

# WELCOME BOOKLET

HAVENING  
TECHNIQUES®  
**STAGE 1**  
2 DAY CERTIFIED  
TRAINING



[www.havening.co.nz](http://www.havening.co.nz)



# HAVENING TECHNIQUES® TRAINING

## Dear Friend

Welcome and congratulations on enrolling in the Havening Techniques Training. I am so excited that you have decided to take this first step in the Havening journey. I am committed to assisting you to learn this cutting-edge psycho-sensory therapy and to supporting you as you learn.

### This booklet contains the following information:

- How to prepare
- Course logistics
- Dietary requirements
- Catering
- What to bring
- What to wear
- Training itinerary
- Practise and demonstrations
- Certification process
- Pre-learning material
- Questions for the videos
- Recommended video viewing
- Dietary Requirements form



Once again, congratulations!

If there is anything else I can help you with, I would welcome your call.

I look forward to seeing you very soon.

Warmest wishes

**Frances (Flo) Lamb**

# HOW TO PREPARE

To be thoroughly prepared for the training, please review the list below. Everything mentioned is explained further in the pages that follow.

- Make a note of the course dates and times.
- Be sure to check out the location of your specific training; know how you will get there.
- If you have any dietary requirements, please ensure that you let me know.
- Check out what to bring and what to wear to the training.
- Read through the requirements of the Certification Process, which is designed to develop your skill and understanding around Havening.
- Become familiar with the vocabulary that will be used. A list of the most common vocabulary used has been included. Whilst it is not a requirement, it is useful to review the videos recommended in the booklet.
- To help you with developing your knowledge, I have attached a question sheet that can be answered from the various videos.
- Expect to learn and have fun whilst doing so. 😊

## COURSE LOGISTICS

### The Training Schedule

REGISTRATION	COURSE TIMES
08:30 to 09:00	09:00 to 18:00
08:45 to 09:00	09:00 to 18:00

Tea and coffee will be served during the registration period. On Day 1, please ensure that you arrive no later than 08:45am so that we can start at 09:00am.

# DIETARY REQUIREMENTS

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- If you have any specific dietary requirements, please complete the form and email it back to me.
- Alternatively, if you aren't able to scan the form, please email me your requirements.
- The email address is: **hello@franceslamb.co.nz**.

## CATERING

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- Morning and afternoon tea will be provided.
- A light buffet style lunch will be provided.
- Fruit and other snacks will also be provided however, please feel free to bring your own snacks, especially if you have specific dietary requirements that I might not be able to cater for.



## WHAT TO BRING

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- **Curiosity**, an open mind and a willingness to learn.
- A **water bottle** however, water will be provided as well.
- **Everything** you need for the training is provided including a pen, handouts and paper for note taking.
- **The Primer** (the manual) is available for download from the Havening website however, you do not require it for the training.

## WHAT TO WEAR

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- There is no dress code – relaxed and informal is the order of the day.
- Wear comfortable, layered, clothing.
- As you will be receiving Havening in the training, I recommend that you wear clothing without buckles, buttons or any other type of embellishment on the sleeves.
- I also recommend that you wear clothing that is not 'static' such as nylon.

# TRAINING ITINERARY

**Please note.** When delivering an interactive training like Havening Techniques, in order to maximise learning for the group, we may sometimes 'go off piste' or expand or reduce time spent on particular areas. With that in mind, the following is only intended as a rough guide.

## DAY 1

### Session 1

- Welcome and Introductions
- Why learn Havening?
- Background to Havening Touch
- What can it do? What can it address?
- Introduction to the neuroscience behind Havening
- Havening Touches

### Session 2

- Principles and Protocols of Havening
- Practise of Self-Havening and Facilitated Havening
- Introduction to the various Havening Techniques
- Iffirmational and Affirmational Havening
- The 4 Requirements of Trauma
- Outcome Havening and Hopeful Havening

### Session 3

- Trauma and the Brain
- Introduction to potentiation and depotentiation
- Event Havening: Demonstration and Practise

### Session 4

- Practise continued
- Wrap up / Q and A's so far

END OF DAY 1

## DAY 2

### Session 1

- Reflections and learnings of Day 1
- Potentiation and Depotentiation
- Content / Complex Content / Context
- Sensory Pathways through the Amygdala
- The 4 Components of Traumatization

### Session 2

- Transpirational Havening: Demonstration and Practise

### Session 3

- Transpirational Havening continued
- Advanced Transpirational Havening
- Role Havening

### Session 4

- Science review
- Hopeful Havening
- Q's and A's
- Next steps and support
- Certificates of Attendance awarded
- Feedback
- Group Photo

END OF DAY 2 and training

# PRACTISE AND DEMONSTRATIONS

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**During the training, I aim to provide sufficient time for practising the key Havening Techniques. Therefore, it would be useful prior to the training to think about some issues that you might like to work with over the two days in your practise sessions.**

During the training we cover all the Havening Techniques however, two of them are quite key: Event and Transpirational Havening. We shall have demonstrations of these two and spend time practising them.

