



WHOLE BODY ANXIETY  
REDUCTION TRAINING  
**JUNE 18-19, 2022**  
10AM-6PM LIVE ZOOM \$250

**TRAINER: SHERRI SNYDER, MA, LMHC, LCPC**

**EXPAND YOUR CLINICAL SKILLS!**

**LEARN THIS 6-WEEK STRUCTURED PROGRAM AND TECHNIQUES  
THAT YOU WILL BE ABLE TO SHARE WITH YOUR CLIENTS IMMEDIATELY.**

**LIVEZOOM PLATFORM 10 CEUs (LMHC/MA-NASW)**

This two-day training is filled with practical and effective tools to help your clients intercept and de-activate their anxiety and stress response. Participants will learn the “6-Week Anxiety Reduction Workshop” that you can facilitate on your own. Participants will receive a Leader’s Handbook, Participant Workbook. Also included: 2 Yoga Sets, Breathing Techniques, CBT, Guided Visualization Scripts, Meditation Scripts and Self-Compassion Self-Assessments. Sherri created this program for you!

REGISTER: [www.IntegratedPsychotherapy.com/groups-workshops.html](http://www.IntegratedPsychotherapy.com/groups-workshops.html)

**FOR MORE INFORMATION CONTACT:**

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WWW.INTEGRATEDPSYCHOTHERAPY.COM



### **PARTICIPANTS WILL RECEIVE:**

- **CLINICIAN HANDBOOK (PDF)**
- **CLIENT WORKBOOK (PDF)**
- **MEDITATION SCRIPTS**
- **GUIDED IMAGERY SCRIPTS**
- **2 YOGA SETS**
- **10 “QUICK RESET” TECHNIQUES**
- **BREATHING TECHNIQUES**
- **GAD-7 FORMS**

Expand your skill set as a clinician and be able to offer these tools and this powerful and effective workshop to your clients in a variety of settings: private practice, IOP, day treatment program, school/college settings.

The two-day workshop design will take you through the full “6-Week” workshop. The second day, participants will practice the learned techniques by facilitating the workshop.

**Your Facilitator:** Sherri Snyder, MA, LMHC, LCPC has over 30 years of clinical experience. She specializes in eating disorders, trauma recovery, and anxiety disorders. She is a Certified Yoga Instructor, Art Therapist, is fluent in ASL and taught in the Graduate Program at Lesley University for 16 years. She is an energetic and engaging presenter. Sherri currently works at Headspace Health fulltime providing counseling and clinical training.

**12 hrs NBCC Approval CE | MA-NASW/ MaMHCA 10 CEUs Approved**