

# Building Resilience with Neuroscience & the Havening Techniques®



September 21, 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.