

Transpirational Havening

Until May 2013 I had only been using Event Havening (EH) with my clients, as that is the only form of Havening that I had become aware of up to that time.

I was delighted when other forms of Havening were introduced by Dr Ron Ruden in his first UK training in London in May 2013: Transpirational Havening (TH), Outcome Havening (OH), Role Havening (RH), Affirmational Havening (AH) and Hope Havening (HH). With this new awareness, the range of practical applications of Havening expanded hugely for me and my clients.

Transpirational Havening (TH) acquired its name due to the metaphorical similarity of function to the transpiration process in trees. In simple terms, transpiration is the process by which water moves through a tree (or other plant), right from when it is drawn up through the roots, travels through the tissue (xylem) of the tree's trunk and branches until it reaches the leaves, where water vapour diffuses into the atmosphere through pores called stomata. Similarly, Transpirational Havening has the effect of drawing up unhelpful emotions and experiences and concepts from wherever they may have their 'roots' in the brain and once brought to the surface those feelings are released (the stoma in this case being the outlet for the spoken word – the person's mouth).

I have found Transpirational Havening to be particularly useful for releasing of pent up emotions when there is no obvious single event that the client can bring to mind. For example when working with some of my coaching clients, they may disclose that they have experienced stress building up over a period of time and no one particular event has caused it but rather there has been a day-by-day cumulative effect as they have experienced small stressors (little and often) without taking any opportunity to release. Another example would be where therapeutic clients have experienced many disturbing events across their history (e.g.,: many episodes of being bullied or many episodes of feeling rejected or embarrassed or 'put down' by people). Transpirational Havening is also really useful for 'mopping up' any remaining associated unhelpful emotions after clearing one or more main traumatic events with Event Havening.

I sometimes also liken Transpirational Havening to an imaginary mechanical crane that dips into the brain and plucks out any unhelpful emotion (or similar) and draws it up and out and then moves it away. The crane then returns, goes back inside to pluck out another unhelpful emotion (or more of the same) from wherever it may reside (with pinpoint accuracy) and again draws it up and deposits it safely outside. This continues until all the unhelpful emotions and experiences have been removed.

Yet another way of considering this is that it forms the function of emptying a cauldron of toxic waste, a ladle full at a time. The cauldron may have been bubbling away, boiling against the lid and even spilling over and yet now with every ladle full removed there is more and more fresh space in the cauldron (space that can later be filled with much better ingredients that will nourish the soul).

So what is the actual procedure for Transpirational Havening?

- Establish what emotion or emotions the client wants to release and at what level they would rate that currently (on a scale of 0 to 10 , 10 being highest). For example a client might report that they have been feeling stressed and that they are feeling stressed at a level of 8 when they think of their job at work. Ask the client to start saying repeatedly emotional words that would appropriately complete a sentence ‘I’ve been feeling ... ‘ or ‘I’ve been experiencing ...’. The client doesn’t need to say the first part, just the words that complete the sentence. An example for a client that has been feeling stressed might be that they start to say out loud ‘stressed ... stressed out ... stressed ... so stressed ... really stressed ... stressed ... stressed’ etc.
- At the same time as they are saying the words repeatedly, you as practitioner apply ‘Havening Touch’. If they prefer, the client could of course apply ‘Self Havening’.
- If other words of emotions or experiences come to mind that could also be useful to release, the client should be encouraged to voice them too. So for example, the client who had been experiencing feeling stressed might voice: ‘stressed ... stressed out ... annoyed annoyed ... annoyed ... stressed out ... annoyed ... frustrated ... overwhelmed stressed ...’ etc.

- The idea here is to encourage the client to continue to repeat the words until they feel like the feelings have been released, until the words feel forced rather than bubbling up to the surface, until they seem to have lost their power. Sometimes in fact the person literally cannot 'find' any more unhelpful emotions to say – they literally cannot find the words (or the feelings). A long pause is often a good sign that the client has emptied at least a 'pocket' of a particular emotion. Sometimes though another pocket is located and another intense burst of repeated emotion words are voiced. Just keep going for as long as is useful and time allows.

- Sometimes a client may feel that they are bringing the feelings to the surface and yet not quite releasing them. This is where encouraging a visualisation as they say the words can help ease the release. An obvious example would be to imagine themselves to be a bit like a tree, drawing up through the roots, and then drawing up further and releasing at the leaves. The clients usually come up with the best metaphors / visualisations for themselves. Real examples I have noted have been imagining a bottle of talcum powder 'puffing' away the emotions, or revving an accelerator on a motorbike and the emotions going out of the exhaust pipe, or letting go of balloons with emotions attached. It really is 'whatever works' here.

- If ever there is an emotion that is not clearing fully (e.g.: getting 'stuck' at a level of '4'), it may mean that there's a need to switch to 'Event Havening' or 'Outcome Havening' or to do some other therapeutic work of some sort, after which the emotion will often be 'loosened' and more easily released. Just remain flexible and do what is best for your client.

- As with all Havening Techniques (and other therapeutic methods), you really need to be an experienced certified practitioner to be skilfully using the range of techniques elegantly blended to meet the needs of your client. You also need to be prepared and experienced enough to deal with any abreactions that may arise because when someone is releasing a lot of emotion the journey may sometimes involve such responses as crying, shaking, shouting, or other responses that would naturally go with the emotion being released. It is also true to say that many, many clients have a mainly pleasant experience of the releasing of the emotions during Transpirational Havening.

- Once the words have been expressed enough for the level of the unhelpful feelings to have come down the scale to level that is right for the client (usually 0, 1, or 2) then encourage them to go straight into Affirmational Havening (AH), Hope Havening (HH) or 'Affirmational Havening' (see another Blog for an explanation of Affirmational Havening) to fill the created gap with positive concepts and emotions and experiences. Often this happens without even a need for instruction. Clients may find themselves running out of negative emotions to release and may automatically start to say positive emotions aligned with what they are now feeling or experiencing inside: 'emancipated', 'free', 'released', 'calm', 'peace', 'quiet', 'still', 'liberated' and similar. Encourage it if it happens naturally or invite it if it doesn't. This is a very powerful way to wrap up a session of Transpirational Havening.
- There can sometimes be a slight delay in the client experiencing the full benefits of Transpirational Havening (because bringing up the emotions to release them can sometimes be a bit exhausting). Clients often contact me the next day and over the coming days and weeks to say that they feel 'lighter', that they are walking with more of a 'spring' in their step, that they have started singing or whistling or humming again, that they feel like a weight has been lifted or they have left some heavy luggage behind. I remember when I first experienced the blend of Transpirational and Affirmational Havening for myself, the next day I simply could not stop myself feeling elated (not that I wanted to).
- Of course life can bring new stressors into people's lives and so encourage your clients to use Transpirational Havening regularly to prevent 'toxic waste' mounting up again in the 'cauldron' (they can just keep ladling it out at the first signs of it – even the really small stuff - and then pour in good stuff to take its place).

I'd like to wrap up by saying a big 'THANK YOU' to Doctors Ron and Steven Ruden for bringing Havening Techniques to the world!

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