

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



October 5, 2020 | 8:00 am - 12:30 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 \$75, Standard \$95

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

8:00 am - 12:30 pm, sign-in starts at 7:45 am
Live training via Zoom

Continuing Education

For each training, 4 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 or (213) 484-6676**