

Havening Techniques®

Training & Certification

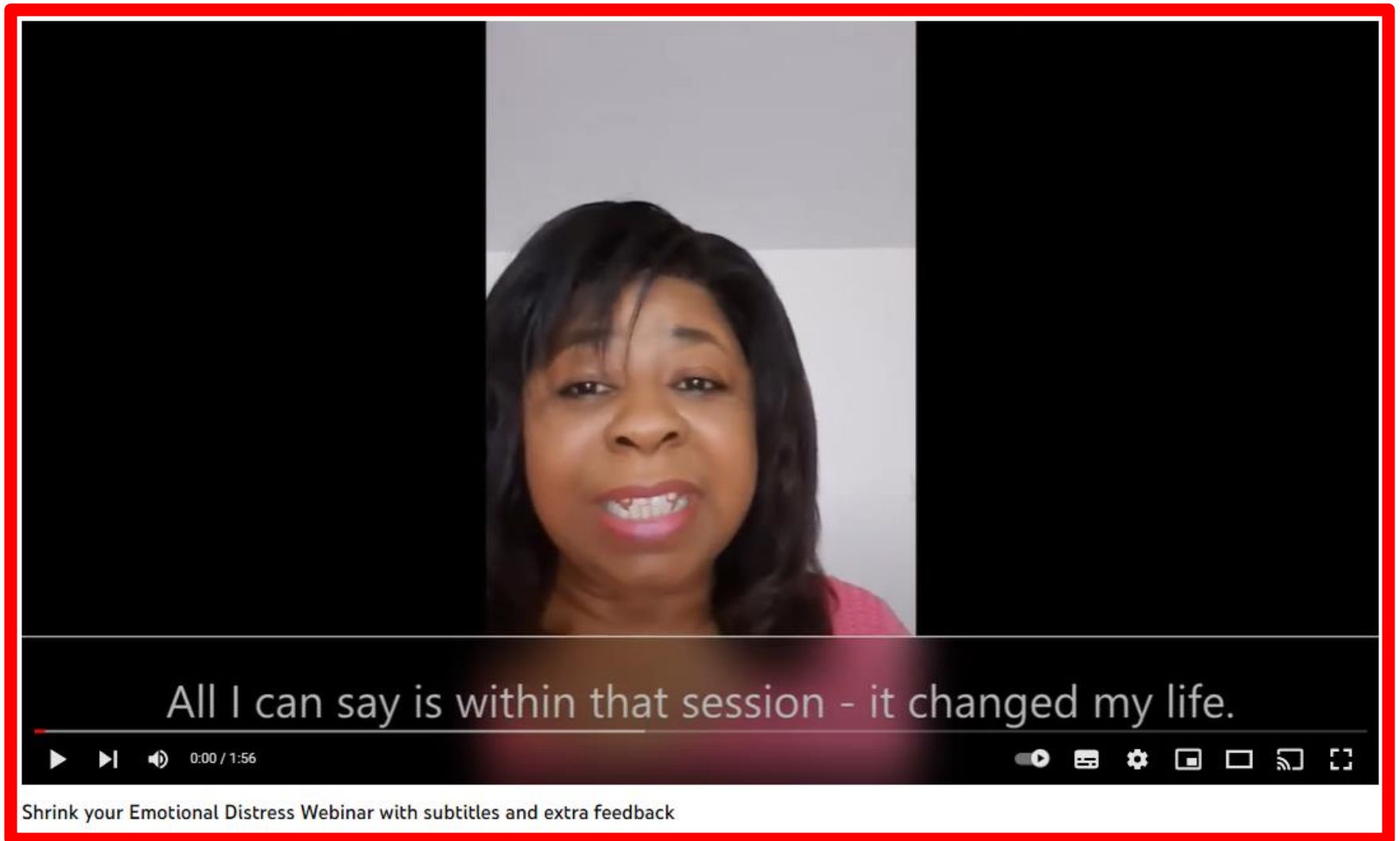
Overview December 2022

Anything - except
this one!
with a red border
can be clicked on!

