

Havening Techniques®

*Empowering a better life through
the science of neuroplasticity*



Heuser Hearing Institute
Heuser Hearing & Language Academy

AVAILABLE AT OUR INTEGRATIVE COUNSELING & WELLNESS CENTER

WHAT ARE HAVENING TECHNIQUES®?

The Havening Techniques® are healing techniques used in specific sequences designed to help individuals overcome problems that are the consequences of traumatic or stressful encoding in the brain. They belong to a larger group of methods called psychosensory therapies, which use sensory input to alter thought, mood and behavior. This system includes protocols and methods that use touch as a therapeutic tool known as Havening Touch®.

In the case of hearing loss that occurs as a result of a traumatic event, Havening Techniques® can help change the way the brain handles “triggering events” that cause increased stress and anxiety. This approach can lead to better coping skills to deal with “the new normal” of hearing loss so that patients can begin to experience a better quality of life.

HAVENING MAY ALSO HELP WITH:

- Phobias
- Chronic pain
- Distressing memories (broken relationships, shocking news, loss, embarrassment, etc.)
- Anger
- Fear of abandonment
- Stress
- Anxiety
- Depression
- Self-esteem

ARE HAVENING TECHNIQUES® PERMANENT?

Once Havening is successful, it has shown to be permanent in most cases. This is because Havening is believed to alter the brain’s biological structure. The return of symptoms implies either the traumatic core has not yet been found or the problem has been encoded in a different way.

CURRENT RESEARCH

Studies of Havening Techniques® show a significant reduction of pain during and following treatment. Patients also report reduced anxiety when presented with memories or experiences that trigger the biological “fight-flight” response.

Interested in Havening Techniques®? Ask your medical provider at Heuser Hearing Institute or another office to refer you to Heuser Hearing Institute’s Integrative Counseling & Wellness Center today.

Call 502-584-3573 to make an appointment. For questions, email bmartin@thehearinginstitute.org.

ABOUT THE INTEGRATIVE COUNSELING & WELLNESS CENTER

Heuser Hearing Institute’s Integrative Counseling & Wellness Center provides patient-centered assessment, diagnosis, counseling and integrative healing therapy approaches for individuals, families, caregivers and groups to cope with the stress and practical challenges of life, hearing loss and issues related to hearing and ear health.

Therapies include modern Western counseling and traditional Eastern methods, such as Havening Techniques®, Reiki, Mindfulness, Tai Chi, animal therapy (including emotional support animal evaluation and certification) and other evidence-based approaches.

