

HAVEN SENT

How havening can help you to break free from fears and phobias in minutes



DENISE SMITH meets Stephen Travers whose revolutionary treatment can help you to banish money, job and family woes from your life, and even cure phobias

DIY ways to blast stress

- ★ Sleep is key, seven to eight hours a night is the minimum required.
- ★ Meditation and self-hypnosis practices are very good, yoga, tai chi and even going to the gym can dramatically decrease stress levels. Research shows that a ten minute walk every day reduces stress level and increases endorphins.
- ★ Cut out caffeine. Caffeine releases a lot of adrenaline causing sleep problems.
- ★ Take more breaks during the day. A lot of people are pushing themselves too hard especially in their career. Take more breaks and you will be more productive.



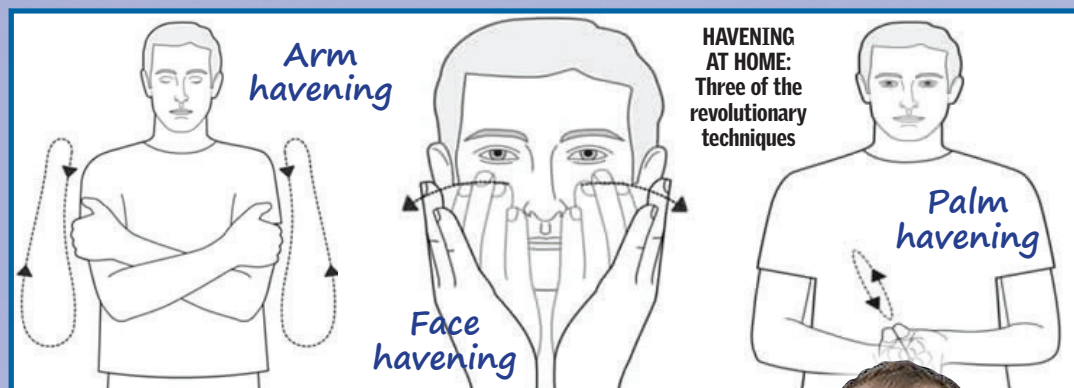
HAVE you got money worries, suffer from work-related stress or is your confidence at rock bottom? What would you say if we told you that you could eradicate your fears, phobias and everyday stressors in just FIVE MINUTES?

As alternative treatments go, havening is the ground-breaking psychosensory therapy that has the power to rewire your thought process so that you can erase feelings of fear, pain and anxiety.

The cutting-edge therapy can even help you get a handle on compulsive eating.

From crippling phobias to panic attacks, the innovative therapy - which uses a series of eye movements, positive affirmations and tapping and stroking of the arms to remove painful encoded memories and experiences - banishes stress and anxiety. And it has even got the seal of approval from celebland - Russell Brand, Stephen Fry and David Walliams are all fans.

If you're lacking in self-esteem or are prone to self-sabotage, this latest technique can



help bolster your self-esteem, motivate you in the workforce or even make you a public speaking pro.

Leading hypnotist Stephen Travers, who will be appearing at Ireland's biggest wellbeing event, the Mind, Body, Spirit and Yoga Festival in the RDS, Dublin, from March 14 to 16, is one of only four certified havening trainers in the world.

Speaking exclusively to *SWM* this week when we pop in to test the novel technique in his Dublin Clinic, Stephen Travers explains how the life-changing treatment can help you achieve a happier, healthier you in next to no time.

"Havening is a ground-break-

ing psychological treatment that eradicates anxiety, panic attacks or any other type of painful emotions following traumatic experiences," says the hypnotist. "It is by far one of the most effective treatments I have ever used."

Researched and developed by neuro-scientist, New York-based Doctor Ronald Ruden, the world-renowned treatment is now more popular than ever because of the speed at which results are gained - what used to take months to cure can now be done in minutes in most cases.

Hypnotist to the stars, Paul McKenna, is just one of havening's high-profile advocates, having used the technique to



HEALING THE NATURAL WAY: Stephen Travers' techniques help clients overcome anxiety, stress, depression, addictions and phobias



POWERFUL: Stephen Travers' unique treatment of a patient takes just minutes

treat Russell Brand for his addictions in the past.

Stephen Travers explains: "Dr Ronald worked out how traumatic memories get encoded in the brain, and then discovered the specific areas in the brain where they are encoded. He then discovered how to remove the memory or trauma."

Underlining how the process works the self-help guru adds: "I discuss the issue with the patient. Is it anxiety, a stressful memory that is plaguing her, a bereavement or a phobia?"

"I firstly identify the issue. Then I ask the patient to close her eyes and think of the memory or the distressing thought. We

note it on a scale from one to 10, 10 being the negative feelings that are very strong and zero being very relaxed," explains Stephen Travers of the psychosensory therapy that uses both psychological and sensory elements.

"To apply the treatment, I begin to very gently stroke the patient's arms, then hands. I then ask the patient to imagine something completely different (like walking down a beach) and they will discover that the bad feelings will start to disappear."

"Within eight to 10 minutes, I have the patient down to zero."

"Then I ask her to close her eyes and go back to the memory or the event. In doing this, she finds that the negative feelings attached to the event/memory are completely gone."

With such a revolutionary treatment, however, come cynics.

"I was sceptical [about havening] as a doctor, it just seemed too good to be true. But having treated hundreds of patients, the results speak for themselves," he says, proudly. "I have no affiliation to any school of therapy - all I am interested in is what gets results for people."

"I remember the first time I applied the treatment. A girl

came into me suffering from panic attacks. She had a panic attack during one of her mock exams and was very distressed, so much so that she couldn't go back in to do the exam."

"After I applied the treatment, it took just seven minutes until the trauma was cleared."

Practicing what he preaches, Stephen Travers even uses the therapy - which is now used to treat soldiers in America and the UK for post-traumatic stress disorder - on himself.

"I use it on myself for general stress. I used it recently on a dental issue I had. I recently had a tooth extracted and found the whole ordeal quite stressful - to the point that I was feeling quite phobic," he explains. "I was then told that another tooth was infected. To calm myself before the removal I used the treatment on myself and I had a very different experience the second time around."

Stephen is so confident that he can relieve our phobias and fears that he is now hoping to recruit an *SWM* reader to demonstrate how effec-

tive the treatment really is.

"There are various talks in the Mind, Body and Spirit Show in the RDS next week, and I am looking for one or two volunteers who suffer from anxiety, phobias, depression or stress. I will treat them in five minutes live on stage. There's no charge."

Mind, Body, Spirit is on in Dublin's RDS on March 14 to 16. Tickets cost €12, children under 12 are free. See www.mindbodyspirit.ie.

To volunteer for a free havening treatment with Stephen Travers at the RDS, contact stephen@stravershypnosis.com or see www.stravershypnosis.com.



HYPNOTIC: Stephen Travers with fellow 'havener' Paul McKenna