

Janine Mateparae

Words by Grace Odlum

Janine Mateparae has always been interested in holistic wellbeing. When her children were very young, she studied homeopathy, but when a friend told her about Bowen therapy®, it triggered her interest.

She took her sons to appointments with the late Pauline Senior, a Bowen therapy practitioner and instructor, and was so impressed by the changes she saw in them that she was inspired to enrol in one of Pauline's courses.

Bowen therapy is "a non-invasive muscle and soft connective tissue release technique using a soft rolling touch over fascia, tendons, ligaments and nerves which penetrate to a deep cellular level which stimulates the body's capacity to reset itself and heal," Janine says.

It is safe, gentle and appropriate for all ages – restoring balance to the entire body and providing lasting relief from many types of physical pain.

That first training course in Bowen was in 2006, and more than 10 years later she discovered another passion in London – Havening Techniques®.

She was training in clinical hypnotherapy in 2018 when she heard about Havening Techniques, and she was intrigued, so she trained in it the following year.

She says Havening Techniques were initially developed to treat trauma by a United States doctor - Ronald Ruden.

"Trauma and unpleasant experiences create biological changes in the brain. Applying Havening Touch creates delta waves that change the brain chemistry to delink traumatic events and unpleasant memories," she says.

"By creating new neural pathways, Havening enables people to rise above pain and past trauma. Havening can increase confidence and help balance goals, personally and professionally."

When Janine returned to Kāpiti in 2020 after spending time in both Wellington and London, she began to develop her Havening Techniques and Bowen therapy and started working with clients in September of 2021.

She says she is currently the only certified Havening practitioner in the district.

"I feel privileged to welcome people into my clinic who have often tried many other interventions to regain or maintain physical and emotional well-being. I enjoy meeting and getting to know people and being part of their healing and wellness journey."

Her interest is in the brain and how it works, and since Havening is a psychosensory therapy based on neuroscience research, it ticks all the boxes for her.

Each Havening session is between 90 and 120 minutes long, and Janine loves "how by using

Havening Techniques we are changing their brains by weeding out unhelpful experiences and planting seeds to create more helpful neural pathways".

"I get a lot of satisfaction seeing the changes in people after one to three Havening sessions.

"Seeing someone light up and laugh for the first time, or coming back for their next appointment and looking five years younger, or someone asking for a hug after a session because they are so full of joy and excitement about how different they feel, is very rewarding – and I feel genuinely happy for them."

Her Bowen therapy sessions typically last 60 minutes, and work by addressing the mind and body through the autonomic nervous system, encouraging the whole body into a state of relaxation.

“I feel privileged to welcome people into my clinic who have often tried many other interventions to regain or maintain physical and emotional well-being. I enjoy meeting and getting to know people and being part of their healing and wellness journey.”



“I like seeing people leave with their minds and bodies soothed by Bowen.”

When she moved back to Kāpiti she followed up on her intention to start a business, but found it quite testing, having not been involved in the community since 2011.

“As with any new business, it’s been a challenge to get my name and what I do out there as not many people know about Havening Techniques.”

Her goal is to educate the community on what Havening provides.

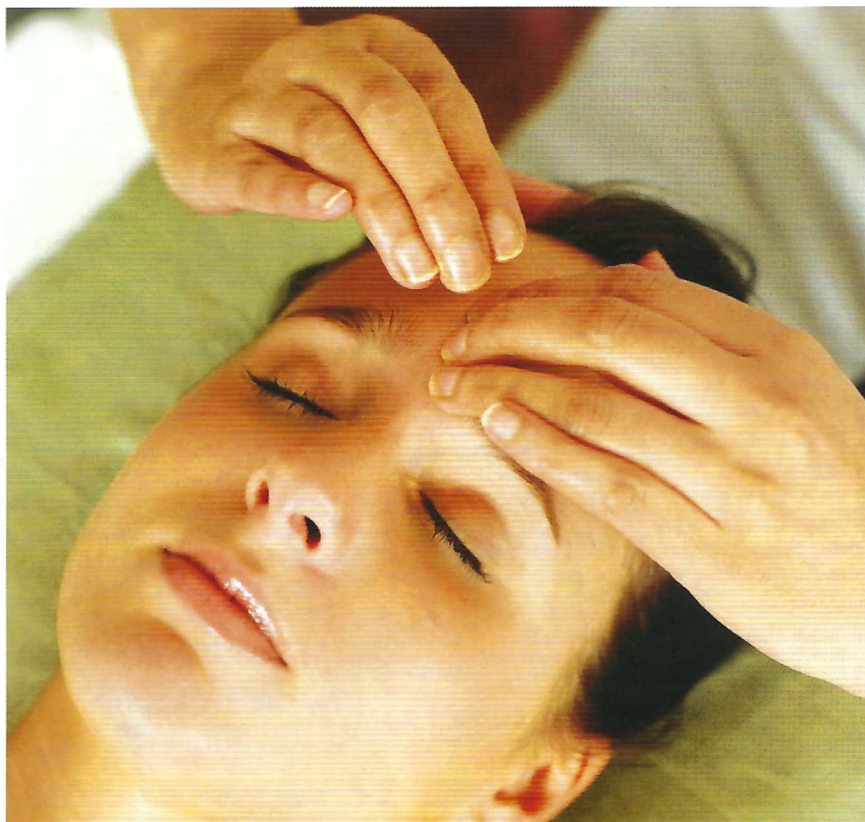
“Most people know what a psychologist or chiropractor does, but they don’t know about Havening and how it can change lives for the better.”

Recently Janine was invited to do a Havening presentation at a New Zealand Police Leaders wellbeing retreat, and she included practical exercises using Self-Havening to reduce stress and build resilience so they could experience it for themselves.

She says the presentation was well received and the feedback was positive, and she has also given a similar presentation at a general practitioner clinic.

“I plan to do more talks and presentations about Havening this year as I’d really like more Kāpiti people to know about it.”

You can find out more about what Janine does on her website at www.janinemateparae.co.nz



Do you want to rise above pain and past trauma?

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- lower and manage stress and anxiety,
- reduce or remove emotional or physical pain,
- and ultimately heal yourself.

Living well is possible.

Let me show you how.

“I would recommend Janine in a heartbeat. Her beautiful nature, coupled with her genuine intent and her intuition, make for a relaxing healing experience.”

- Karen



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