

# Building Resilience with Neuroscience & the Havening Techniques®



**August 29, 2023** | 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



**DR. KATE TRUITT**

*Certified Trainer of  
Havening Techniques®*

## **Details**

Cost: \$55  
8:00 am - 12:30 pm, sign-in starts at 7:45am  
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.

## **Contact Us**

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