

# Proven Ways to Incorporate Client Health & Wellness into Your Work with Difficult Cases

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## Agenda

- Discover *WHY* wellness goals are Tx goals
- Learn *WHAT* principles to focus on
- Practice *HOW* and *WHEN* with actual cases

"People need to be reminded more often than they need to be instructed"  
-Samuel Johnson, English author, critic (1709-1784)

## What Principles to focus on...

