



College of Humanities & Social Sciences  
I-System Institute  
UtahStateUniversity.

# Online Training: Mind-Body Bridging<sup>®</sup> 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:** April 11

**Time:** 9:00-4:30

**Location:** ZOOM

**Cost:**  
\$150

**6  
CEUs**

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REGISTER



## Contact Us:

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