

60+ tools in 60 minutes:

More than 60 simple ways to amplify
positive emotions, build resilient
neurobiological landscapes, enhance
present moment awareness and rewire
the brain for joy

*Developed and presented by Harry Pickens
for the 2018 Havening Techniques® International Conference
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A – Cultivating Awareness/Mindfulness

1. Tuning Touch

Begin by self-applying Havening Touch. Explore how it feels to gently stroke your face, arms, and hands. Experiment both with pace and pressure until you discover your personal ‘sweet spot’ where the touch brings an optimal sense of relaxation and calm. Once you find the quality of touch that feels best for you, begin by simply self-havening silently, with your eyes closed, for two to three minutes. As you do this, simply notice the content of your inner experience. Notice any thoughts, images, feelings, body sensations, ideas, memories that float through your awareness. When you notice these, gently bring your attention back to the feeling of your own soothing touch.

2. Breath Awareness

Begin Havening (Either self- or facilitated). This time, gently bring your attention to the breath as it moves in and out. Notice the rising and falling of your chest, any sensations in the nostrils or throat as you inhale and exhale. You might notice the breath slowing down a bit as you continue to self-haven, or not. When thoughts and images and feelings and body sensations come to your attention, gently let them go and return your attention to the breath. You may choose to mentally repeat — ‘breathing in...breathing out...’ in coordination with the breath. Continue this practice for up to five minutes.

3. Bodyscan

Begin Havening (Either self- or facilitated). Mentally scan your body from the top of your head, through the head, neck, shoulders, arms, wrists, hands, fingers, torso, abdomen, back, spine, hips, groin, legs, knees, feet, toes, soles. Notice any areas of holding or tension and gently invite these areas to relax, to release, to loosen, to let go. Continue applying havening touch as you scan, notice and release. Pause. Notice how your body feels now.

4. Inner Smile

Begin Havening (Either self- or facilitated). Imagine something that makes you smile. Then release the thought, while allowing the smile to remain. Allow the feeling accompanying this gentle smile to expand throughout your body. Imagine the energy of your smile spreading like ripples in a lake in all directions. As you slowly scan the interior of your body, imagine this smile gently emanating from your every organ, tissue, system and cell. It is as though every part of you is smiling, joyful, content, radiant. Your eyes smile. Your brain smiles. The inside of your head. Your neck, shoulders, arms, hands. Your torso — chest, heart, lungs. Your belly, back, spine.

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Your groin, hips, thighs. Your knees, calves, feet, toes. Every cell! Every atom! All gently smiling, radiant, glowing. With each breath, the smile gently expands. Rest in this sense of radiance. Notice how you feel.

5. Vagal Breathing (4-7-8)

Begin Havening (Either self- or facilitated). Breathe in through your nose, and exhale through pursed lips. Breathe in for a mental count of 4; then hold your breath for a mental count of 7; then exhale for a mental count of 8. As you keep the touch going on a continual basis, maintain this in-4 hold-7 out-8 rhythm at first for four breaths, then rest. You may gradually extend the time breathing in the pattern. This pattern of breathing is recommended by Dr. Andrew Weil for deepening relaxation. Adding Havening Touch seems to enhance the practice.

6. Color Of Calm

Begin Havening (Either self- or facilitated). Think of a color that represents calm to you. It can be any color — sky blue, forest green, sunflower yellow, any color at all — as long as thinking of this color evokes a calm, grounded feeling within you. Next, simply focus on your color. You might imagine breathing the color in with each breath, as though the atmosphere around you is filled, permeated with this color. You might imagine you are underneath a beautiful waterfall of liquid light of this color, as the color gently pours over, around, and into you. You might silently chant the name of your color with each breath. You might imagine being in the midst of a beautiful flower garden filled with flowers sparkling with your color. Or you may have another way of imagining that feels more natural for you. Continue this process for 5-7 minutes, focusing on your color...bringing it in with each breath...filling your awareness...bringing your color into any part of your body or awareness where it's needed.

7. Inner Listening

Choose a question that you will pose to your inner source of wisdom. You may choose to write this question out. Once you begin Havening (self- or receiving Havening Touch®), take a minute or two simply to settle in and allow an inner quietness to pervade your awareness. Then bring your question to mind. Ask the question, silently or out loud, then let it go. Simply rest gently in the present moment. Listen inwardly. At first, you may not notice an answer or response. Or, you might immediately perceive something — an image, word, feeling, body sensation. Even if you don't perceive anything in particular, continue Havening in silence for a few minutes. Then as you go about your day, open to the possibility that your answer may arrive at any time.

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8. HeartSpeak

Begin Havening (Either self- or facilitated). Bring your awareness to the area of your heart. Evoke a sense of gratitude as you continue resting your awareness gently in the area of your heart. Continue simply to feel appreciation for a minute or so, directing some of this gratefulness to your heart for its faithful and devoted service to you throughout your life. Next, ask your heart, ‘What do you want me to know right now?’. Then rest in receptive silence and listen. Your answer may come as a sensation of warmth, an image, a word, or simply an inner knowing. Whatever emerges, thank your heart for this communication.

9. Meditation on Weather/Sky

Begin Havening (Either self- or facilitated). As you rest gently in the present moment, consider this idea. **Emotions** are like the weather – constantly changing, unpredictable, and compelling in the moment. **Awareness** is like the sky – always clear, no matter what storms might rage underneath it.

Creating the life you want involves identifying primarily with your awareness, not your emotions, taking actions each day that serve your intentions and align with your values, regardless of the temporary emotional weather that may be prevailing in the moment.

Reflect on this idea — first simply pay attention to your current emotional state - the ‘weather’ of the moment. What is the general tone of your emotional reality in this moment? Now shift your attention to the spacious observing awareness — the ‘sky’ which is ever -present as a witness to whatever emotion may be emerging in the moment. Alternate your attention between these two modes for a few minutes. What do you discover?

