

Outline

The Havening Techniques: user-friendly and accessible tools for trauma reprocessing

- Why integrate the Havening Techniques into your clinical practice?
- How trauma paralyzes the treatment process
- The role of the Amygdala in Trauma, PTSD and Anxiety
- How touch calms and manages traumatic events and memories
- Treating the traumatized brain with neuroplasticity and touch

Ethical Considerations: Boundaries, Risks and Limitation, Scope of Practice

- Clinical implications for bringing the Self-Havening Touch into clinical practice
- Clinical indications for when to use, or not
- Review of the science, research, and limitations of the Havening Techniques

Applications of the Havening Techniques in Clinical Practice

- Assessing clients for integrating Havening into treatment plans
- Introducing the client to the Havening Techniques
- Teaching Self-Havening for ANS regulation and at home use
 - Building a client centered Havening Tool kit
 - De-activating the amygdala in the moment
 - Building positive feeling states with neuroplasticity

Objectives

1. Demonstrate how clients can utilize self-havening to enhance brain health and emotional wellness.
2. Assess clients to determine appropriateness of integrating Havening into clinical treatment sessions.
3. Analyze the impact of trauma encodings on information processing and its treatment implications.
4. Practice safely transitioning from traditional psychotherapy approaches into Havening protocols in-session.
5. Build client self-efficacy skills through Self-Havening protocols both in the therapy session and outside of session.
6. Integrate neuroscience-based Havening treatment techniques into your clinical practice and explain how they work.
7. Appraise the risks and limitations of Havening research and applications.

- Targeting traumatically encoded experiences from the past
 - Structuring the session for trauma reprocessing
 - Identifying the Target: Events, Feelings, Cognitions, or Somatic Encodings
 - The four-step model of targeted Havening
 - Closing the session with resource development
- Building resilience and personal agency

Supporting other treatment modalities with the Havening Techniques:

- Enhancing your existing clinical practice with the Havening Techniques
- Special considerations for use with EMDR, CBT, IFS, and EFT
 - Strengthening emotional stabilization and autonomic regulation
 - Targeting sticky maladaptive/negative cognitions
 - Strengthening the Self connection
- Releasing the patterns of the past to build healthy connection now

Live Webinar Schedule (Times listed in Pacific)

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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Havening Techniques® for Treating Trauma, PTSD & Anxiety

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Live Interactive Webinar
Friday, February 25, 2022

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Havening Techniques® for Treating Trauma, PTSD & Anxiety

NEW Strategies for Overcoming Fear and Building Resilience



Featuring Dr. Kate Truitt

- Immediately integrate Havening protocols into your clinical practice
- A Great Complement with Other Modalities like EMDR, CBT, DBT, IFS and EFT

“Engaging, down to earth, funny, and practical, Dr. Kate Truitt’s content is fascinating and her teaching approach is meaningful. She makes the neuroscience of mental health easy to understand and readily applicable to our professional and personal lives.”

Tina Payne Bryson, LCSW, PhD.

Co-author of *New York Times* bestseller *The Whole-Brain Child*
Founder of The Center for Connection

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BONUS! – Registration includes FREE on-demand access for 3 months.

Havening Techniques for Treating Trauma, PTSD and Anxiety

What do you do when a patient is hijacked by their emotional brain? When no amount of talking and thinking will unwind their cycling thoughts and ruminations?

If you treat clients who experience anxiety, trauma, depression, pain, panic or any other stress-based disorder, then **no doubt you've had moments of feeling helpless** watching a client paralyzed by their harmful core beliefs or triggers of traumatic experiences.

Wouldn't it be great having **highly effective easy-to-use tools** that directly address the emotions keeping your clients stuck in painful pasts and unable to realize a brighter future?

Utilizing similar mechanisms as Eye Movement Desensitization and Reprocessing (EMDR), **Havening Techniques are a new suite of neuroscience-based interventions designed for fast and effective treatment of posttraumatic stress disorder and other fear-based disorders** such as anxiety, panic disorder, and phobias – whether your clients are in session, at home or on the go – whenever difficult emotions come at unexpected times!

Join Havening Techniques Certified Trainer and Global Director of Continuing Education, **Dr. Kate Truitt**, for this must-see webcast **and discover her secrets** for creating a gentle, client-centered approach to trauma-informed, neuroscience-based, and resiliency-focused care.

