

Try it at an Intro Session - all welcome

<https://bit.ly/HaveningEvents>

WHAT HAS HAPPENED IN PRISON IS

AMAZING!

**Immediate improvements in mental health,
bringing calm, acceptance and resilience**

INCREDIBLE RESULTS FROM JUST ONE SESSION

Not magic, this is proven, cutting edge application of neuroscience

- Distress score 10/10 evaporated to 0 over lost access to children - *in 40 mins*
- Relief from drug addiction resulting from abandonment dropped to 0 from 10 *in 33 mins*
- Grief over death of loved one reduced from 10 to 0 & chronic pain stopped *in 52 mins*
- Severe anxiety from witnessing suicide attempt - *gone in 46 mins*
- Guilt over inability to support estranged family reduced from 10 to 2 *in 32 mins*
- Heartbroken, self harming - child in care & partner moved on down from 10 to 0 *in 25 mins*



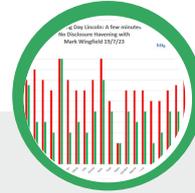
CHANGES IN THE BODY

My client initially appeared as a vulnerable child. As the session proceeded, A complete posture change. Instead of furling forward, my client became more upright, stopped shaking & had a powerful, confident stance. Shoulders back, breathing became balanced & steady. The pain and discomfort he felt in his chest and his heart totally disappeared. The skin tone changed from a pale pallid complexion to one with colour, tone and brightness. My client's eyes looked sparkly as if a light had been switched on. The localised heavy pain & discomfort had disappeared (chest, heart, stomach) what a wonderful change in him!



ABANDONMENT (EX MILITARY)

I did notice some somatic changes with his body language, colour of his skin. His body posture in the chair, his eye contact. Speed and tone of his voice, plus the muscle tension which did start off through gritted teeth and a clenched jaw was now one of stability. His legs stopped twitching, he smiled and sat back in his chair. He had yawned a few times and took a few big deep sighs, which looked as if something was being released, even though he did not verbalise this.



ALSO FOR THE PRISON TEAM

A wellbeing day for staff incorporated an informal Self - Havening session at Lincoln Prison with reduced private anxiety immediately for virtually everyone - a few massively - all immediately.

**Book your online/in
person introduction
to Havening**

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Scan QR code for video:

“It changed
my life”



WHAT'S IN IT FOR THE PRISON TEAM?

Save the Life of a Prison Officer?

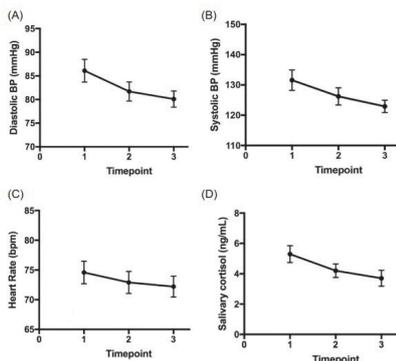
To see Jackie describing how she managed to calm down an enraged inmate who had confided in her that a “shank” had been made to attack a prison officer with - pass your camera over the QR code.



Have calmer, less aggressive and destructive inmates

A safer, more engaging, relaxed working environment to enjoy

More relaxed and motivated prison officers



Cardiff Metropolitan University Study showing beneficial reduction in blood pressure, heart rate and cortisol (stress hormone)

WHAT OPTIONS ARE THERE?

Mentoring

Presentations Skills Training

Book and literacy Club support

Wellbeing Group session - Learn Self Havening to downregulate

1:1 Havening Interventions for Employees and Inmates

MHFA+ Training for Prison Staff

CPD for Psychologists to be a Certified Havening Techniques®

Practitioner

Special research opportunities - ask for details

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