



SELF-HAVENING TECHNIQUE

What is Self-Havening?

Developed by Dr. Ronald Ruden, it is part of the broader Havening Techniques®, which uses gentle touch and distraction techniques to create a sense of safety and facilitate emotional processing. Self-heavening involves applying gentle, soothing touch to specific areas of the body—typically the arms, face, or hands—combined with guided visualization or affirmations. The goal is to engage the brain's sensory systems, specifically the amygdala and the limbic system, to reduce the intensity of traumatic or stressful memories and encourage emotional regulation.

Core Principles of Havening

1. **Psychosensory Therapy:** Havening works by altering the brain's neurochemical state using sensory input (touch) and mental engagement (distraction or visualization).
2. **Neuroplasticity:** It helps "depotentiate" (weaken) the neural pathways associated with traumatic memories, effectively "rewiring" the brain to reduce its emotional charge.
3. **Safe and Non-Invasive:** The technique is gentle, and simple, and can be performed independently or with the guidance of a practitioner.

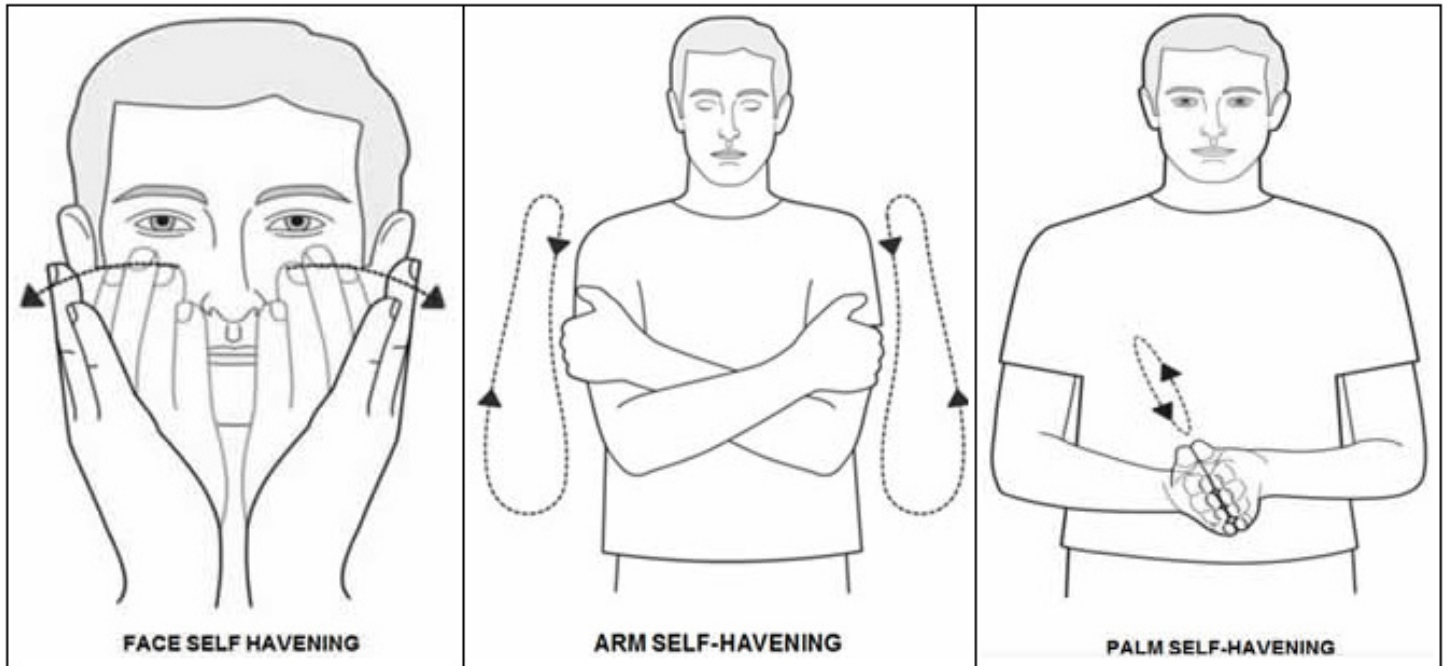
The Science Behind Self-Havening

Self-Havening engages the brain in a process called **amygdala depotentiation**, which reduces the emotional charge of stressful or traumatic experiences. Here's how it works:

- **Touch Stimulation:** Gentle touch activates C-tactile afferent nerves, which send calming signals to the brain.
 - **Delta Waves:** The rhythmic touch promotes delta brainwave activity, which is associated with deep relaxation and emotional processing.
 - **Deactivating the Amygdala:** By focusing on soothing sensations and using guided thought, the brain reprocesses stressful memories, diminishing their impact.
-

Self-Havening Techniques

- **Arm Havening:** Gently stroking the arms in a downward motion can promote relaxation and calm the nervous system.
- **Face Havening:** Lightly applying touch to the face activates the parasympathetic nervous system, reducing stress.
- **Hand Havening:** Touching or massaging the palms and fingers can help ground the mind and provide sensory comfort



Contact

For feedback, partnerships, or further information, please feel free to contact me at rbradley@mindsetsolutionscounselling.ca.

Mindset Solutions Counselling

Phone: 587-809-2356

Website: www.mindsetsolutionscounselling.ca

🌐 Instagram (@mindsetsolutionscounselling)