques can be used as a self-help technique we can share with family and friends or it can be facilitated.

*As a person who suffers from anxiety, I went to see Barbara for Havening sessions to see if it would help me. Havening was something I had not experienced before and I'm very grateful that I have now discovered it! Barbara instantly put me at ease the minute I walked into her room. After explaining to me the technique of Havening, we then put it into practice. At the end of our first session, I felt a deep sense of relaxation. Barbara has such a wealth of knowledge around how the brain works. She has taught me so much and it is thanks to her knowledge and Havening skills that I can now learn to live with my anxiety. – K Butler, Whangarei*

## Hi! I'm Barbara!

*I'm passionate about partnering with you discover your resources. I believe we all have the resources we need to succeed, and sometimes we forget. Or they get lost in all of the things whirling around in our heads. You already have the capability to create your best life. I help you get past the stories you've been telling yourself so you can uncover what you may have forgotten you already have.*

*Over the last 13 years I've contributed to the Whangarei community as a solopreneur, specialising in one-to-one coaching and training delivery, supporting individuals with a range of techniques and tools to activate their inner strength.*

*My experience in a variety of business settings, combined with my learning journey and NLP\* skills means that as my client, you'll receive exactly what you need to move forward, to make the changes you want to make, at a pace to suit you.*



*My background includes gain accreditation as an internationally certified Coach (ICF), Master Practitioner and Trainer of NLP as well as gathering a diverse range of skills and experience through facilitating and training groups in educational and business settings. This includes working in government organisations, an international recruitment company and several privately owned medium-sized businesses.*

*In August 2021 I finally completed my certification journey and I'm Northland's very first Certified Havening Techniques® Practitioner. Havening is a wonderful way to create a sense of calm where we can down-regulate our emotional responses to allow us to think, plan and strategise with clarity and precision. If you'd like to know more, please do contact me for an obligation-free chat about how Havening Techniques® could benefit you and your family. And yes – we can do this over Zoom!*

You're welcome to visit the Havening Techniques website [here](#) and check in on my profile [here](#).

Here's the small print ...

\*NLP = Neuro Linguistic Programming. What's that? It's a techy name referring to how we create habits and routines to help us get through life easily. We create processes and strategies, or habits of behaviour, and just as we created them, we can un-create them and change them if they're not serving us. NLP is all about creating habits of mind that support us to be our best selves.

Barbara Jaques of mind*Moves* is a trainee practitioner(s) of Havening Techniques. Havening Techniques is a registered trade mark of Ronald Ruden, 15 East 91st Street, New York. [www.havening.org](http://www.havening.org)