10. Week Review (VideoScan)

Begin Havening (Either self- or facilitated). Imagine you’re in a movie theater, viewing a movie of your life in this past week. There you are, on the screen, as though a hidden camera has been observing your every move. As you observe your actions in this way, notice both the highlights as well as the more challenging experiences. What stands out? Are there any specific moments you would like to savor? Other moments you would change if you could? Moments when you made progress in the direction of your important priorities? Moments when you got in your own way? Reviewing your life — one week — or one day at a time in this manner can yield valuable discoveries and help you make desired changes.

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B — Building Inner Resourcefulness

1. Gratitudes

Begin Havening (Either self- or facilitated). With your attention gently resting in the heart area, begin reflecting on things in your life that you are grateful for. This can include specific people, experiences, memories, possessions, events — any and everything that for you evokes a sense of appreciation. Allow up to one minute for this silent reflection.

Next simply relax and receive Havening Touch®, while speaking this sentence stem out loud over and over, each time completing the sentence with whatever rises into your awareness: *One thing I am grateful for is...One thing I am grateful for is...One thing I am grateful for is...One thing I am grateful for is...If you run out of things to say, simply continue applying the touch in silence for the time allotted. Often, after a moment of silence, more ideas will surface. Continue this process for four to seven minutes, then pause. Notice your experience. How do you feel? What (if anything) has shifted?*

2. Relax, Restore, Renew

Begin Havening (Either self- or facilitated). Hold the intention that you are devoting this Havening time to yourself, as a gift of restoration, relaxation and renewal. There is nothing you need to do, nowhere you need to go, no problem that you need to solve — not now. This is your time to rest and restore. Notice how deeply you can enter into this intention. You might gently recite — relax, restore, renew. Or you might gently allow your body to let go more and more with each breath. If thoughts arise, simply acknowledge them and bring your attention back to the breath, the present moment, and the gentle intention to relax, restore, renew.

3. Instant Vacation

Identify a place that for them evokes a feeling of calm, centered ease, safety and relaxation. This could be a familiar place in nature or some other setting, or even an imaginary place or a locale depicted in a movie, story or other work of fiction. What matters is that when you think of this place, it naturally evokes feelings of calm, centeredness, ease, safety and relaxation with zero negative emotional associations.

Begin Havening Touch™ and go to your special place in your imagination. As you imagine being in this place, you will count slowly from one to ten. With each count, describe, out loud, one thing that you see, hear, smell, feel or notice about that place. Be as detailed as you can. For example, if we were going to the beach, you might describe the sound of the waves, then the feeling of the sand between your toes, then the puffy white clouds in the sky, and so forth.

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Begin counting, and with each count, simply describe one thing you see, hear, smell, feel or notice. 1... (describe) 2... (describe) 3... (describe) 4... (describe) 5... (describe) 6... (describe) 7... (describe) 8... (describe) 9... (describe) 10... (describe)...And now rest. What do you notice?

4. Waterfall of Delight

Begin Havening (Either self- or facilitated). Imagine you are resting beneath a radiant waterfall of liquid light (of whatever color or colors feel most healing and restorative to you) which cascades over, around and through you, bringing wave after wave of soothing, healing relaxation. Hear the gentle waves, feel the soothing, relaxing, revitalizing energy as it caresses every cell from the top of your head all the way to the soles of your feet. Continue this process for 3 to 5 minutes. What do you notice?

5. Sanctuary

Begin Havening (Either self- or facilitated). Imagine a special, sacred, safe place that is just for you. You can create any and everything you desire to put here. This place could be a vast cathedral constructed of shimmering emeralds, a rustic cabin in the woods, a tipi resting by a creek, a dark and cozy cave — whatever special place brings you the greatest sense of comfort, safety, home. Feel free to create an altar or other sacred space and to furnish it with any artifacts, icons, pictures, art or other objects that inspire and uplift you. Once you create this place, you can return — simply to rest, or to meet with inspiring beings, or to create, or for whatever purpose you choose.

6. Mantra

Begin Havening (Either self- or facilitated). Choose a word that represents a relaxing quality, sense of presence, or state of being you desire to amplify in your life. This could be a neutral word or phrase, such as ‘One’ ‘Here-Now’ ‘I Am’; an emotionally valenced word or phrase, such as ‘Peace’, ‘Calm’, ‘Ease’, or ‘Relax’; or a comforting word or phrase affiliated with your spiritual/religious/faith tradition, such as ‘God’, ‘Shalom’, ‘Om’, ‘Allah’, ‘the Lord is my Shepherd’, etc. Inwardly chant that word in the rhythm of your touch — chanting once with every stroke. For example — calm, calm, calm; or peace, peace, peace; or present, present, present. Continue this chant/stroke pattern for 3 to 5 minutes.

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7. HumFest

Begin Havening (Either self- or facilitated). Hum favorite tunes just for the joy of it. You might remember an earlier time in your life, perhaps as a child, when you would sing, hum, skip and play for no reason at all. This is an opportunity to reclaim this innocent, joyful state of being. Keep humming for at least one minute, choosing freely from songs you know and/or making up your own!

8. Memory Bank Deposits

Begin Havening (Either self- or facilitated). Choose a memory that is meaningful for you; a ‘magical memory’ that carries a positive, uplifting and/or inspiring emotional tone. Make sure this is not a memory with any negative associations of any kind. Begin Havening. Enter into the memory in your imagination and describe what you are seeing, hearing, feeling, doing out loud, as though you were there now. Continue to deepen your description by adding more and more sensory detail. Continue this process for three to five minutes. Pause. Notice how you feel. This is a simple way to access positive emotion.

Make a list of 3-5 memories corresponding to a specific feeling or state of being you desire to experience more of. For example, times when you felt confident, or joyful, or focused, or peaceful. Be sure these are memories with no negative associations. Begin Havening. Take one minute to focus on each memory, simply remembering the experience as vividly and in as much multi-sensory detail as you can. Savor each experience as fully as you can before moving on to the next. This practice of recalling and savoring positive memories, over time, can support your capacity for resilience.

Begin a ‘magical memory’ journal, wherein you devote a few minutes each day or week reflecting on your past to ‘harvest’ memories that evoke positive experiences for you. Choose memories from this growing ‘memory bank’ to work with as described above to expand and amplify your access to desired states of being.