Add Havening Techniques to your toolbox and **create new pathways to sustainable change** in your clients' lives.

Register today!



"I have been to a lot of clinical and professional trainings in my 30 years of clinical practice and I must say Dr. Truitt's training in the Havening Techniques was clearly one of the best."

Stephen Hamilton, PhD, LtCol (ret), Clinical Psychologist

"When I was first introduced to Havening, and integrated it into my practice, I was astonished at its effects on trauma and its welcome by all who experienced it."

Judith Simon Prager, PhD, Co-author of *The Worst Is Over: What To Say When Every Moment Counts*

"The Havening Techniques have provided me with evidence-based scientific tools that are helping transform my clients' lives."

Susan Zinn, LPCC, LMHC, NCC, Co-author of *The Epiphanies Project: Twenty Personal Revelations*, and recipient of President Obama's Volunteer Service Award

"In my 27 years of doing therapy, I have never discovered an intervention that delivers results so fast!"

Rhea Harris-Junge, LMFT, EMDR Certified Practitioner and Approved Consultant

"My effectiveness as a counselor has greatly improved as a result of the Havening Techniques. I frequently witness clients transforming their traumas and embracing lighter, happier states."

Sue Dennison, LMHC, Muckleshoot Behavioral Health



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Speaker



Dr. Kate Truitt, is a neuroscientist and clinical psychologist (PSY26309) with an M.B.A. in Healthcare Administration. She has dedicated her life to advancing the treatment of trauma and stress-related disorders. Dr. Truitt is the founder and President of Dr. Kate Truitt & Associates—a neuroscience based group therapy practice in Pasadena, and the CEO of the Trauma Counseling Center (TCC), with offices throughout Los Angeles. She founded Viva Excellence to provide cutting-edge training and seminars globally that bring together the newest advancements in the fields of neuroscience and resiliency, as well as stress and trauma treatments. Her clinical practice, scientific studies, and trainings are specialized in the treatment of PTSD/Complex Trauma, panic disorders and anxiety, phobias, as well as other stress-related disorders. Her research is on brain health during the recovery process, treatment outcomes, and psychophysiology. Dr. Truitt consults globally for trauma treatment programs, leads research initiatives, and provides trainings on trauma as well as personal empowerment. Dr. Truitt founded and is the Chairman of the Board for the Amy Research Foundation, a 501c3 organization to advance research into the innovative treatment realm of neuroscience based mental health treatment. She is also a Certified Trainer as well as the Global Director of Continuing Education for the Havening Techniques.

Dr. Truitt knows that when we choose to let every moment of adversity strengthen and empower us we are choosing to be our strongest and most empowered selves. Her treatment model consists of three core pillars: trauma informed, neuroscience based, and resiliency focused care, which empowers clinicians to become proactive guides in the client's transformational journeys as they seek and obtain their fulfilled life.

Speaker Disclosure:

Financial: Dr. Kate Truitt maintains a private practice. She is the CEO of the Trauma Counseling Center of Los Angeles. Dr. Truitt is the executive director and founder of Viva Excellence and Amy Research Foundation. She is the executive director to American Cognitive Training Association. She is the global director of continuing education to The Havening Techniques. Dr. Truitt receives a speaking honorarium from PESI, Inc. She is a scientific advisor and board member to Anti-AgingGames.com. Her relevant financial relationship with Anti-AgingGames.com has been mitigated.

Non-financial: Dr. Kate Truitt is a member of the American Psychological Association; the Los Angeles County Psychological Association; the International Society for Traumatic Stress Studies; and the American Cognitive Training Association.

Target Audience:

Counselors • Social Workers • Psychologists • Therapists • Addiction Counselors
Physicians • Marriage and Family Therapists • Other Mental Health Professionals

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This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/86584

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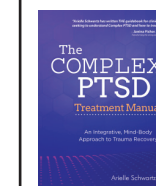
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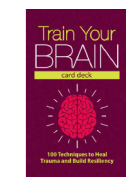
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Recommended Reading:



The Complex PTSD Treatment Manual
An Integrative, Mind-Body Approach to Trauma Recovery
Arielle Schwartz, PhD
~~\$29.99~~ **\$22.99***

PUB086775



Train Your Brain Card Deck
100 Techniques to Heal Trauma and Build Resiliency
Dr. Jennifer Sweeton, Psy.D., M.S., M.A.
~~\$19.99~~ **\$14.99***

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