Quick Facts*
The Younique Foundation
Haven Retreat Intervention

• On average, Haven Retreat participants experience:
  o An increase in wellbeing/life satisfaction
  o An increase in social support
  o A decrease in PTSD symptoms
  o An increase of feeling competent in abilities to cope with the traumatic experience

• On average, Haven Retreat participants typically learn:
  o How trauma impacts the brain and body
  o How to stay in the present moment when faced with a trigger
  o How to acknowledge the reality of the past experience in order to heal.
  o How to objectively observe negative thoughts, feelings, and memories in order to heal
  o How to focus on empowering thoughts and feelings and choose healing actions

• Haven participants improve the most during and after the retreat if they have a strong belief that they can heal

• Participants who take the yoga and Muay Thai classes during retreat typically experience an even greater increase in wellbeing, decrease in PTSD symptoms, and increase in feeling competent in abilities to cope with the traumatic experience

* These facts come from a controlled research evaluation conducted by David S. Wood, Ph.D., and Kaitlin P. Ward, LLMSW
• The positive effects of the Haven Retreat have been shown to be sustained up to 1-year post-retreat

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