9. Positivity Menu

Make a list of 3 to 7 positive states of being you would like to experience more often. Here are a few examples: Amusement, Joy, Delight, Curiosity, Kindness, Confidence, Courage, Glee, Awe, Serenity, Gratitude, Encouragement, Inspiration. Choose one to work with.

Begin Havening (Either self- or facilitated). As you haven, gently bring your attention to one quality of being you would like to experience more of. Begin reflecting on this quality: when have you experienced it? How does it feel in your body when you experience this quality? How do you breathe, move, speak, act, interact? What would it be like to experience 10% more of this

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quality? 20% more? Simply explore this quality of being in your imagination for 3-5 minutes, then pause. What do you notice about your relationship and experience of this quality now?

Next imagine you are sitting inside a movie theater. Begin watching, in your imagination, a movie starring you — a version of you that exemplifies and embodies this specific quality that you have chosen. Make the movie as real and vivid as you can.

After continuing the movie for one minute, in your imagination step into the movie, so you are seeing through your own eyes and feeling in your own body the experience of embodying this desired quality. Continue the movie from this inner vantage point for one minute, seeing and hearing and feeling and acting with fully embodied presence as the quality you have chosen.

Then step out of the movie and watch as an observer again for approximately one minute. Then, once again, step into the movie and experience living and embodying this quality from the inside.

10. Positivity Stack

This time, choose 3 qualities from your list. Begin Havening (Either self- or facilitated). Evoke each quality, one at a time, as described above. Then feel #1 and #2 at the same time. Take a deep breath as you allow these two qualities to co-exist within you. Now rest for a few seconds, and then feel #2 and #3 at the same time. Once again, take a deep breath as you allow these two qualities to co-exist within you. Rest for a few seconds, then feel #1, 2 and 3 all at the same time.

11. Self-Compassion

Begin Havening (Either self- or facilitated). Bring to awareness some being (person or pet) who naturally evokes a sense of caring and warmth within you. This could be someone alive or someone who has passed on; a friend, relative, child, or pet; even a spiritual figure. As you gently rest awareness in the area of your heart, simply continue to focus on this being, allowing the warm and caring feelings to emerge and increase. Truly feel the depth of your care for this being, and imagine that you, like the sun, are radiating wave after wave of pure caring, warmth and kindness in their direction. You might even speak these words, silently or out loud: “May you be happy. May you be well. May you be free from suffering. May you experience peace.”

After continuing this practice for a few minutes, release the image of the being and see/feel/ imagine yourself in their place. Continue to radiate caring, warmth, kindness now towards this image of yourself. If this is challenging at first, simply return to your intention and persist. Over time, it will become easier and more natural to bring yourself the same quality of caring that you bring to others.

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12. Joy Cascade

What color best represents the energy of joy to you? Imagine the atmosphere around you is saturated, permeated, filled with a fine mist of this color. As you experience Havening Touch®, imagine that you are taking this color into every cell of your being. With each inhale, you take in more and more joy; with each exhale, releasing anything that would seem to block the flow of joy throughout your being. Continue breathing in and expanding this sense of joy.

13. Supportive Relationship Map/Metta

Create a mind-map listing supportive relationships in your life. Begin Havening (Either self- or facilitated). Reflect on each of these individuals, feeling appreciation and sensing their support for you.

As you bring each person to mind, send them a silent blessing and intention for wellbeing. If you choose, you may repeat — internally or out loud, this simple four-line statement, adopted from a Buddhist lovingkindness practice: ‘May you be happy. May you be well. May you be free from suffering. May you experience peace.’ Repeat this while focusing on each person.

14. Laughter Havening

Thousands of ‘Laughter Clubs’ worldwide have demonstrated that we don’t need to wait for something funny to occur in order to laugh. We can choose to laugh and gain all the benefits, lift our mood, boost our wellbeing. So here you simply laugh. Begin Havening (Either self- or facilitated). You might laugh in rhythm, replacing the lyrics to a favorite song. Or you might begin a hearty belly-laugh or a light ‘hee-hee’ chuckle. Continue laughing non-stop for one to two minutes, then pause and notice how you feel.

15. Mutual Havening — healthy attachment

Sit facing your partner, with your right hand resting palm-down on your right knee, and your left hand resting palm-up on your left knee. Begin havening one another. As you do, repeat these (and similar) phrases — “we’re in this together”; “ we can work well together”; “ we can choose to connect and collaborate”; “ we can respect and appreciate one another”; “together we can handle whatever comes along”. This and the other ‘Mutual Havening’ processes can also be done with one person facilitating and the other receiving the touch. This variation on Mutual Havening can deepen your sense of connection with a friend, partner, colleague.

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16. Mutual Appreciation

Sit facing your partner, with your right hand resting palm-down on your right knee, and your left and resting palm-up on your left knee. Begin havening one another. As you do, take turns expressing your appreciation for one another. You can use a sentence stem such as, ‘One thing I appreciate about you is...’, or ‘Thank you for...’. After partner A completes one appreciation, partner B first responds ‘Thank you’, then shares their appreciation.

17. Mutual Nostalgia

With a partner, make a short list of 3 to 5 pleasant shared memories. Please choose memories free of negative emotional associations. Sit facing your partner, with your right hand resting palm-down on your right knee, and your left and resting palm-up on your left knee. Begin havening one another. As you do, take turns sharing the highlights of these remembered experiences one at a time. Use as much sensory detail as you can as you describe.

18. Mutual Anticipation

With a partner, decide on some experience you are both really looking forward to experiencing. Sit facing your partner, with your right hand resting palm-down on your right knee, and your left and resting palm-up on your left knee. Begin havening one another. As you do, take turns sharing what you are most looking forward to. Use as much sensory detail as you can as you describe.

19. Habit Locales

Think about your typical day. What are the things you do every single day? Where do you do these things? Then reflect on this question: ‘How many ways can I incorporate Havening into my daily rituals and habits?’.

For example — first thing in the morning upon waking, washing my face when I get up, taking a shower, making breakfast, saying goodbye to family members at the start of the work/school day, driving, sitting at a stop light, parking, work day activities.