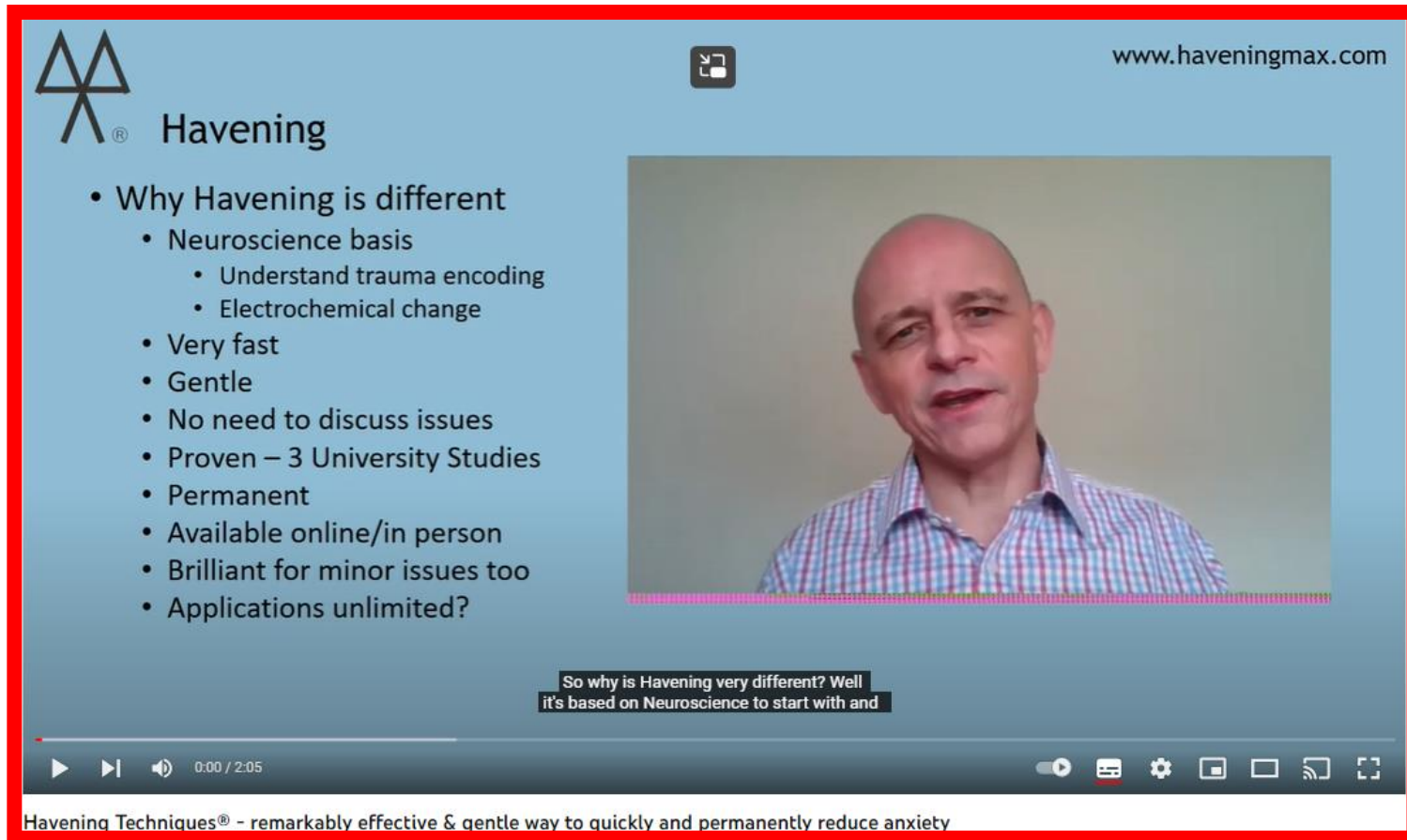
Havening Techniques®


- A set of psycho-sensory tools to put people in a “safe haven” – where traumas, fears and phobias no longer cause emotional distress.
- Havening works through natural electro-chemical changes in the brain assisted by the use of soothing touch and eye movement.
- It's effects are permanent, change is usually remarkably quick - and there is no need for clients to discuss any detail of what might be distressing.
- Available either in-person or remotely through a Certified Practitioner, it can even be self-administered to reduce lower level anxieties.
- Its efficacy has been proven in independent, peer-reviewed research from King's College London, Cardiff Metropolitan University and Nottingham Trent University.

Feedback on Havening (with Mark Wingfield)



What makes Havening fantastic?



 Havening

www.haveningmax.com

- Why Havening is different
 - Neuroscience basis
 - Understand trauma encoding
 - Electrochemical change
 - Very fast
 - Gentle
 - No need to discuss issues
 - Proven – 3 University Studies
 - Permanent
 - Available online/in person
 - Brilliant for minor issues too
 - Applications unlimited?

