

## 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 want to be well, but they often don't know what they need to be healthy."  
—Gabor Mate, English author, writer, and speaker

### What Principles to focus on...