Where might you take 30 seconds to self-haven, using any of the tools in this list to help you focus, prepare, affirm, relax, renew? Once you’ve decided where you can incorporate this practice, actively envision yourself following through.

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20. Playlist — Joy

Choose three to five musical selections that evoke joy for you. Put them together in a playlist. Self-Haven while you listen. You might also simply imagine the songs while Self-Havening, hearing them in your mind's ear. In time, simply thinking about the songs while Havening will elicit the emotion of joy.

21. Power Animal

Shamanic practices as a core component of indigenous spirituality may facilitate a conscious connection with archetypal energies that can serve inform our conscious awareness, bringing information that is otherwise difficult or impossible to access through the medium of rational thinking. Identification and communication with a 'Power Animal' is a classic practice for connecting with the specific energy that can assist us in resolving a dilemma or accessing creative ideas.

To initiate this process, simply begin Havening and, as you gently settle into the present moment, ask your inner wisdom to reveal your Power Animal. Open in receptive awareness and listen. You might get an immediate impression — an image, or word, or sound. If so, express gratitude for what has been perceived and continue by asking what is the message/gift the animal has for you. Reflect on whatever has been received. You might want to take a bit of time to journal as well as staying receptive to notice what additional insights may emerge over the following day.

My most recent experience of this process yielded a clear inner impression of an eagle. As I continued to 'listen' to the eagle's message, it became clear to me that I needed to look at a situation that had brought concern from a 'higher, broader' perspective, not getting carried away or distracted by the short-term challenges; rather, my opportunity was to look, think and act long-term. This insight brought about a significant shift in my perspective which reframed an issue that I had been struggling with.

22. Shamanic Identification — River/Water

The process of consciously identifying with an aspect of the natural world can catalyze shifts in perception and open access to previously unavailable modes of being. Begin by bringing to mind an issue that is currently challenging for you, in which a greater capacity to flow with change could benefit you. In this process, after beginning Havening Touch® and relaxing into the touch for a few minutes, begin to imagine that you have become a river. Sense your existence as water, effortlessly flowing around all apparent obstacles. Savor this experience for a few minutes. Now consider your problem or issue. How does it appear now? What is different? What new or novel perspectives emerge?

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23. Shamanic Identification — Eagle

Begin by bringing to mind an issue that is currently challenging for you, in which a broader, more expansive perspective could benefit you. After beginning Havening Touch® and relaxing into the touch for a few minutes, begin to imagine that you have become an eagle. Savor this experience for a few minutes. Soar high above your problem or issue. How does it appear now? What is different? What new or novel perspectives emerge?

24. Shamanic Identification — Mountain

Begin by bringing to mind an issue that is currently challenging for you, in which a greater sense of solidity, stability, groundedness, and strength could benefit you. After beginning Havening Touch® and relaxing into the touch for a few minutes, begin to imagine that you have become a mountain. Feel the immense strength, solidity, stillness and stability that is you. Consider your problem or issue. How does it appear now? What is different? What new or novel perspectives emerge?

25. Shamanic Identification — Tree

Begin by bringing to mind an issue that is currently challenging for you, in which a greater sense of solidity AND flexibility could benefit you. After beginning Havening Touch® and relaxing into the touch for a few minutes, begin to imagine that you have become a tree. Savor this experience for a few minutes. Now consider your problem or issue. How does it appear now? What is different? What new or novel perspectives emerge?

26. Color of Resilience

Think of a color that represents resilience to you. It can be any color — sky blue, forest green, sunflower yellow, any color at all — as long as thinking of this color evokes confident, optimistic, courageous feelings.

Begin Havening (Either self- or facilitated). Next, simply focus on your color. You might imagine breathing the color in with each breath, as though the atmosphere around you is filled, permeated with this color. You might imagine you are underneath a beautiful waterfall of liquid light of this color, as the color gently pours over, around, and into you. You might silently chant the name of your color with each breath. Or you may have another way of imagining that feels more natural for you.

Continue this process for 5-7 minutes, focusing on your color...bringing it in with each breath...filling your awareness...bringing your color into any part of your body or awareness where it's

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needed. Then envision yourself triumphant in whatever context you desire an increased sense of resilience.

27. Playlist — Resilience Playlist (Music - 3-5 selections)

Choose three to five musical selections that evoke a sense of resilience for you. Put them together in a playlist. Self-Haven while you listen. As you listen, envision yourself triumphant, recovering, bouncing back, resilient. You might also simply imagine the songs while Self-Havening, hearing them in your mind's ear. In time, simply thinking about the songs while Havening will elicit the desired state. You can also do this with a video playlist. Many YouTube video compilations exist that feature one heroic scene after another, accompanied by inspiring, uplifting, confidence-evoking soundtracks.

28. Resilience Journey — Hike, Rafting, Mountain

Begin Havening (Either self- or facilitated). Reflect on a life area wherein you desire to experience a greater sense of inner strength and resilience. Next, release those thoughts and imagine you are embarking on a difficult and arduous journey. You might be hiking through tough terrain, white-water rafting, or climbing a mountain.

Begin by preparing internally for the journey. Then begin. Your objective is simply to continue, no matter what obstacles you face. As you proceed, describe out loud your experience of the journey. Affirm your clarity, determination, grit, diligence: 'I persist. I succeed. I trust. I take one step at a time. I can do this' Continue for 5-7 minutes to the completion of your journey. Next, return to the identified life area. Do you perceive it differently now?

29. Exemplar of Resilience

Begin Havening (Either self- or facilitated). Reflect on a life area wherein you desire to experience a greater sense of inner strength and resilience. Next, reflect on a person (either someone you know personally or know of) who, from your perspective, exemplifies the quality of resilience. Imagine you could meet with this person. How might they respond to your current challenges? What advice would they give you? Initiate an imaginary conversation with this exemplar of resilience. Once complete, thank them for their comments. As you return to the identified life area, reflect on how you might respond, based on the information you've received.

