



Zoom Training: *Mind-Body Bridging[®] for Mental Health Clinicians*

Learn the basic skills of the evidence-based therapeutic modality, Mind-Body Bridging, from MBB Certified Trainers. Mind-Body Bridging is transdiagnostic, alleviating psychological distress for individuals with a broad range of mental health issues, and increasing psychological flexibility and resilience.

Dates: Sept 29 & Oct. 6

Time: 9:00 - 4:30

Location: Zoom link to be sent

Cost: \$250

12 CEUs

**CLICK HERE TO
REGISTER**



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