

The Power Of Positive Motivation In Healing The Body, Mind, and Spirit

- Introduction
- My Experiences/Credentials
- Outline
- Definition Of Terms
- Objectives

Evidence-Based Research That Positive Approaches Are Effective

Importance of Holistic Assessment Of The Client

Accurate Assessment For Correct Diagnosis For Effective Treatment

Adequate Consideration Of The Client's Cognitive And Emotional State And Life Situation

Connection With The Client Through Empathic and Reflective Listening

Integration Of The Client's Physical, Mental, and Spiritual Needs In Treatment Planning

Individualized Treatment Planning By Collaboration With The Client

Designing A Treatment Program With Positive Incentives Rather Than Demands

Using Psychoeducation To Assist The Client In Developing A Healthy, Meaningful, and Enjoyable Lifestyle

Effects of Nutrition On Mood, Cognition, Health, And Behavior

Identification Of Physical Exercise/Activities Client Will Continue

Restorative Value Of Creative Activities And Rest

Exploration Of Client's Strengths And Dreams

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Identification Of Challenges The Client May Encounter And Building Resiliency

Healing Of Root Issues In The Wounded Soul

Asking Questions To Promote Self-Understanding And Discovery Of Related Repetitious Patterns

Helping The Client To Move On From The Past To Focus On The Present And Future

The Ultimate Goal Is To Help The Client Find Healing, Meaning, And Joy In Life

Attention To Self-Care As Mental Health Professionals