30. Hopeful Havening — “resilience”

Begin Havening (Either self- or facilitated). Repeat the word ‘resilient’ as your partner repeats affirmations and affirmations supporting your embodiment of this quality. For example: “what if you remember your inner power?” ‘resilient’ “I wonder what it will be like when you bounce back with ease?” ‘resilient’ “more and more, you are becoming the kind of person who can handle whatever life brings your way” ‘resilient’ “you are resilient” ‘resilient’.

Alternatively, the facilitator can create a story (or share an existing story)— referring to client in the third person — that expresses qualities of resilience. “Once upon a time...” ‘resilient’ “... there was a woman named Mary...” ‘resilient’ “...who faced a difficult diagnosis...” ‘resilient’ “...with tremendous courage and character...” ‘resilient’ “...even when she felt afraid and doubted herself...” ‘resilient’ “...and as she took one step at a time...” ‘resilient’ “...she noticed a new confidence and strength...” ‘resilient’ “...and found an unshakeable core of calm and joy...” ‘resilient’ ...at the center of her being... ‘resilient’ ...

This variation on Hopeful Havening can be explored with any specific state of being or character trait that you would like to deepen and develop within yourself and/or your clients.

31. Installation Transpirational (“Installational”) Havening — ‘resilient’ ‘strong’ capable’ ‘lovable’

Begin Havening (Either self- or facilitated). Begin chanting one of the words listed above. As you continue chanting the word, reflect on times in your life when you expressed and embodied this quality. If any other feelings, memories, thoughts arise, simply notice them and bring your attention back to the chant. Continue this process until you feel a high level of congruency with the desired quality. Next, envision and imagine yourself moving into the future fully embodying this quality of being.

Note: this is different process than the original Transpirational Havening, which works to depotentiate memory networks associated with specific emotions. Here we focus on a desired trait, accessing, amplifying our awareness of this trait. Memories that apparently contrast with the trait may come into our awareness for clearing and depotentiation as we continue to focus on our desired trait. Continue to chant the words associated with the desired trait until the contrasting memories and emotions fade and clear.

32. PhotoStack Install

Imagine an album or scrapbook filled with snapshots of you at your very best. Describe the album's dimensions in detail. As you experience Havening Touch®, savor the photographs, feeling the associated emotions. Imagine the album growing brighter, more vivid, more real, as the emotions also expand within and through you. You might also imagine merging with the album, taking it energetically into your heart and expand this energy throughout your body.

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C – Clearing Negative Emotional Charge

Most of these tools are part of the core Havening protocols, covered in the Primer and official 2-day training, so I will not elaborate on them here. I include this category because of the necessity of traumatic de-potentialization in support of resilient wellbeing.

1. Event Havening

See Ruden, *Havening Techniques®: A Primer*

2. Using Color to assist with Depotentialization

Focus on an issue/problem you would like to resolve. Imagine that the problem/issue you would like to clear/resolve could be represented by a color. If this problem was a color, what color might it be?

Reflect on and determine the color that best represents your issue. Evoke details and nuances and textural data — Does the color have a texture? A smell? A feeling? Where do you experience it in your body?

Now take a breath and clear your mind. Please think of a color that would represent healing and resolution of this issue to you. It can be any color — sky blue, forest green, sunflower yellow, rose, violet, any color at all — as long as thinking of this color evokes a sense of healing and resolution within you.

Begin Havening touch. Focus on breathing in your healing color, and exhaling the color associated with your issue/problem. You might imagine breathing the healing color in with each breath, as though the atmosphere around you is filled, permeated with this color. You might imagine you are underneath a beautiful waterfall of liquid light comprised of this color, as the color gently pours over, around, and through you. You might silently chant the name of your color with each breath. Or you may have another way of imagining that feels more natural for you. The basic principle is that with each breath, you take in more and more of your healing color, and release more and more of the color associated with your problem.

Begin focusing on taking in your healing color with each inhale, and releasing your problem color with each exhale. Continue this process for 5-7 minutes. Its best not to try too hard or attempt to force the process; simply take in the one color as you breathe in, and release the other as you breathe out.

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3. PhotoStack

Since the right brain processes huge quantities of data through symbol, metaphor and imagery, it seemed logical that a symbol that represented every detail of an issue could be used to clear the issue in a powerful and comprehensive manner. Proper execution of PhotoStack can completely neutralize the negative emotional charge from all memories associated with a particular issue, eliminating the need for addressing one aspect or incident at a time or having to recount incidents step by step.

Here's the basic protocol:

Identify the theme/issue you will be addressing. For example – the belief that life is a struggle; my fear of public speaking; this sense of being ashamed of my body; my experience of toxic guilt and shame connected to my religious upbringing; etc.

Imagine a camera that records every single moment of your life and then processes each scene as a snapshot.

Imagine one snapshot of every time you experienced _____ (this feeling of betrayal OR every time you felt something wasn't 'right' with your husband OR every experience in your life where you felt betrayed by a man OR every time you felt worthless OR -- whatever the theme/issue -- etc...).

Please put your hands on your heart and close your eyes and imagine -- If you could take all these moments -- every single snapshot -- and put them in a pile or stack, or a group of photo albums, what might that be like -- how big would it be? [Elicit description – size, width, height, dimensions, neatly piled or scattered, one or multiple piles/stacks/albums, etc.]

Great - please point to the stack -- is it right in front of you? [Client response]

How far away? [Client response]

[if it's too close to them - less than 6-8 feet away, I usually have them put it across the room, or in the next room, etc... this helps dissociate the person from feeling the emotional intensity in the stack and lowers the probability of abreactions]

So what are some of the emotions in this stack of moments of _____? [Client response]

(List the various emotions -- ex — shame, fear, doubt, guilt, remorse, sadness, etc...)

[I don't generally ask for an intensity /SUDS number because the SIZE of the stack will give clear indication as to what is shifting...however, if you would like to calibrate the emotional intensity, even going as far as to measure the intensity of each emotion, feel free to do this, especially as you are learning the technique. Precise calibration and testing afterward will give

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you confidence in using the technique and also help you refine your skill in helping your client completely clear the issue.]

Now, give this pile/stack/album a name/title.

Next, depotentiate using Event Havening.

