

The Benefits of Exercise Therapy In Mental Health and Addiction

When we think of treating those with mental health issues the common practice is to sit down and talk about it. But could movement be a key to unlock those clients having trouble with static sessions?



Friday April 8th

2-5pm (3 CEUs for LAC, LPC, and LCSW)

Victory Addiction Recovery Center Auditorium

Register at myvictorycenter.com

Amy Guilbeau LPC, LAC, is a counselor at Victory Addiction Recovery Center. She is TRX certified and leads the exercise therapy program at Victory.

Amy will present and explore various themes of exercise as a therapeutic tool for people suffering from mental health issues and addiction.

She will help caregivers understand vulnerability and how to appropriately meet resistance in exercise therapy.