

The following are extracts taken from Dr R Ruden's Touch presentation (May 2019), as recorded by Katie Rowland:

- Touch has thriving, healing, strengthening properties, yet touch is directly forbidden by lots of healing modalities.
- Touch is critical to our development, e.g. being held, comforted. Our sense of touch begins at 8 weeks gestation. We can self-soothe at 12 weeks e.g. sucking our thumb (practising to suck on a nipple, which is both comforting and nourishing).
- Children raised with low touch have a greater / longer stress response. High levels of touch can reduce the stress / fear response.
- There's no love or caring without touch. We don't have 'smellings', we have 'feelings'!
- Touch is critical in and for socialisation. Skin is a social organ. Try saying, 'How are you?' to a friend; then try saying it whilst simultaneously putting your hand on the shoulder of the other person. How do you and they experience the same words spoken?
- We typically shake hands, at least, or hug when we meet another person. This touch helps to generate trust and co-operation.
- Notice how you feel and behave during or after holding (cradling) a warm cup of coffee or tea; and how you feel / behave during or after holding an iced drink.
- Touch produces changes in brain chemistry. All sensory input, sights, sounds, smells etc., change us positively or negatively at a neurological level, i.e. they change our brain chemistry.
- Any time we touch, we change the brain.
- Our skin is the largest sensory organ in the body. 20% of our body weight is our skin!
- Massage changes the landscape of the brain positively but it's not permanent. Havening touch and delta waves act as agents of neuroplastic change.
- Havening touch, which produces Delta waves, coupled with Event Havening, Transpirational Havening or Role Havening, activates glutamate which is essential to depotentiation of specific neurons in the amygdala. This allows permanent change.
- Affirmational Havening (AH), Hopeful Havening (HH), Outcome Havening (OH) don't activate glutamate, they activate gaba. The amygdala is not involved in AH, HH or OH. We're affecting the pre-frontal cortex part of the brain. Generating delta waves through havening touch, coupled with AH, HH, OH is like being in a deep sleep consolidating a memory... even if it's a positive idea that hasn't actually happened. Havening changes glutamate to gaba. Chemically only one part of the structure of glutamate and gaba is different. Gaba shuts everything else down in the brain to consolidate a positive memory or idea. Delta wave generation is essential for this.
- Havening is similar to massage but creates neuroplastic change so it is permanent.
- We use medium pressure touch in Havening.