In order to prepare for this, and so you don't feel put on the spot to come up with something, consider making a list of things you might like to work with during the weekend.



## What issues could you work with?

The things on this list should be what we refer to as single events so things that are clear cut. Events or issues that aren't part of a complex layer of issues. They stand on their own.

For example, a single childhood event that you recall and still feel emotional about; maybe a recent event that still has you a little upset like a conflict at work perhaps. You might want to work on something like confidence. In this case, write down a few events or experiences that you may have had that has contributed to your current level of confidence.

You could even do a simple mind map of current stressors in your life and use that within the practise sessions. Putting together a few ideas of what to work with during the training will help you maximise the opportunity to do your own healing work.

## Demonstration

In order to support your learning, I will demonstrate the key protocols: Event Havening (EH) and Transpirational Havening (TH).

I would encourage you to come forward to be the client in the demonstration. When you come forward to be the demonstration for the room, it does provide you with an opportunity to clear another event outside of the practise sessions and it is also a wonderful way of supporting others in the room.

# CERTIFICATION PROCESS

The certification process is as follows:

<b>STAGE 1 – Two Day Training</b>	NZD\$1,297.00 excludes GST
<b>STAGE 2 – Certification Process</b>	To be agreed with the UK assessor

## Your Assessor

- Should you decided to become certified, after you have attended the training, an assessor is allocated to you.
- The assessor is Louise McKay who is based in the UK. However you can opt to have assessment with another trainer should you wish.
- You will receive information from the assessor with guidance about the certification requirements and contact details.
- The assessor will provide 1 free hour of supervision.
- You can also access additional supervision at an additional cost agreed with your assessor.

## Assessment: Science and Case Studies

### Post training Assessment consists of:

- Submission of 30 case studies (forms will be provided) that demonstrate your use and understanding of the various Havening Techniques.
- Submission of 2 videos of sessions where you have used Havening Techniques.
- Successful completion of a multiple-choice Science Review – to check your understanding of the science behind Havening Techniques.
- Cost will be agreed with Louise McKay.

## Certification

- Upon successful completion of all the learning and assessment, there is a fee of USD\$99.00 to be formally registered as a certified Havening Techniques practitioner.
- These fees include your profile listing on the Havening.org website
- It also includes the right to use the logo and any other proprietary material that is subject to copyright laws in your country.

## Annual Certification

- There will be a USD\$99.00 renewal fee charged annually.
- PLEASE note if you do not maintain your per annum accreditation you are no longer able to use the Havening logo on your website or in any advertising or emails; you can no longer promote yourself as a certified havening practitioner; and you will no longer have membership to the closed FB page.
- The certification process will be covered further in the training.

# PRE-LEARNING MATERIAL



- To help you prepare for the training, learning material is available.
- Once you have registered for a training and have made payment you will be automatically registered with Havening HQ.
- Havening HQ will issue you with two electronic agreements to be signed.
- Once signed, you will be given access to the Havening portal and all the pre-learning material.
- In the Learning Resources area of the portal you will find the following two sections:
  - > Havening Techniques Learning Material for Training Course
  - > Student Pre-Work Videos
- Havening Techniques Learning Material for Training Course.  
Here you will find:
  - > DVD's from a training Dr Ron Ruden delivered in 2012
  - > The Primer (this is your actual manual and can be downloaded)
  - > The Procedural Guide (a mini guide for ease)
- Student Pre-Work Videos.  
Here you will find:
  - > A variety of videos for you to peruse at your own leisure prior to the training.
- A set of questions that can be answered through the watching of these videos has been included in this document.



# RECOMMENDED VIDEO VIEWING

Here is a list of videos that you may find useful in advance of the training, or after the training as reminders. Included here are some questions that you may wish to have a go at answering in advance of the training. All these videos can be found in your Learning Resources portal. They are listed here as You Tube links that can be copied and pasted into a browser.

## Video description

### Simple instructions for Self-Havening

[https://youtu.be/QhdYh\\_uJeD8](https://youtu.be/QhdYh_uJeD8)

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### 4 conditions for traumatisation to occur

<https://youtu.be/3p9cQ4PwwlQ>

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### EEG study results –

showing winning areas to stimulate for Delta wave generation

<https://youtu.be/jMgjtFuV5ss>

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### List of Amygdala-based disorders where Havening can be very useful

<https://youtu.be/DsuWiWL2QNY>

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### Content, complex content and context

<https://youtu.be/XtGqNC3a9-Q>

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### Routes into and through the amygdala

[https://youtu.be/isUvtUH\\_Lqk](https://youtu.be/isUvtUH_Lqk)

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### Havening touch causing depotentiation

<https://youtu.be/Lpty5hfYAiY>



# QUESTIONS FOR THE VIDEOS

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The answers to these questions can be found in the last 3 videos in list above.

