



Robin Youngson: Time to Heal



Robin Youngson is an anaesthesiologist with 35 years of medical practice living in New Zealand. As a long standing advocate for compassionate healthcare, Robin, and his wife Meredith, founded the Hearts in Healthcare International Movement. Robin now works as a trauma therapist with a relatively new self-healing technique known as Havening. Find out the impetus behind this passionate man's work in healing, stemming from his personal trauma.

TOP EMBODIMENT TIP: We have a choice to feed the violent machine world or the human living world which feeds our lives.

Through the Lens of Robin's Personal Life:

- Robin tells the traumatic abandonment he experienced as a 10 year old being left at a "dreadful" boarding school.
- Severe dissociation from the trauma resulted in Robin experiencing alexithymia (having no language for feelings) throughout his adult life.
- **Boarding schools are an archetypal model for hospital institutions**, which Robin entered after becoming a doctor.

Medical Institutions:

- Medical science treats human beings as machines which can be taken apart and examined.
- **"Medical training is a deeply traumatizing and dehumanising process."**
- Robin experienced very deep empathy for the suffering of patients and went on to write the book *Time to Care* and establish the movement Hearts in Healthcare, campaigning for compassion and healing within the medical system.

Havening Method:

- **Talk therapy doesn't work very well with trauma as it cannot be accessed through conscious thought.**
- During fear and trauma we have high levels of gamma brainwaves.
- Havening touch - stroking on the body - creates low frequency mind waves.
- Havening works on releasing the body's holding of all the sensory information from the point of trauma.
- All living systems, including us, have an amazing self healing capacity.

Resources

- ❖ **Books:** *Time to Heal & Time to Care*
- ❖ **Website:** neuroscienceofhealing.com, robinyoungson.teachable.com
- ❖ **References:** Find a Havening Practitioner: havening.org Joy Schaverian - Boarding School Syndrome



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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