So why is Havening very different? Well it's based on Neuroscience to start with and

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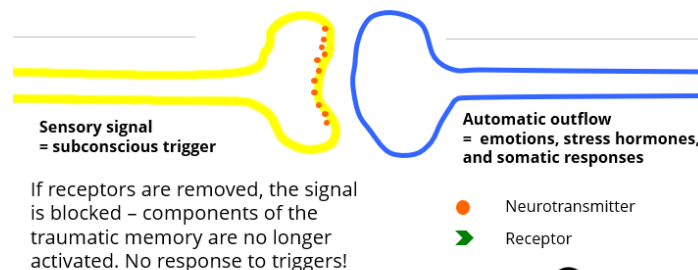
Havening Techniques® - remarkably effective & gentle way to quickly and permanently reduce anxiety

Mark Wingfield Training Objective

To enable a freshly trained Practitioner to be able to immediately reduce the effects of prior traumatisation and enable positive growth and effective resilience building (with Havening) immediately following training.

Emphasis is on practising, underpinned by an essential understanding of the neuroscience – the process of the encoding of traumatisation & how to delink learnt responses through effective Havening

Synapse is now 'depotentiated' – delinking of components




Mark Wingfield Certified Trainer Profile

- Havening Practitioner - trained 2014
- Assisted with first French language training of Havening in Paris 2015
- Supported first German online training 2021



With Drs Ron and Steven Ruden, the co-creators of Havening

Mark Wingfield Certified Trainer Background

- Modern Slavery & Trafficking Trainer - unseen
-  delivered Conflict Management Training, London
- Salvation Army Conflict & Stress Mgt 13 sites UK & Eire
- Approved Therapist for Save Our Soldier
- Fear Adrenal Stress Training Instructor - Adults & Children
- Certified DiSC® Practitioner
- Chartered Practitioner of PSHE education
- HRV Control Trainer
- Past President Professional Speaking Association Region UK & Eire
- International Leadership trainer for SIEMENS, Ericsson, Avid

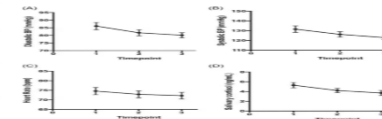


Havening Practitioner Training – Overview Pt1

- Origin of Havening



- Research Basis



- Live Demonstrations

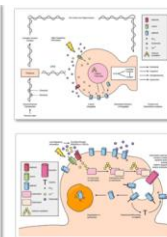


- Learning Self Havening



Havening Practitioner Training – Overview Pt2

- Learn 10 x approaches to Havening
- Regular Practice between participants with Practitioners supporting – 1 per breakout room
- The Science explained



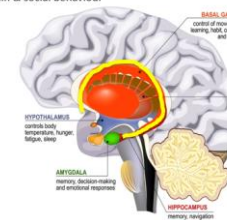
Havening Touch™ is based on detailed understanding of the underlying molecular mechanisms in the brain -

REPRODUCED WITH PERMISSION



The Cingulate Gyrus has a role in regulating emotion, attention, pain & social behaviour

Basic neuroscience – the Limbic System



The 'primitive brain'

Hypothalamus is responsible for our autonomic and endocrine systems - survival: fight, flight, feeding and reproduction

Hippocampus is responsible for memory and identity

Amygdala is responsible for integrating emotions and responses – physiological and behavioural



The Training is comprehensive and incorporates:

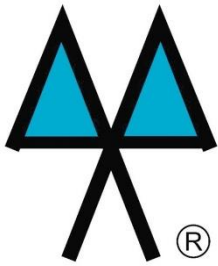
- How Havening complements other approaches
- Amygdala based disorders which can be transformed through Havening:
 - Pathological Emotions
 - Post Traumatic Stress Disorder/Injury/Encoding
 - Panic Attack/Disorder
 - Chronic Traumatic Pain
 - Phobias
 - Somatisation
- Havening Touch™, Clinical Guidelines & Ethical Practice
- Havening - the electro-chemical solution
- The Limbic System, basic brain anatomy
- Basic neuroscience – the synapse and receptors, electrochemical nerve conduction
- Event Havening
- Distraction Techniques
- Research Papers proving the efficacy of Havening
- Brain waves and frequencies
- Potentiation of post synaptic neurons
- Traumatic memory decoding
- Fear responses and traumatisation
- The conditions required for traumatisation – Becoming an effective Havening detective
- Transpirational Havening
- Cognitive, Autonomic, Somatosensory and Emotional responses
- Amygdala pathways during traumatisation
- The role of Delta waves in learning and consolidation
- Molecular mechanisms, electrochemical differences and depotentiation
- Iffirmational Havening
- Affirmational Havening
- Outcome Havening
- Role Havening
- Colour Havening
- Talk Havening
- Oppositional Havening
- Hopeful Havening

Video of and support documentation from the course provided, together with the Primer by Dr Ron Ruden

What does the Certification package include?

