

## Certificate in Havening Techniques for Coaches

### FAQ'S

#### **What are the Havening Techniques?®**

Havening Techniques® uses our inherent biological/neurological system to de-link the emotional sting from distressing memories and therefore de-encode the traumas, whether big or small, that are holding our clients back. It is a psycho-sensory technique that uses the Havening Touch™ to alter thought, mood, and behavior. Through applying physical touch, the dominant brain frequencies are changed to delta waves, whilst at the same time a release of helpful hormones takes place (serotonin, oxytocin, and GABA).

In addition, it also develops resilience through resource-strengthening and embedding positive messages for clients to achieve their goals and to become the best version of themselves. This electro-chemical biological process ultimately helps us to heal, strengthen, and empower our minds and bodies.

Havening users have a wide range of process interventions at their disposal, that can be chosen and also combined synergistically with other coaching or therapeutic tools for a client's growth. It is a powerful tool for 360-degree change which works with the client's innate biology.

#### **What are the eligibility criteria for joining the programme?**

You will be either be:

- a Professional Member or an Associate Member of UCA.
- As a UCA Associate Member, if you have no coaching experience, we are happy to discuss expectations and content before you decide if it is right for you.
- a Practicing Coach, Counsellor or Therapist.

#### **What are the fees for the programme?**

- For UCA Members the fee is £2,250.
- For non-UCA Members the fee is £2,450.

#### **The fee includes:**

- All training led by Certified and experienced Havening Practitioners.
- Assessment and feedback on case studies.
- Certification as a Havening Techniques Practitioner. *Please note that there is an annually renewable license fee of £75 for Havening Practitioners.*
- Access to the private Facebook Havening Closed Group to become a member of this amazing and very generous community. This group also includes input from Dr Ron and Dr Steven Ruden, the founders, in addition to Havening trainers, practitioners, and trainees like yourself.

- A copy of Dr Ron Ruden's "Havening Techniques Introduction – A Primer" where he describes all the neuroscience and processes that sit behind Havening.

### **Cancellation Policy:**

1. Cancelled more than 28 days in advance of the booked date – No problem, no fee charged
2. Cancelled 28 - 7 days before the booked date – incurs 10% fee/90% of the programme fee refunded
3. Cancelled < 7 days before booked date – incurs 20% administration fee/ 80% of the programme fee refunded

Missed Sessions: If a session is missed, you will have access to the recording to catch up. There will be support provided to ensure you stay on track with the programme.

Additionally in case of last-minute illness, a transfer is possible to another course in the future at no extra charge.

All sessions will be recorded and kept for the minimum of a year on a private link, accessible by students.

### **Case-Studies**

#### **How many are to be undertaken?**

32 in total.

30 in writing and 2 video recorded.

#### **How do I find 32 case studies?**

There are several ways you can do this in addition to using your contacts and networks: -

- You can attend the UCA coaching momentum group and find willing participants here.
- You can engage with the UCA platform for chat and discussions and discover members who may well be interested in being a case study for you.
- As part of the training, you will join the Havening Closed Group community (over 2.6 thousand members). This is also a great place to find like-minded folk and those who will be delighted to be a case study for you. There are usually some great reciprocal arrangements in this group.

#### **How long should they be?**

Written case studies follow a pro forma to structure your thoughts called an intake sheet and usually take one hour to complete.

### **How long do I have to complete them?**

You have one year to complete your case studies, commencing from the end of your training.

Outside of a year, you can undergo the training again at a 50% reduced cost and then complete your outstanding case studies.

You can have a maximum of 3 case studies per person, preferably for only a few of these. The aim is to give you extended practice with different clients and contexts to deepen your knowledge and experience.

You will need to demonstrate the 7 Havening tools in your case studies that you learn on the programme – EH/TH/IF/AH/HH/OH/RH.

### **What support can I expect for Certification?**

You will receive written feedback and support on your case studies for learning and development throughout the year, usually within seven working days of receipt.

### **What does the science review involve?**

This is an open-book review.

You have three attempts.

You have to get 100% to pass.

It is all forced-choice questions.

All the questions/answers are covered in the course.

You receive a primer that has all the science and answers within it.

You will be required to complete the science review within a year. We encourage you to complete this within the first weeks following training.

### **What is the pre-work for the Certificate in Havening for Coaches?**

You will receive a document, “Havening Techniques® Introduction – A Primer” by Ronald A Ruden, M.D., Ph.D. before your program starts. This is an introduction and includes all the neuroscience of Havening. You can read this at your leisure.

There are two videos to watch before the start of the program, which take 30 minutes in total.