**Self-Havening Technique**

The Havening Technique uses a range of touches on the upper body and can involve counting, visualisation, and eye movements. The approach aims to help a person cope with stress, grief, sadness, phobias, trauma, anxiety, and physical pain. The practice focuses heavily on self-compassion, kindness, and self-care. This method aims to train the brain to process distress differently and encode memories in a healthier, more positive way. This is similar to mindfulness and meditation that people can practice.

Havening has gained attention from celebrities and influencers. Justin Bieber promoted the practice in his Seasons YouTube documentary, and influencers have talked about the technique on social media.

Practitioners of the Havening Technique believe that painful emotions and harmful behaviours occur because of the way the brain encodes memories. Havening attempts to change this encoding.

The Havening Technique is an alternative relaxation and healing practice. It is not a medical therapy or proven psychological treatment, but some people use it for general relaxation and wellness. Havening may or may not work, but there is no evidence that it is harmful. People interested in trying Havening may use it as part of a treatment plan or to promote general relaxation and calm.

During a Havening session, the teacher will instruct the children to clear their mind and visualise a calm or safe place. Next, they will begin to demonstrate the havening technique.

1. Begin with the basic Haven arm rub and envision a peaceful scene. Stroke the top of the forehead, then move the hands down to either side of the face in slow, gentle strokes.
2. While using the basic Haven arm rub, breathe calmly and say aloud or in your mind, “calm and relax,” for 1–2 minutes.
3. Do a basic Havening arm rub while breathing deeply. Eliminate the pause between inhaling and exhaling while paying close attention to the breath.
4. Incorporate hand rubs. Start with downward arm rubs, then gently stroke the palm of one hand with the other in an alternating back and forth motion.
5. Envision self-compassion and loving kindness as a colour. Perform the basic arm rub technique while picturing this colour covering the body. Continue with downward forehead and face rubs, then continue to stroke the palms of the hands, cycling through these four motions while picturing the colour of loving kindness.
6. Alternatively if the children struggle with visualising the colours and doing the breathing. They can instead imagine going into a supermarket which you can buy anything from, the teacher will ask the children to think of something they can buy from the shop beginning with each letter of the alphabet. They do this quietly in their own mind whilst continuing to do the havening techniques. This distracts the children from any negative thoughts.