

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...



1. Sleep

Decrease
Screen light
Screen access
Sugars/Carbs/ETOH/Nicotine
Sleep meds
Caffeine
Binge sleeping
Pre-bed working

1. Sleep

Increase
Wake up same time daily
Comfort of bedroom
Coolness of bedroom
Protein in evening
Meditation
Pre-bed rituals
Exercise during day
Bedroom for sleep & sex only

2. Nutrition

Brain craves what it's given
Good food = good mood
Less nutrition but more food
Dining out, paying twice
Carb addiction
Protein
Hydration
The program works if the program's worked

3. Exercise

Everybody knows
Reduce activation energy
Make good habits easier, bad habits harder
Seek progress, not perfection
Some better than none
The best vitamins to take...
Being outside is a force multiplier
Individual and Team rewards

Agenda (revisited)

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

"The best is the enemy of the good"
-Voltaire, French philosopher (1694-1778)
