

# Psychosensory Techniques for Trauma and Stress Relief

## Havening

- Founded by two medical doctors and brothers, Dr. Ron and Steve Ruden
- Uses electroceuticals ignited by a soothing touch to target the amygdala and rewire memories by removing or replacing the emotions
- Stroke from shoulders-to-elbows, palms-to-fingertips, cheeks/forehead-to-temples
- Either see a havening practitioner or self-haven
- Do Affirmational havening for self-havening (don't self-haven events) which is to repeat the positive feeling words you want to feel

## Self-Havening Technique

The Havening 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. As part of its protocol The Havening Technique uses the sensory input of human touch as a therapeutic tool which we have identified as Havening Touch®.

- For guidelines, please see The Havening Techniques educational materials and certification process. Please see their disclaimer on their website at [www.havening.org](http://www.havening.org) for additional information.
- Video Demonstration: <https://qrgo.page.link/EWdQ6>



- Video Demonstration of **Tapping** Algorithm for Pain or Unwanted Emotions  
<https://www.youtube.com/watch?app=desktop&v=AKCmdHN9JX8>

