

THE HEALING POWER OF TOUCH

How a simple touch can calm your
brain and change your life



PETRIE
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CERTIFIED TRAUMA COACH

After a career in media and a life-altering burnout and car accident, I chose to follow my true calling. I'm now a certified Havening Techniques® Practitioner and Breathworker, helping people heal from trauma, addiction, PTSD, and stress-related issues.

I run retreats, sound baths floatings and cacao ceremonies in Ibiza, authored several books, and developed 'The Artichoke Method'—an 8-layer system for deep transformation. I'm also affiliated with Studytube as an expert in mental resilience.

My work is rooted in freedom, love, joy and connection. I believe inner healing leads to authentic, soul-driven choices.

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CHAPTER

INTRODUCTION

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INTRODUCTION

Let's be honest: life today moves fast. Like... really fast.

We're always connected, constantly scrolling, and forever trying to keep up with the next thing. Information is everywhere. Anytime. All the time. And while that's impressive, it also comes with a price.

Many of us feel overwhelmed, overstimulated, and out of touch with ourselves. It's like we've lost the pause button.

And when we finally do stop to ask for help, we don't want to spend years digging into the past without knowing how to feel better in the now. Therapy and coaching need to be not only deep, but also effective and to the point.

That's where Havening comes in.

Some call it a game changer.

Others say it's like hitting a reset button in your nervous system.

I call it the **New Kid On The Block in Traumaland.**

What makes it so special?

It's not just brain science – it's also about the power of touch.

Where Science Meets Softness

Havening is based on neuroscience – so yes, your clever brain will be happy. But what truly makes it unique is that it combines science with something deeply human: gentle, healing touch.

As a trained Practitioner, I draw from a toolkit of carefully designed protocols, choosing the ones that best support your goals and what you need in that moment. Whether we're working through trauma, releasing stuck emotions, or simply needing a nervous system reset — the Havening Touch plays a central role in your process.



The Havening Touch – stroking your arms, face or hands in a soothing way – helps your brain create delta waves.

These are the same calming brainwaves you experience in deep sleep. When activated, they tell your system:

”You’re Safe Now”

And in that space of safety, healing begins.

And the best part? Once you’ve learned it, you can use the self-Havening touch anytime, anywhere. It’s like having a personal tool for emotional regulation... right in the palm of your hands.

People often describe a Havening session as deeply calming, emotional, liberating... even joyful.

It’s like your body exhales – finally.

This guide is just the beginning...

In the rest of this PDF, you’ll discover the basics of the Havening Touch:

- how it works
- why it works
- and how you can start using it yourself.

Because the best part?

You don’t have to wait.

This calming, healing, science-backed technique is literally in your own hands.

So, what are you waiting for?

With love,

Petrie van Doorp





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CHAPTER 2

HAVENING: A SAFE HARBOR FOR THE SOUL

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Havening: A Safe Harbor for the Soul

Imagine this:

You've been sailing through stormy waters for what feels like forever. You've kept your hands steady on the wheel, braving crashing waves and fierce winds. You did your best to stay afloat, to survive. But now... You're tired. Your supplies are low. Your strength is fading.

And just when you think you can't keep going any longer — you spot it. A light in the distance. A lighthouse. Relief washes over you. Finally, a sign of solid ground. A safe harbor. A place to rest. You can loosen your grip. Let your shoulders drop. Breathe.

That feeling — of safety, of coming home, of being held — is what Havening is all about.

The word Havening comes from the word haven: a protected harbor, a place of safety after a turbulent journey. And that's exactly what the Havening Touch helps create — a calm, nurturing space within your nervous system where healing can begin.

Whether applied by a certified Practitioner or practiced on yourself, the gentle, rhythmic touch of Havening sends powerful signals to your brain:

“You're not in danger anymore.

You're safe now.

You can let go”

And while the name may sound like “Heavening,” it actually has nothing to do with heaven — even though, according to many of my clients, a Havening session often feels a bit like heaven on earth.





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CHAPTER

WHAT IS HAVENING,
WHAT DOES IT AND
WHY IT WORKS?

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WHAT IS HAVENING, WHAT DOES IT AND WHY IT WORKS?

Havening is a groundbreaking technique developed in New York, by dr. Ronald Ruden and his brother dr. Steven Ruden, over the past twenty years. Today, it's used by therapists, coaches, healers and mental health professionals around the world – with incredible results.