**How do you think you might explain to someone what "complex content" is in a traumatic event?**

**What do you think is meant by the "context" in a traumatic event?**

**Via what part of the brain does the "threatening content" (except any smells) travel to the lateral amygdala (LA)?**

**What is the name of the part of the amygdala where “threatening” olfactory (smell) signals are sent?**

**Via what part(s) of the brain does “complex content” in a traumatic event travel to the amygdala?**

**And in what part of the amygdala does it initially land?**

**Via what part(s) of the brain does the information about the “context” travel to the amygdala?**

**And in what part of the amygdala does it initially land?**

**In what part of the amygdala do you think “potentiation” and “depotentiation” of AMPA receptors happens?**

**What is the role of these sub nuclei?**

**LA:**

**AB:**

**B:**

**Ce:**

**BM:**

# VOCABULARY

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Here is some vocabulary related to Havening Techniques training that would be useful to become familiar with.

## Neurons

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<b>Neuron</b>	Brain cell.
<b>Synapse</b>	The gap between neurons. Chemicals carry messages across synapses. A neuron will be 'sending' a message across the synapse to another neuron which is 'receiving'.
<b>Post-synaptic</b>	After a synapse. The phrase 'post-synaptic neuron' would mean a neuron receiving a message from across the synapse (gap).
<b>Pre-synaptic</b>	Before the synapse. The phrase 'pre-synaptic neuron' would mean a neuron sending a message across the synapse (gap).
<b>Receptor</b>	A part of a neuron (post-synaptic) that receives a particular neurochemical.

## Receptors

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<b>AMPA receptor</b>	A type of 'Glutamate' receptor on neurons in the brain. Glutamate is one of the brain's main excitatory neurochemicals. AMPA receptors receive glutamate. AMPA receptors come to the surface of post-synaptic neurons in much greater numbers when a traumatic event is being encoded.
<b>Potentiation</b>	This is the name given to the process of more receptors coming to the surface of a neuron. When a trauma is being encoded in the brain, there is potentiation of post-synaptic neurons in the Amygdala with AMPA receptors (many AMPA receptors come to the surface of the neurons).
<b>Depotentiation</b>	This is when potentiation is reversed. When Havening occurs, the AMPA receptors in potentiated neurons in the amygdala are permanently removed. When the AMPA receptors are removed we say that the neuron has become depotentiated.

## The brain

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- Limbic System** An ancient system in the brain which plays a role in emotions and survival behaviours.
- Amygdala** (Actually, there are two of them – one in each side of the brain. So, the plural is Amygdalae). Part of the Limbic system. Part of its role is to respond to danger by triggering survival responses - fight, flight, freeze or defensive rage responses. It is in the amygdala that trauma is 'encoded'.

## Chemicals and enzymes

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- Neurochemicals** Brain chemicals.
- Phosphorylation** The 'adding' of a phosphate (chemical). During traumatization, phosphate is added to the base of AMPA receptors to anchor them to the surface of the neurons.
- Dephosphorylation** The opposite of phosphorylation. During Havening, AMPA receptors become 'dephosphorylated' – the phosphate is removed which allows them to be permanently removed from the surface of the neurons.
- Phosphokinase** A type of enzyme which is involved in phosphorylation – it adds phosphate.
- Phosphatase** A type of enzyme which is involved in dephosphorylation – it removes phosphate.
- PKM-Zeta** An example of a phosphokinase. It adds phosphate to the AMPA receptors.
- Calcineurin** An example of a phosphatase. It helps remove phosphate from AMPA receptors as a result of Havening.
- Dopamine** Another brain chemical that plays a role when a person is experiencing trauma. It also has many other roles.
- Noradrenaline** (also in the USA this is called norepinephrine)  
Another brain chemical that plays a role when someone is experiencing trauma.
- Cortisol** A brain chemical associated with stress responses.
- Serotonin** A brain chemical that affects mood (often positively). This is thought to be at work during Havening.
- GABA** Gamma Amino Butyric Acid – It regulates how stimulated neurons in the brain become. This is thought to play a part during Havening.
- Oxytocin** A hormone. It is sometimes called the 'hug hormone' as it is thought to be involved in social bonding and is thought to be released during Havening.

## Electrical

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- Brain Waves** Electrical impulses in the brain that carry messages along neurons.
- Gamma Wave** Rapid, high frequency brain waves present during traumatization – present when we are high performing.
- Delta Wave** Slow, low frequency brain waves present during Havening.
- Landscape** The electrochemical 'status' of the brain in any given moment. The landscape of the brain can be vulnerable or resilient.



# DIETARY REQUIREMENTS FORM

<b>Course Dates</b>	
<b>First Name</b>	
<b>Last Name</b>	
<b>Email</b>	
<b>Contact Numbers</b>	

Please tell us if you have any of the most common food allergies.

Shellfish

Other – please explain

Eggs

\_\_\_\_\_

Tree nuts

\_\_\_\_\_

Fish

\_\_\_\_\_

Soy

\_\_\_\_\_

Gluten

\_\_\_\_\_

Peanuts

\_\_\_\_\_

If your needs are not on this form or if your allergies are severe, please let us know. Complete and email back to: [hello@franceslamb.co.nz](mailto:hello@franceslamb.co.nz)



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