

# Applied Neuroscience for Trauma Recovery and Resilience: A Brain Partnership Approach



**March 26, 2026 | 9:00 am - 4:30 pm PST**



**This full-day training combines applied neuroscience, somatic regulation, and self-compassion to support individuals seeking better to understand their own responses to trauma and chronic stress, and to help others do the same.**

Grounded in Brain Partnership principles and tools from Healing in Your Hands, the workshop explores how the brain adapts under chronic and traumatic stress—and how simple, neuroplasticity-based and

resilience-informed practices can shift those patterns toward recovery, connection, and empowerment. Whether attending for personal healing, professional growth, or community support, participants will leave with practical skills they can use in everyday life to navigate overwhelm, restore safety, and strengthen emotional well-being.

## Workshop Objectives

- Learn how stress and trauma shape the nervous system—and how safety and connection begin rewiring it.
- Practice somatic micro-interventions that calm activation and support grounded, present-moment awareness.
- Build self-compassion skills that reduce shame, soften reactivity, and support healing from within.
- Utilize real-time regulation tools to shift from overwhelm to clarity and choice—building neurobiologically based personal empowerment.



**DR. KATE TRUITT**  
Certified Trainer of  
Havening Techniques ®

## Details

\$125; \$95 early bird (before 02/26/26)  
Location: The California Endowment, 1000 N Alameda St. Los Angeles  
Free parking is available on The California Endowment premises

## 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.

## 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.