When the stack is all gone, test by having them check specific memories and determine if there is any remaining change -- the vast majority of the memories should feel quite different now. If not, there is probably a bigger issue underneath that is surfacing which you can address next through whatever technique is most appropriate.

4. Transpirational Havening

See Ruden, *Havening Techniques®: A Primer*

5. Talk Transpirational Havening

See Ruden, *Havening Techniques®: A Primer*

6. Forgiveness (Role Havening - Transpirational Havening and/or PhotoStack)

See Ruden, *Havening Techniques®: A Primer*

7. Speaking the unspoken (Role Havening)

See Ruden, *Havening Techniques®: A Primer*

8. Concept Transpirational Havening — ‘change’ ‘loss’ ‘letting go’

See Ruden, *Havening Techniques®: A Primer*

This refers to the standard TH protocol, working with the words ‘change’, ‘loss’, or ‘letting go’, or similar words or phrases relating to the capacity to accept, learn from, and recover from adversity and unanticipated change.

9. Outcome Havening — changing the memory (similar to Matrix Re-Imprinting)

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10. Ancestral Clearing

This is an advanced process to be done only after you have cleared whatever emotional charge you personally experience when reflecting on any specific memories regarding your ancestors. Here you work with your image of an ancestor whose energetic presence you feel continues to impact you in a negative way.

While Havening, imagine, as your current adult fully empowered self, coming into the presence of this ancestor. After greeting them, you share that you have a tool that may be able to help them reduce their suffering and ask if they would like for you to share it with them. If they agree, you tell them about Havening and proceed to Haven them around any issue they want to address. Once they (imaginally) clear the presenting issue, often this alleviates your experience of negative emotional charge. This process is derived from Matrix ReImprinting, which works in this way with younger aspects of a person. If this is of interest to you, I highly recommend you explore Matrix ReImprinting, as the basic principles and protocols are a great match with Havening.

D — Solution-Oriented Active Processing

1. Iffirmational Reframe

Begin Havening (Either self- or facilitated). Reflect on your most pressing current challenge. As you begin to consider this issue, explore the following iffirmations, reciting each out loud.

“I wonder how I might begin to perceive this situation in a new and empowering way?”

“I wonder who I will be and how I will feel once I get to the other side of this...?”

“I wonder when part of me, at some time, perhaps in the future, perhaps today, will begin to consider new creative solutions?”

“I wonder who I will become as I discover the opportunity for growth that I might not yet perceive?”

“I wonder when I’ll find the gold hidden beneath the surface of this situation?”

“I wonder what step I’ll take next to move towards the solution I most deeply desire?”

2. Zoom Out

Begin Havening (Either self- or facilitated). Reflect on an issue that is currently challenging to you. Imagine you’re looking back from the future — from a time far after the issue is likely to be resolved. 5 years from now. 10 years. 100 years. Notice how you perceive the issue now.

Alternatively, imagine lifting out of your body, flying high in the air like an eagle, viewing your body and your issue from hundreds, thousands of miles above the earth. Notice how you perceive the issue now.

3. Wise Self/Inner Teacher

Begin Havening (Either self- or facilitated). Imagine you are traveling to a place, perhaps in nature, or located anywhere that feels safe and calm to you. You come to a bench or some kind of seat and stop to rest. A wise being approaches you, you greet one another, and the being sits next to you. You proceed to have a conversation with this wise being, asking for insight on your issue from their perspective. Once your conversation comes to a natural conclusion, you thank the being and bid them farewell for now, perhaps sharing a hug. As you return fully to the here and now, what new insights do you have regarding your issue.

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4. Crisis/Opportunity

Begin Havening (Either self- or facilitated). Reflect on the challenge you currently face. Explore it from multiple perspectives — allow yourself to step outside of the issue as fully as you are able. Next, begin to repeat this statement out loud, each time completing spontaneously with whatever insight emerges: “One opportunity present within this situation is...” (If doing this with a facilitator, the facilitator simply responds, ‘Thank you’ to each comment without elaborating or discussing). Continue repeating the statement until an insight emerges that shifts your perspective on the issue. Notice how you perceive the issue now.

5. Comeback Kid

Imagine the ‘comeback kid’, a archetypal character that exhibits a remarkable ability to bounce back from any adversity he or she faces. (The term originated in a 1980 movie and was later used as a nickname for various sports and political figures who succeeded in the face of significant obstacles.) The comeback kid is full of pluck, steely determination and allows no one or nothing to discourage him/her for long, exhibiting apparently superhuman powers, a wicked sense of humor, and always wears a broad “I can do it” grin. You might experience this being as a cartoon character, a superhero, someone you know or know of (real or fictional/novel/movie character) or simply as the most resilient ‘bouncebacky’ human who has ever lived.

Begin Havening (Either self- or facilitated). Envision the comeback kid encountering your situation and notice his/her response. Next, say hello to the kid and request his/her perspective and/or advice. Notice how you perceive the issue now and note any action steps that emerge.

6. One Thing

Begin Havening (Either self- or facilitated). Ask your inner wisdom, ‘what is the ONE THING I need to learn, change or discover that will make the greatest positive difference in addressing this issue? Once you gain clarity, ask, ‘what is the single most productive action I need to take now?’

7. Old Story, New Story (Fault-finding vs. benefit-finding)

Begin Havening (Either self- or facilitated). Tell the story of your issue, out loud, from the least empowered perspective you can imagine. Exaggerate your helplessness, victimhood, passivity to the extreme. Blame everything and everyone. Take zero responsibility for your reactions. In the telling, freely and fully indulge in your worst impulses.

Then stop, take a few deep breaths, and begin anew, this time telling the story from the most empowered, self-responsible perspective possible.

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Speak now from your wisest self, expressing your highest capacity for conscious choice-fulness. Speak of the once-hidden, now apparent, opportunities and possibilities for growth, choice, ethical and moral development. See and speak the benefits you choose to create and accrue as a result of facing this challenge. Now pause. Reflect on the two stories you have told. What did you notice as you shared each one? What feelings and perspectives emerged through each? Which story will you now choose to tell?

