

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

Johnny Lewis, MA, LPC, MHC – Life Therapy
Therapist – Director – Approved LPC Supervisor
@johnnylewis

Agenda

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

"People do not do rehabilitation unless they need to be rehabilitated"
-Samuel Johnson, English writer (c. 1761-1834)

What Principles to focus on...

