

# 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\***

**Training link will be  
sent out via email 1-2  
business days prior to  
training date.**

**Tuesday**

**1/16/24**

**9:00a-11:00a**

**Wednesday**

**4/17/24**

**9:00a-11:00a**

**Thursday**

**7/18/24**

**9:00a-11:00a**