8. “Other Side Of This”

Begin Havening (Either self- or facilitated). Imagine that, at some time in the future, you have resolved whatever challenge you currently face. From this future perspective, tell the story of how you got here and what you learned and discovered along the way. Next, return to this present time and notice how you perceive the situation.

9. Advisory Council

Make a list of 3 to 7 people whose experience, expertise and wisdom you deeply respect. These can be people you know personally or simply people you know of. They can include the living and no-longer living, family/relatives/ancestors, celebrities, political figures, spiritual exemplars, business leaders, athletic champions, fictional characters, superheroes — any beings who you feel could offer valuable insights, guidance, advice in your area of concern.

Begin Havening (Either self- or facilitated). Imagine each of these individuals entering a meeting room. They have come to be part of your personal advisory council. Welcome them and introduce each to the others. Next present the challenge, problem, or issue for which you would like to receive their input. Call on each in turn and listen to their perspective.

Take as much time as necessary for this imaginary discussion. You may feel as though you are ‘making it all up’. This is okay. Trust that the information perceived will have some value to you. You might want to share out loud, to your partner or to a voice recorder, whatever insights emerge through this process.

Once the discussion comes to an end, thank your imaginal advisory council. Now reflect on your issue. How has your perspective shifted?

10. Fear-Setting

This process comes from the Stoic tradition of looking fear in the face in order to confront and conquer it. I first learned about this idea from a TED talk given by Tim Ferris. (https://www.ted.com/talks/tim_ferriss_why_you_should_define_your_fears_instead_of_your_goals).

Begin Havening (Either self- or facilitated).

Reflect on the worst possible scenario in relationship to whatever issue you are dealing with. As you consider this potential tragedy, begin to consider — what actions may I take right now that could make the greatest difference in preventing — or successfully coping with — this possible outcome? Then move immediately to take the requisite actions.

11. WOOP

WOOP is a simple and effective evidence-based technique for increasing achievement motivation. WOOP stands for Wish, Outcome, Obstacle, Plan.

Begin Havening (Either self- or facilitated). First, take yourself to that time in the future where you have successfully completed your goal. Next imagine the steps they took to achieve it, still ‘thinking from the future back’. Next, imagine and vividly feel the primary obstacle you will likely face along the journey. Next, plan your course of action, focusing on one specific task, articulated in this format: When X, I will Y (When I wake each morning, I will do 10 pushups; when I come home at the end of the day, I will take 15 minutes to write in my journal before watching TV; when I (context) I will (action)). Finally, envision yourself following through with your plan.

The power of WOOP (read more at <http://woopmylife.org>) is in the INTEGRATION of goal, outcome, key obstacle, and specific next steps. Integrating these into OH tends to improve results.

12. Playlist — Sequence of emotions

Choose a sequence of emotions bridging from a less-empowered to more fully-empowered state. (Sadness — Acceptance — Peace — Wonder — Joy; Anger — Frustration — Calm — Determination — Triumph; Fear — Nervousness — Relaxation — Curiosity — Contentment). Create a playlist with a musical selection that, for you, evokes each emotional state. The next time you experience one of the less-empowered states, begin Havening (Either self- or facilitated) and listen to your playlist. You will notice that the combination of Havening Touch® and the music will help you more readily transform your state of being in a desirable direction.

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13. Resilient Self Mind-Movie

Choose an area of your life in which you would like to experience more resilience.

Begin Havening (Either self- or facilitated). Imagine you are sitting inside a movie theater. Begin watching, in your imagination, a movie starring you — a version of you that exemplifies and embodies resilient wellbeing. Make the movie as real and vivid as you can.

After continuing the movie for one minute, in your imagination step into the movie, so you are seeing through your own eyes and feeling in your own body the experience of embodying this desired quality. Continue the movie from this inner vantage point for one minute, seeing and hearing and feeling and acting with fully embodied presence as the quality you have chosen.

Then step out of the movie and watch as an observer again for approximately one minute. Then, once again, step into the movie and experience living and embodying this quality from the inside.

14. Daily Preview/Review

Begin Havening (Either self- or facilitated). Imagine you're in a movie theater, viewing a movie of your life today. There you are, on the screen, as though a hidden camera observes your every move. Preview your day. Imagine and envision yourself going through your day, moving in the direction of your important goals and priorities, taking effective action, embodying desired states of being. As you observe your actions in this way, notice both the highlights as well as the more challenging experiences. Envision yourself at the end of the day, acknowledging and savoring your accomplishments and preparing for a restful night's sleep.

At day's end, repeat this process as you look back and review your day. What stands out? Are there any specific moments you would like to savor? Other moments you would change if you could? Moments when you made progress in the direction of your important priorities? Moments when you got in your own way? Reviewing your life one day at a time in this manner can yield valuable discoveries and help you make desired changes.

15. Sweet Small Simple Step

For this practice, choose one goal to focus on. Begin Havening (Either self- or facilitated). As you reflect on your chosen goal, what single sweet small simple step can you take to move forward? As you gain clarity on this one step, write it down and commit to taking action.

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Dear Colleague,

I hope you have found benefit in these 60+ ways to use Havening to enhance your sense of resilient wellbeing of you and that of your clients.

Please don't hesitate to reach out to me if I can be of service to you in your journey to greater proficiency with Havening.

Also, please take a look at the next page, where I describe a new group coaching program, where together we can take a deep dive and you can learn how to use these tools to help you and your clients thrive.

Best,

Harry Pickens

Certified Havening Techniques® Practitioner

Certified Havening Techniques® Trainer

Author, *Fifteen Minutes To Freedom: The Power and Promise Of Havening Techniques®*

Contact Harry at haveningforhumanity@gmail.com.

New course: Psychosensory Pathways To Greater Resilience And Wellbeing

Would you like to learn how to use Havening and other psychosensory interventions to increase resilient wellbeing for yourself and for those you serve? If so, I invite you to take part in this new deep-dive online group coaching program.

