

CEU Workshop: Using Mind, Body, Spirit Modalities to Resolve Emotional Issues

Learning Objectives:

- 1) Explore how the mind and body affect emotions
- 2) Identify modalities that can assist with resolution of issues
- 3) Learn how to integrate these concepts into your work with clients
- 4) Discuss how you can use these concepts to prepare for your workday

It is undeniable that we as human beings consist of a mental, physical, and emotional construct. From a holistic approach it is important to address all these aspects in our clients and within ourselves as therapists in order to achieve maximum effectiveness. Many therapists are not aware of various modalities that are accessible to them that can assist in their work. This training is an introduction to some of these modalities such as Reiki, Meditation/Mindfulness, Wholistic Kinesiology, Iridology, and EFT. We will explore belief systems that create barriers to utilizing such modalities and how to overcome them. Discussion will include some basic energy psychology approaches that can help us as therapists prevent burnout and compassion fatigue.

Length of training: (3) Hours

CEUS Requested: (3)