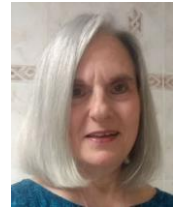




SUSAN EISNER, MPH, CASAC OFFERS A *NEW SERVICE*:

1:1 HAVENING TECHNIQUES® VIRTUAL COACHING SESSIONS

To Help with the COVID-19 Pandemic & Other Stressful Issues



Hi, I'm Susan Eisner, MPH, CASAC. You may know me as a speaker and provider of CEUs to social workers, case managers and addiction counselors. I now have **A NEW SERVICE**: I'm a **CERTIFIED HAVENING TECHNIQUES® PRACTITIONER**. (I'll explain...) I do **VIRTUAL** and in-person **1:1 HAVENING** sessions to help people **OFTEN QUICKLY** resolve many stressful **PERSONAL AND PROFESSIONAL ISSUES**, including trauma and burnout from the **COVID-19 Coronavirus pandemic**, and sometimes physical ones. Havening while relatively new, is now practiced world-wide.

Ronald Ruden, MD, PhD, Internist, after neuro-scientific research, created The Havening Techniques in collaboration with his brother Steven Ruden, DDS, ICF/ACC, Dentist. **Havening is VERY unique and EFFECTIVE and can be life changing. For me, just ONE session helped me get rid of a long-standing bad paper clutter problem.**

With **COVID-19** the mental health of many is deteriorating – **A LOT** in Health and Mental Health Professionals on the front lines and behind the scenes – from fear, terror, anxiety, high alcohol/drug use, and more – **AND THIS MAY INCLUDE YOU**. It's also traumatically impacted family and professional caregivers and their loved ones at home and in assisted living and nursing home/rehab facilities – **ANYONE**. **And the impact will last far beyond the pandemic, WITH WORSENEDED EXISTING MENTAL HEALTH DIAGNOSES, PTSD, DEPRESSION, ADDICTIONS and more.**

So I'm writing to introduce you to Havening, and to: **1) Schedule a Havening appointment for you, 2) Ask you to share this with your colleagues, family, friends, etc. and 3) Whether you are a medical or other type of company, let's set up a ZOOM meeting with me and your company personnel:** you, administrators, high level Human Resources, Nursing and Medical Directors, etc. to discuss how to implement and structure my Havening Techniques Coaching Program for your company's leadership, staff, clients, patients and their caregivers and family members.

> > > SO EXACTLY WHAT IS HAVENING? BETTER LIVING THROUGH NEUROSCIENCE

BASED ON NEUROSCIENCE, Havening Techniques are a powerful, often fast-acting mind-body healing method that can alleviate the consequences – sometimes **PERMANENTLY** – of physical & psychological traumas/stressful events, that get encoded in the brain. It is a **psychosensory therapy** – it uses sensory input to alter thought, mood and behavior. **The therapeutic tool is touch – Havening Touch®**. **Havening changes the brain neurochemically to de-traumatize the memory and remove its negative effects from our psyche and body. HAVENING TECHNIQUES** put you into a calm state – **a SAFE HAVEN**, in which you work on an issue and heal. **No therapy works for all problems, but Havening is demonstrating it's possible to successfully treat disorders not resolved by western medicine.**

HAVENING TECHNIQUES can help with the following issues and more INCLUDING THE IMPACT OF CORONAVIRUS:

- Anger Management
- Fears, phobias, anxieties
- Chronic pain
- Difficult / broken relationships
- Victims of natural disasters (hurricanes, floods, etc.) and man-made (war, fire, assault, home intrusion, etc.)
- Stress
- Self Esteem
- Professional problems
- Panic attacks
- Emotional eating
- Cravings
- PTSD
- Sexual abuse / assault
- Sports
- Performance enhancement
- Public speaking
- Car and other accidents

It will be great for us to help you, and to collaborate to heal others in little time with this VERY effective method.

> > Contact me at 516-459-9036 or susaneisner@visionaryhealthsolutions.com

> > And learn more about Havening at www.susaneisner.com/havening and www.havening.org