

Solutions On Site

Mental Health & Wellness Workshops

Supporting Clients with Chronic Illness: Evidence-based Practices to Improve Adherence, Mental Health & Quality of Life

with Dr. Dayna Lee-Baggley, Ph.D., R. Psych.



April 29th, 2022
9:00-4:00pm EST
Early Bird Rate: \$185+gst

This is an on-line event. A recording will be available.

This workshop will present evidence-based theory, knowledge and skills from Acceptance and Commitment Therapy as well as Motivational Interviewing, Cognitive Behaviour Therapy, and Behaviour Modification. Therapists working with clients with health conditions will learn concrete, applicable skills based on the latest research through experiential activities and interactive didactic learning.

**For details or to register,
visit www.SOSWorkshops.ca
or call 226-268-2307**