Originally created to help process trauma, Havening is now used for everything from emotional healing to stress release, performance coaching, confidence building and even pain relief.

Havening might feel soft and gentle — but under the surface, something incredibly powerful is happening in your brain. It changes the actual environment in which your neurons are firing. This is what we call a change in the neuronal milieu — and it's the key to how healing and transformation become possible.

Havening can be used in two ways:

☛ **To process and heal trauma**

When something traumatic happens, your brain stores not just the memory, but the emotional charge — especially in the amygdala, the brain's emotional alarm center.

Havening helps dissolve the link between the traumatic memory and the emotional distress it triggers. How? Through hormonal shifts and a change in your brain's dominant frequencies — from high-alert to deep calm.

☛ **To build inner strength and resilience**

When you use Havening to focus on empowering beliefs or inner qualities, you're literally rewiring your brain. This is neuroplasticity in action: creating new, helpful connections while gently fading out old, limiting patterns.

AND THERE 'S MORE...

In moments of trauma, your brain produces very high-frequency waves (gamma waves). It's a state of alarm, where everything feels overwhelming.

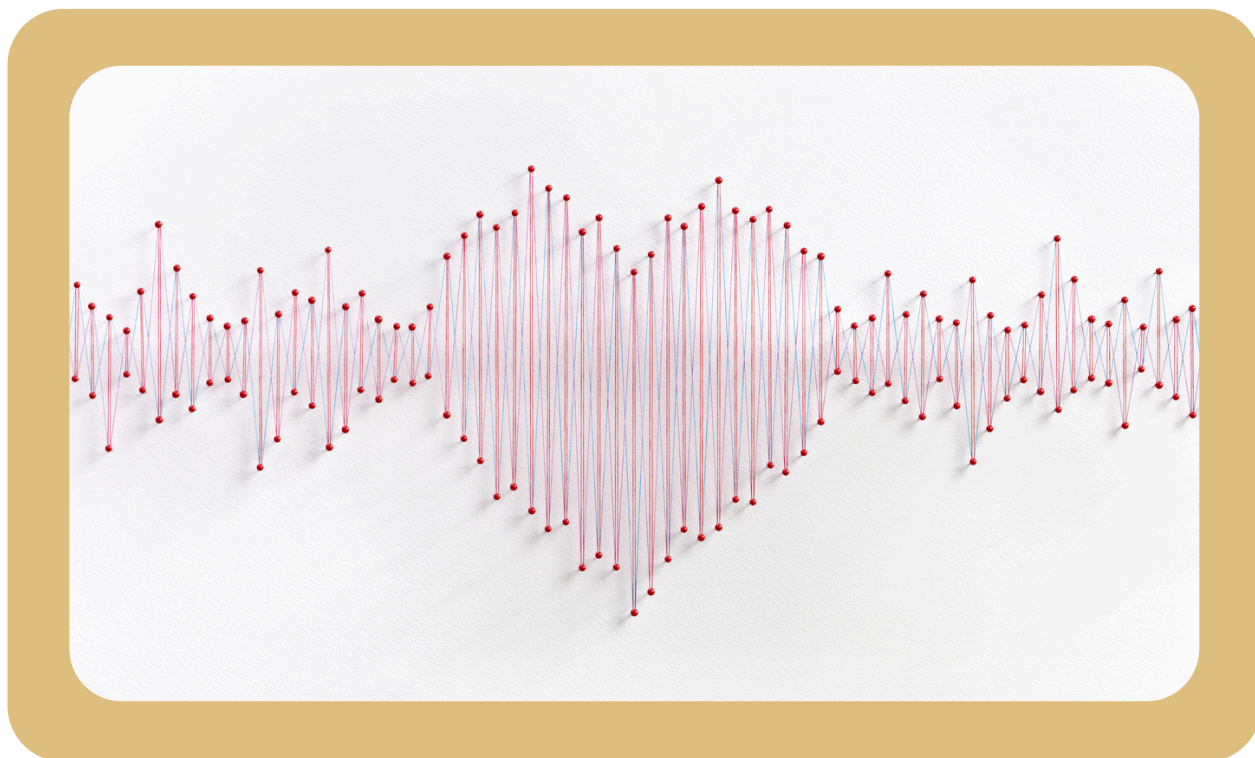
But during a Havening session, your brain shifts into a low-frequency state — specifically into delta waves. These are the same slow, calming waves you experience during deep sleep or deep meditation. That's why your system can finally let go.

