



College of Humanities & Social Sciences
 I-System Institute
 UtahStateUniversity

Presents:

The Fortified Therapist

A training for sustainable self-care strategies

An I-System Model and Mind-Body Bridging® Application

Use Mind Body Bridging tools to

- Create a sustainable self-care plan
- Integrate tools to instinctively work with your clients
- Employ strategies to have more time and energy
- Develop skills to enjoy your life and career

*"I am so thankful for this course. It made a **tremendous impact in my life**. I am more patient, find **pleasure in more things**, and am sleeping throughout the night without interruptions."*

-Maria LCSW

A LIVE virtual class will be taught each week. With an additional one hour of homework each week to implement the tools and learning.

WHEN?

EARN 14 CEU's

**SEPT 28-
NOV 9**

**WEDNESDAY'S
12 PM - 1 PM MST**

**REGISTRATION
AT**

<https://www.nikiolsen-coaching.com/the-fortified-therapist>



**NIKI OLSEN LCMHC
INSTRUCTOR**

All sessions will be recorded if you are unable to attend live. You will have until November 30, 2022 to complete all sessions and assignments to earn the 14 CEU's