

Dealing Effectively with Anxiety and Depression



- Discuss and explore these two mental health conditions that are most common in our clients.
- Identify precipitating factors that can cause these mental health conditions and, in this context, why they are symptomatic.
- Learn various techniques both traditional and alternative methods to address these mental health conditions that we can use as behavioral health providers.
- Learn how to empower our clients by teaching them some of these techniques to do at home.

August 29, 2022 - 10:00am to 12:00pm - \$60.00 + \$4.65 Tax = \$64.65

On-Line Class through Zoom - CE Hour's: 2

**To Register email:
Shifting.wandazo@gmail.com**

**Payable through: PayPal - Shiftingperspectives111@gmail.com or Square 303 709-3694
(Wanda)**



**For Mary's Bio and other Current Courses available see the training Website:
Shifting-perspectives.com**

**All are approved by NBCC, NM Counseling & Therapy Practice Board, and the
NM Board of Social Work Examiners**