- A follow up zoom meeting following the training to answer any questions on practical implementation and Certification, and take you through havening.org resources, the Closed Facebook Group
- All the prep information and materials for training
- Pdf copy of the slides
- Secure video of the training
- Occasional group meetings attended with trainee practitioners to answer questions and ensure students achieve certification with requisite case studies complete and success in the Science Review.
- Case Studies emailed to Mark for review will receive personal feedback on every case study to support certification.
- Occasional advanced learning sessions included.
- To promote yourself as a Havening Practitioner and to use the logo and listing on havening.org you need to be trained and certified as a Certified Practitioner.

MAX Library of Practical Support accessible to clients – here Ukrainian trauma support

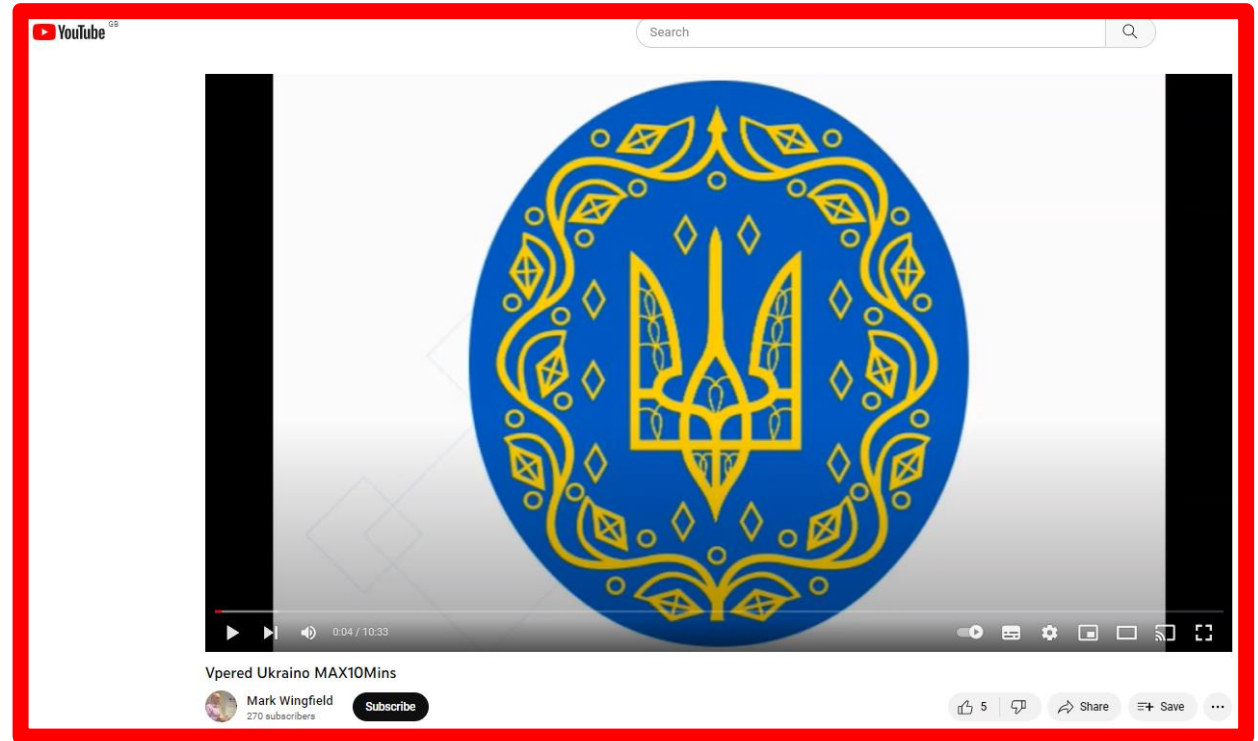


Powered by Havening Techniques®

MAX
10
Mins

Вперед
Україно!

www.haveningmax.com



Additional Opportunities as a MAX Practitioner

MAX Havening provide:

- In-house Practitioner and MHFA+ Training to organisations – online and in-person. **MAX-trained Practitioners required to support this**
- Wellbeing Talks & workshops at conferences, meetings & webinars to obtain immediate reduction in stress anxiety and worry **MAX-trained Practitioners required to support this.**
- 24 hour emergency hotline to immediately provide Havening Mental Health First Aid+ anywhere in the world to a traumatised individual via zoom or mobile videophone or even basic cellphone. (Multilingual and multi-timezone options available through **MAX-trained Practitioners to support this**)



Thank you for your interest

If you have any questions please do not hesitate to discuss with:

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www.haveningmax.com

www.maxconflictmanagement.com