

ALL TRAUMA IS TREATABLE
– JUSTIN HAVENS



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FROM NIGHTMARES TO PEACEFUL SLEEP

with The Dream Completion Technique™

A powerful self-help technique that can be learnt in 5 minutes
and can stop nightmares after just one night.

(and can also be used with trauma-focused therapies such as EMDR)



JHavers

Presented by Dr. Justin Havers,
Psychological Therapist, EMDR Consultant
and Researcher.

▶ ⏪ 🔊 0:00 / 6:12



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About Justin Havens

I'm an EMDR trained psychological therapist accredited by the British Association of Counselling and Psychotherapy (BACP). I currently work with trauma and PTSD in the NHS for the Gloucestershire 2gether Mental Health Trust and in private practice. In my previous life, I have been an Army Officer, Manufacturing Engineer, Production Manager, and a Management Consultant.



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