

Guided Imagery for Chronic Conditions

WHEN Starts: Friday, December 1st 2023 at 2:00 PM
Ends: Friday, December 8th 2023 at 4:00 PM

WHERE Online

COST From \$495.



Scan for [more information](#)
and [registration details](#)

This two-part interactive workshop enables participants to develop skills in a simple, effective, low-cost intervention for pain, anxiety, depression, sleep disorders and trauma. In this workshop,

Who should attend? Social workers and allied health professionals who wish to understand and develop proficiency in GI as an effective, evidence-based therapeutic intervention.

Presenter - Judy Lovas PhD presents the art and science of relaxation for health and medical professionals. Judy is dedicated to teaching personal and clinical applications of evidence-based relaxation skills such as diaphragmatic breathing and guided imagery.