

# CENTER FOR INTEGRATIVE WELL-BEING



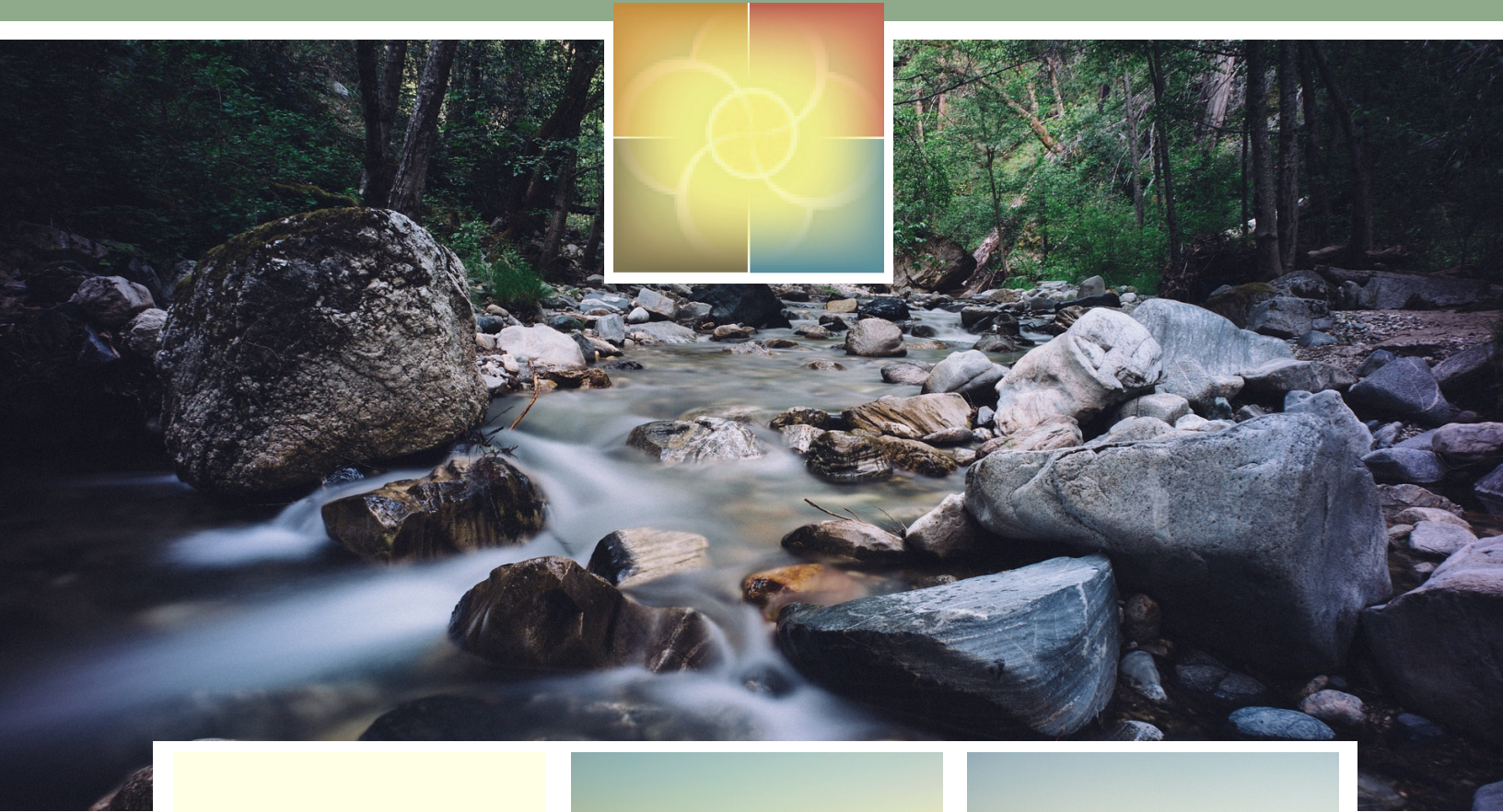
## Integrative Psychotherapy: The Art of Human Alchemy

Learn the academic, personal, and practical understanding of various healing approaches found in the fields of energy psychology, breath work, body-centered approaches, and imagery/hypnosis as they are applied to best practices of mental health treatment.

- Conceptualize what Integrative Psychotherapy is, how it can be incorporated into mental health treatment, and share this understanding with others.
- List four essential factors for determining whether IP is an appropriate fit with clients.
- Cite five clinical advantages to applying IP with clients.
- Give four examples of how IP can be used in a general psychotherapy practice with clients of all ages and capacities.
- Demonstrate working proficiency in using at least three applications of IP.



# CENTER FOR INTEGRATIVE WELL-BEING



## The Last Stress Management Class You Will Ever Need

In response to stress, our problem-solving ability decreases, our memory worsens, and we have difficulty with emotional regulation. Learn the awareness and skills to prevent and manage stress of any kind. sound, effective and practical techniques to prevent and manage distress throughout their lives.

- Learn the difference between healthy stress and distress.
- Recognize the cause of distress and how it affects your life.
- Develop an awareness of your physiological distress signals and those of family members
- Gain awareness of the relationship between distress, anxiety, and anger, and how to create a plan to manage these.
- Learn to acknowledge distress so that you can emotionally re-regulate and effectively manage yourself and others.
- Develop the awareness and skills needed to quickly acknowledge and recover from other people's negative reactions to stress.