

3 CEU HOURS PENDING
BOARD APPROVAL



Networking and support for all women in the mental health professions.

THIS EVENT IS OPEN TO
ALL CLINICIANS!

MWP PROFESSIONAL DEVELOPMENT EVENT

Integrative Health & Wellness: Complementary Approaches to Mental Health Care

Designed for the general practitioner, this two-part experiential training will explore the use of art & movement as complementary techniques in the psychotherapy session to facilitate healing & resolve mental health symptoms.

When: Thursday, March 29, 2017 | 8:30am-12:30pm (Registration 8:30am-9:00am)

Where: Cigna HealthCare | 11095 Viking Dr. | Eden Prairie, MN 55344

Fee*: \$55 Early Bird Registration (Register by March 1st, 2018)
\$60 MWP Members | \$65 Non-Members | \$55 Student/Retiree

*Includes CEU certificate, art supplies & continental breakfast

Kristin Kane, LMFT, ATR-BC, will provide theory & information about art therapy & the connection of mind-body-spirit to artistic expression. Information regarding the neurobiological impact of traumatic stress on the brain & the healing potential of creativity engagement through art therapy will be presented. Participants will leave with art-based exercises that can be immediately applied.

Rachel Allyn, Ph. D., LP, will engage participants in exploration of body-based therapies, presenting case examples & facilitating practical application of internal awareness, yoga-based movement & chakra exploration. Using somatic psychology, this training will teach participants to tap into different aspects of the self to enhance personal and professional creative expression, insight & effectiveness.

Register Online: <https://mwpintegrativehealthceu.eventbrite.com>

To pay by check, mail to MWP, 5244 114th Ave, Clear Lake MN 55319



Dr. Rachel Allyn, Licensed Psychologist, created a unique style of psychotherapy called YogaPsych®, which is based on research that the body stores emotions & other experiences, which get stuck unless we have a safe way to discharge them from the body.

www.drrachelallyn.com



Kristin Kane, Licensed Marriage & Family Therapist & Registered Board Certified Art Therapist, integrates psychotherapeutic techniques with the creative process to improve mental health & well-being at Art of Counseling, PLLC, a psychotherapy group in St. Paul.

artofcounselingstpaul.com

Cancellation/Refund Policy: 50% of the registration fee will be refunded upon cancellation up to seven days before the event. No refunds will be given when the cancellation occurs seven or less days prior to the event. If the cancellation occurs due to unusual circumstances, the event committee can choose to send a refund.