Because of this, Havening is sometimes lovingly called:

★ **The Amygdala Depotential Technique (ADT)**

★ **Or simply: the Delta Wave Technique**

It also belongs to a group of powerful healing methods known as psychosensory therapies — meaning they use sensory input (like touch) to regulate the nervous system and support emotional healing.





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THE HEART OF IT ALL: THE HAVENING TOUCH

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THE HEART OF IT ALL: THE HAVENING TOUCH

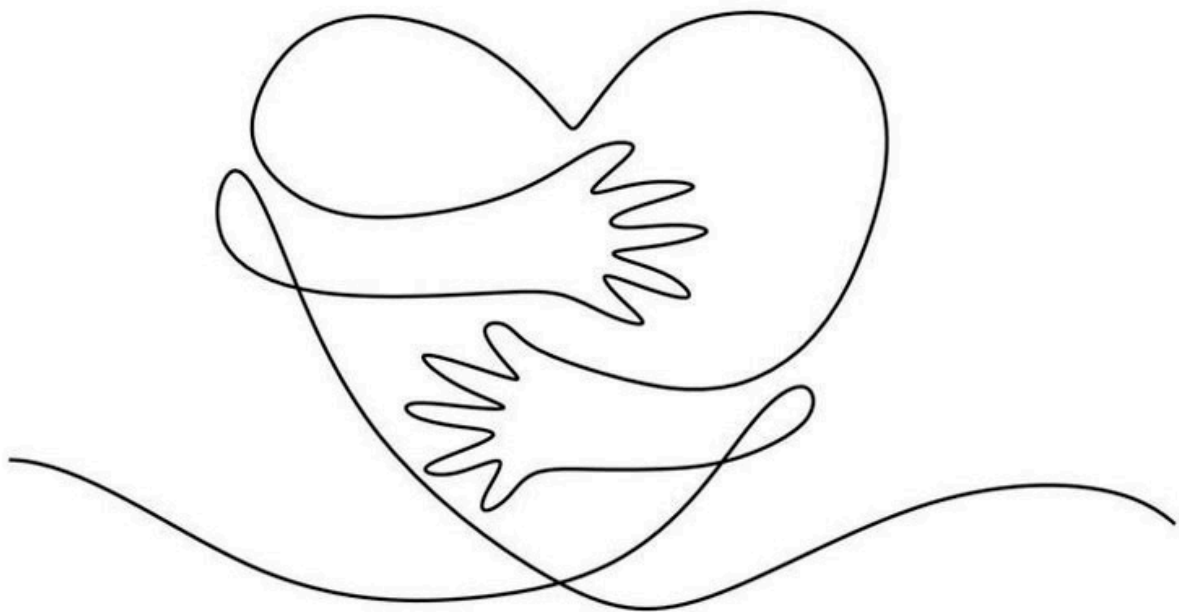
At the very center of the Havening Techniques lies something beautifully simple and incredibly powerful:

the Havening Touch

This is a gentle, soothing touch applied to the upper arms, hands, and face. Soft, slow, nurturing movements — like the way you might instinctively comfort a crying child or calm someone you love.

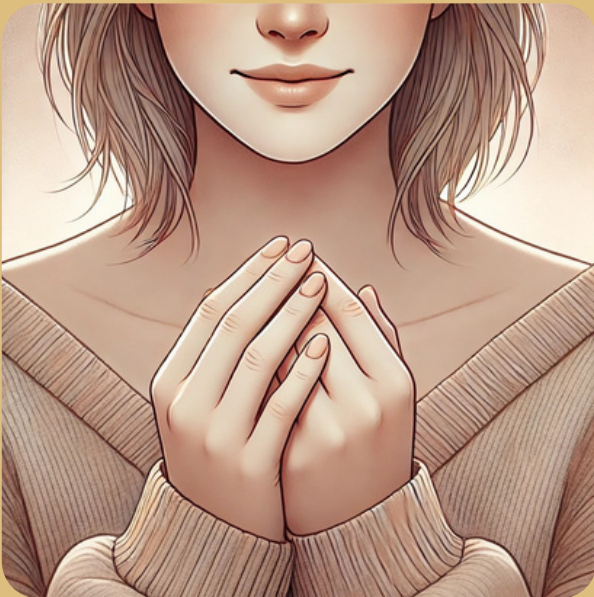
The beauty?

