

MIND AND BODY CONNECTION

Presented by Angela Curtis, MA

This course will cover the mind and body connection's focus about the link between a person's thoughts, attitudes, and behaviors and their physical health.

Participants will be able to:

- Review William James—Carl Lange—Theory of Emotion
- Review Dr. Hans Selye—General Adaptation Theory
- Explore affects of stress on mental and physical health
- Discuss how Psychoneuroimmunology, Pathophysiology and Personality influence mind and body connection
- Discuss Relaxation Response
- Explore Mind and Body stress relief techniques/practices
- Apply previous concepts to children and adolescents
- Apply previous concepts to substance use population
- Discuss Mind and Body coping techniques
- Understand how to write these into IPOS/PCP for adults, children and adolescents



**REGISTRATION IS
REQUIRED:**

TO REGISTER, CLICK HERE:
[Mind and Body Connection 2024](#)

**Approved for :
2 SW CE Hrs
2 CDTs Hrs
Approved Provider
MICEC-0038**



VIRTUAL

**Meeting Information will be
sent via email a minimum of
24 hours in advance to the
training**

**Tuesday
1/16/24
9:00a-11:00a**

**Wednesday
4/17/24
9:00a-11:00a**

**Thursday
7/18/24
9:00a-11:00a**