

# Building Resilience with **Neuroscience & the Havening Techniques®**



**November 14, 2019 | 9:00 am - 4:30 pm**

**"Havening Techniques®  
engages our inherent  
biological systems to  
permanently heal,  
strengthen and empower  
our minds and bodies."**

-Ronald A. Ruden, M.D., Ph.D.



**This experiential training will explain  
how stressful events impact brain  
functioning and explore new  
opportunities for healing and growth.**

You will learn how to harness the power of neuroplasticity, along with the Havening Techniques, to create sustainable healing. You will be empowered to start identifying opportunities for self-healing and begin laying the foundation to develop your Resilient Brain.

## **This training will cover:**

- The latest insights into the neuroscience of stress and resilience
- Fundamentals of the Havening Techniques
- Key areas for fast and effective intervention utilizing the Havening Techniques
- Self-havening techniques for personal healing as well as protection against encoding future stressors
- How to build resiliency for your brain health
- Techniques for empowered resource development and sustainable health.



**Dr. Kate Truitt**  
Certified Trainer of Havening Techniques®

## **Fees**

Early Bird \$95, Standard \$125  
Group fee is \$75 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

## **Time & Location**

9:00 am - 4:30 pm, registration starts at 8:30 am  
The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012  
Free parking is available at The California Endowment

## **Continuing Education**

For each training, 6 CE credits are available for an additional \$30.  
Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

**For additional requests, accommodations, questions, or grievances about this  
training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213) 484-6676**