

# Integrating Self-Havening into Crisis Intervention



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.



**As humans, we've all experienced crises from time to time. Whether caused by a stressful job, unexpected news, or life transitions, the brain can navigate these crises effectively with the right knowledge and skills.**

Echo's new training, Integrating Self-Havening into Crisis Intervention, participants will gain the tools necessary to help someone soothe their brain through a crisis state.

Chock-full of essential information for teachers, therapists, and everyday learners, participants will not only learn the neuroscience of a brain in crisis but will develop skills to build positive, lasting changes to the brain to empower them moving forward.

## Workshop Objectives

- Establish a working understanding of the neurobiology of a brain in crisis
- Identify at least 2 barriers to calming a brain in a crisis state
- Explain the relationship between anxiety/fear and our thinking brain - "Self"
- Learn and practice at least 3 neuroscience-based interventions to help ground a brain in crisis



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

## Details

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.