

Universal Coaching Alliance

Outline for The Havening Techniques® Certified Practitioner Training Programme with Unique Coaching Focus

Structure 5 x ½ days – Virtual on Zoom

Dates: 18th and 24th September, 14th, 15th and 23rd October 2025

Each of the above sessions will run from 13:00 –18:00 GMT. with scheduled comfort breaks

Course Objectives

1. To be a proficient Havening Techniques® Practitioner
2. To be able to integrate The Havening Techniques® into your Coaching Practice
3. To learn and practice all 7 of the Havening Techniques®
4. To be knowledgeable of the underpinning neuroscience
5. To be able to take a coaching client through personal history
6. To become a trauma-informed coach through EMLI and CASE
7. To integrate the Havening Techniques® for limiting beliefs, self-care, resilience, and all elements of the coaching FLOW™ model
8. To achieve all the requirements for certification (32 case studies, science review, and 5 x ½ day training sessions)

Module Outlines: -

Module 1 – Introducing The Havening Techniques®, Context & Practice

Introductions and overview

Origins of Havening, Research & Biology

Demo

What is Trauma

Trauma-informed Coaching

Self-Havening

Event Havening – Overview

Event Havening – Practice Sessions

Hopeful Havening & Event Havening

Module 2 – Freedom from the Past

Reflections and Review

Neuroscience

Demo of Transpirational Havening

TH practice

Encoding and EMLI'S and ACE'S

Limiting Beliefs and a client's personal history

Building Resilience:

IF & Group Practice

TH, AH & Link

Practice & Review

Module 3 - Liberation for the Future

Science & CASE

Visualization in Havening and Coaching

Outcome Havening - Demo

Outcome Havening - Practice

Building Resilience through Future Pacing & Outcome Havening

Module 4 – Optimise the Present

Self-care for coaches

Self-care for Clients

Practice

Role Havening – Demo

Role Havening - Practice

Science

Havening Resilience Practices for Coaches

Amplifying positive emotions

Practice

Module 5 – Wise Actions and Next Steps

Integration of the Havening Tools

Demo & Practice

Integrating Havening into your Coaching Practice – The FLOW Model™

Discussions and blueprint

Certification Requirements

Wrap Up

Close

(JAS/ MW 7th July 2025)