It can be done by a trained practitioner, or guided so you can do it yourself. And before we begin, we always agree clearly on what feels safe and respectful for you. Your comfort is the compass. Always.



ARMS

Place your hands on your shoulders and gently and slowly strike your hands from your shoulders to your elbows. Release and start again.

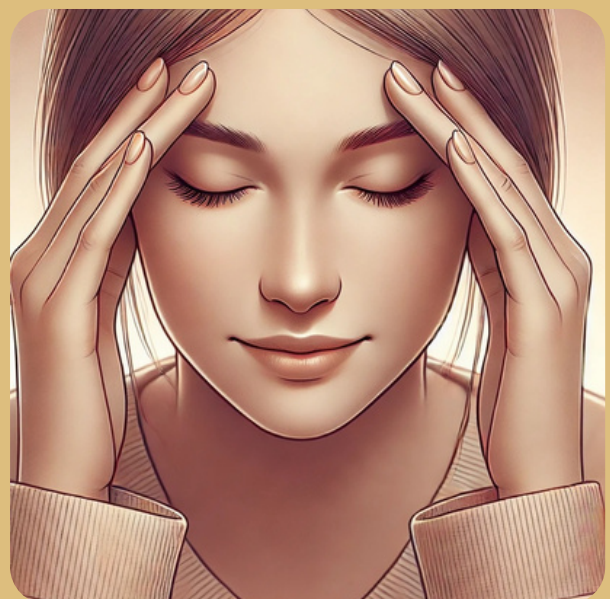


HANDS

Gently strike your palms together back and forth, as you would wash your hands

FACE

Stroke your head with your fingertips. Start in the middle of your forehead, and stroke above your eyebrows to the sides of your eyes down through your jaw to your chin. As if you are drawing a heart on your face.





AND HERE'S WHERE THE MAGIC OF NEUROSCIENCE COMES IN:

These gentle strokes aren't just calming — they trigger a cascade of feel-good, healing hormones in the brain and body. We're talking:

- ✦ Serotonin – to boost your mood
- ✦ Oxytocin – to help you feel connected and safe
- ✦ Dopamine – for motivation and reward
- ✦ GABA – to calm the nervous system



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WHERE CAN HAVENING HELP?

WHERE CAN HAVENING HELP?

One of the things people often ask is:

“But can Havening really help with my issue?”

The answer is usually yes — because the range of topics Havening can support is surprisingly broad. Wherever stress, emotional overwhelm, or limiting patterns are part of the picture, Havening can help bring relief, clarity and transformation.

Havening is used for:

- Processing trauma, grief, or loss
- Letting go of fears, anxiety, and panic
- Supporting recovery from emotional, physical or sexual abuse
- Easing symptoms of PTSD or complex trauma
- Releasing chronic stress, anger, or low self-worth
- Supporting change with addictions and compulsions
- Soothing pain that seems to have no clear medical cause

But that’s not all.

You can also use Havening to build and strengthen your inner resources, such as:

- Confidence, courage and self-esteem
- Mental resilience and optimism
- Creative flow and performance
- Focus, memory and learning capacity
- Reconnecting with your inner child
- And even: public speaking, exams, or sports performance

**From boardrooms to bedrooms,
from trauma healing to personal growth:
Havening helps people come home to themselves.**



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SELF-HAVENING: YOUR POCKET TOOL FOR CALM

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SELF-HAVENING: YOUR POCKET TOOL FOR CALM

One of the greatest powers of Havening is that you can learn to do it yourself — anytime, anywhere. Self-Havening is simple, accessible, and deeply soothing.

Try this easy Self-Havening exercise now:

1. Find a quiet spot and sit comfortably.
2. Gently stroke your arms or rub your hands together in slow, soft motions.
3. Breathe deeply and slowly—inhale through your nose, exhale through your mouth.
4. As you do this, repeat quietly to yourself a comforting phrase like:
5. “I am safe.” or “This moment is for me.”
6. Continue for 1–2 minutes, noticing your body relax and your mind soften.

Practice this daily to create a safe space inside yourself whenever you need it.





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READY TO EXPERIENCE
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READY TO EXPERIENCE HAVENING?



If you're curious to explore how Havening can support your healing and personal growth, I invite you to book a free 15-minute introductory call through my website.


Together we'll answer your questions and see how Havening can be your safe harbor in today's busy world.


start your journey to calm and strength.

Book your free online call now

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