

Encompassing Therapies: Internal and External Change

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This workshop presentation will focus on the importance of treating and addressing the needs of individuals across the domains of cognition, strength building, nutrition and energy (movement). Three case studies will be provided to illustrate the value of treating the individual and family system - from an "internal and external perspective" of health and wellness. Combining the roles of a Private Practitioner and a Community-Based Healing Center - provides an "Encompassing" intervention - one that is grounded in the blending of traditional psychotherapy, hypnotherapy, mindfulness, nutrition, strength building and halotherapy.

Objectives:

- 1. To increase the knowledgebase of the Theory of Dimensionality and Encompassing Therapies**
- 2. To increase the awareness of the value of utilizing a combination of traditional and complementary approaches**
- 3. To provide strategies, resources and tools to assist the practitioner in working with individuals and families**

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