We will meet weekly over a 3 month period via the Zoom platform to explore:

√How to ‘crack’ your personal ‘Resilience Code’ — discovering the specific attitudinal and environmental factors that optimally support your ability to bounce back better, and how to help your clients do the same;

√Step-by-step processes to develop the core emotions central to resilient wellbeing;

√The role of traumatic depotentialiation, neurochemical landscapes and long-term potentiation in building sustainable resilience; and

√Practical tools, protocols and interventions to help you and your clients build the habit of resilience so that they can move beyond surviving to thriving in the face of whatever life brings their way.

This is a learning-by-doing program. Each session we’ll build on a solid theoretical and neurobiological framework, learn and practice new tools, and apply our increasing understanding and skill to real-world challenges in our lives and those of our clients.

Enrollment is strictly limited to 12 participants per section. If you’re interested, *email me at hpickens@bellsouth.net (my private email address)* and we will set up a brief phone/Skype interview to determine if you are a good match for the program.

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RESILIENT WELLBEING — links

I have found the following articles, books, videos and organizations of value in my exploration of helping myself and my clients develop greater resilient wellbeing.

Martin Seligman on Resilience — Harvard Business Review
<https://hbr.org/2011/04/building-resilience>

New Yorker magazine: How People Learn To Be Resilient
<https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>

Harvard Center For The Developing Child — Key Science Concepts Related To Resilience
<https://developingchild.harvard.edu/science/key-concepts/resilience/>

RESILIENCE Documentary Film — focus on ACES and how they are being successfully addressed
<https://kplrfilms.co/resilience/>

Psychology Today - Resilience Basics
<https://www.psychologytoday.com/us/basics/resilience>

American Psychological Association — Resilience Basics
<http://www.apa.org/helpcenter/road-resilience.aspx>

National Resilience Resource Center
<http://www.nationalresilienceresource.com/Resilience-Principles.html>
<http://www.nationalresilienceresource.com/Resources.html>

New York Times — How To Boost Resilience In Midlife
<https://www.nytimes.com/2017/07/25/well/mind/how-to-boost-resilience-in-midlife.html>

Building Community Resilience (political/social change)
<https://www.resilience.org/>

Article on importance of resilience at home, school, work, play: “Resilience is the New Happiness”
<https://qz.com/1289236/resilience-is-the-new-happiness/>

Greater Good Magazine (from Stanford University Psychology Department) articles on Resilience.
<https://greatergood.berkeley.edu/tag/resilience>

Harvard Business Review article — role of rest and restoration in building sustainable resilience
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<https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>

Resilient: How To Grow An Unshakable Core Of Calm, Strength and Happiness — wonderful book by Neuropsychologist Rick Hanson

<https://www.rickhanson.net/resilient/>

Article summarizing Hanson book on Resilience: How to Hardwire Resilience Into Your Brain

https://greatergood.berkeley.edu/article/item/how_to_hardwire_resilience_into_your_brain

Insights on Resilience from Positive Psychology

<https://positivepsychologyprogram.com/resilience-in-positive-psychology/>

TED Talk — Kelly McDougal on How To Make Stress Your Friend

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

TED Talk — Dan Gilbert on The Science Of Happiness

https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy

Positive Psychology Course on Resilience Development

<https://www.coursera.org/learn/positive-psychology-resilience>

Excerpt: <https://www.coursera.org/lecture/positive-psychology-resilience/1-3-variables-that-contribute-to-resilience-VRCFF>

World Science Festival Panel on Resilience — How We Bounce Back: The New Science Of Human Resilience

<https://www.youtube.com/watch?v=XXRsQFDgnX8>

Tara Brach on Spiritual Resilience: Awakening Through All Circumstances

Part 1: <https://www.youtube.com/watch?v=I8SsHN9C1BY>

Part 2: <https://www.youtube.com/watch?v=XXRsQFDgnX8>

Mayo Clinic Resilience Training - Handbook For Happiness

<https://www.mayoclinic.org/tests-procedures/resilience-training/about/pac-20394943>

<https://www.amazon.com/Mayo-Clinic-Handbook-Happiness-Four-Step/dp/0738217859>

Immerse: A 52-Week Course in Resilient Living (book) by the author/developer of the Mayo Clinic Resilience Training

https://www.amazon.com/Immerse-Resilient-Commitment-Intentionality-Contentment/dp/0692615415/ref=pd_sim_14_2?_encoding=UTF8&pd_rd_i=0692615415&pd_rd_r=RMDZ6E0F19YBB0AG1GYP&pd_rd_w=R3QiY&pd_rd_wg=brhjx&psc=1&refRID=RMDZ6E0F19YBB0AG1GYP

Role of remembering — and forgetting — in resilience

<http://andrewzolli.com/remembering-and-forgetting/>

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Resilience (book) A comprehensive exploration of resilience on the personal, societal, community, and organizational levels
<http://resiliencethebook.com/>

Science Magazine feature issue on the science of resilience
<http://www.sciencemag.org/news/2018/02/science-resilience-what-are-ingredients-help-people-cope>

Resilience Circles. How to organize a small group that focuses on building personal and collective resilience during challenging times (social/political focus)
<https://localcircles.org/>

Resilience Summit — free online event featuring resilience experts including Dr. Rick Hanson
<https://www.rickhanson.net/resilience-summit/>

Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma--An Integrative Somatic Approach, by Kathy L. Kain and Stephen J. Terrell. For therapists — weaving together somatic, polyvagal theory, role of safety and co-regulation in healing trauma and building resilience.
<https://www.austinattach.com/nurturing-resilience.html>

Supernormal. Explores post-traumatic growth and exceptional resilience.
<https://megjay.com/supernormal/>

Surviving Survival: The Art and Science of Resilience (book) by Laurence Gonzales. NYC: W. W. Norton & Company. Beautifully written book exploring resilience through remarkable stories of survival against the odds.
<http://www.laurencegonzales.com/>

Resilience Research Center. Socio-ecological approach to resilience.
<http://www.resilienceresearch.org/about-the-rrc/resilience>

The Resilience Workbook: Essential Skills to Recover from Stress, Trauma, Adversity by Glenn R. Schiraldi. Practical exercises drawing from mindfulness, CBT, and positive psychology
<https://www.newharbinger.com/resilience-workbook>

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