



# Havening

**Havening Techniques** are a type of psycho-sensory therapy developed by Dr. Ronald Ruden. It is designed to help with trauma, anxiety, and stress by creating a sense of safety and calm by altering the brain's pathways to reduce distress and enhance well-being.

## Self-Havening Instructions:

### Arm Havening

#### 1. Find a Quiet Space:

- Choose a quiet and comfortable space where you can focus without distractions.
- Sit or lie down in a relaxed position.

#### 2. Rate Your Distress (Optional):

- Assess your current distress level on a scale of 1 to 10, with 1 being minimal distress and 10 being the highest.

#### 3. Arm Technique (see alternates below):

- Cross your arms over your chest
- Place your hands on your shoulder
- Slowly and gently stroke down your upper arms to your elbows
- Repeat the stroking motion for a few minutes, maintaining a slow and steady pace.

#### 4. Focus (see options below)

- As you perform the stroking, focus on a positive memory, a peaceful scene, or a comforting thought.

#### 5. Breathe work (optional): Synchronize your breathing while stroking your arms.

##### Regular Breathe:

- Inhale deeply through your nose, expanding your diaphragm.
- Hold your breath for a moment
- Exhale slowly through your mouth, releasing tension.

##### Count Backwards:

- Begin counting backwards from a set number while continuing the arm motion.

##### Double Down:

- Breathe in for one count, pause and breathe out for two counts.
- Pause and breathe in for two counts; pause and breathe out for four counts.
- Continue the pattern until the out-breath is too long, and repeat the cycle.

##### Sighing:

- Breathe in
- With each out-breath, let out a sigh.

#### 6. Take Distress Inventory:

- Pause and take an inventory of your distress level. Rate it on a scale of 1-10. Note any changes.

#### 7. Repeat the Cycle:

- If necessary, repeat the entire cycle until your distress level falls to one or below.

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## Alternatives to Arm Havening

- Using the same layout as above change the body part; example hands.

## Hand Havening

### Technique:

- Place your hands in front of you.
- Slowly and gently rub your palms/hands, focusing on the sensation of warmth and friction.
- You can add a scent, such as a scented lotion, to add to the experience.

## Face Havening

### Technique:

- Place your fingertips on your forehead.
- Slowly and gently stroke your forehead from the center outwards towards your temples.
- Continue the motion down your face, gently stroking your cheeks.
- OR stroke any part of your face you find comforting, such as your cheeks or chin.

## Lip Havening

### Technique:

- Place your index fingers gently on your upper lip, just below your nose.
- Slowly and gently stroke downwards to your lower lip.
- Repeat this motion for a few minutes, maintaining a gentle, consistent pressure.

## Additional Options

- **Focus on Positive Emotion:** Concentrate on a positive emotion or a pleasant memory. Allow the positive feeling to resonate as you engage in the physical Havening touch.
- **Eye Movements:** Incorporate eye movements into the technique. Look to the right or left as you perform these touch motions.
- **Sing a Positive Song:** Think about or sing a positive song to yourself while maintaining the touch motions.

Remember, these instructions are not set in stone. You have the power to customize the techniques based on your preferences, making your healing journey unique to you.

## Videos

- For additional support, my videos are available on YouTube (and other social media sites) and on the Inner Sojourn Website under the client resource tab. <https://www.youtube.com/watch?v=-HYDeYrC7qQ>
- <https://www.innersojourn.net/clientcounselingresources>
- Check out Dr Kate Truitt on YouTube for some meditative Havening videos:
  - <https://www.youtube.com/watch?v=HgULPOgLQZU&t=57s>
- Check out [havening.org](http://www.havening.org) by the creator of Havening, Dr Ronald Ruden - <https://www.havening.org/>