

# INTEGRATIVE MENTAL HEALTH INTENSIVE WORKSHOP



## WORKSHOP DETAILS

APRIL 5TH & 6TH, 2025 | 9:00 AM – 4:00 PM DAILY

AT CANNECTD WELLNESS, 712 E PALMETTO PARK RD, BOCA RATON, FL 33432

JOIN US NOW!

561-465-5886

[www.cannectd.com](http://www.cannectd.com)

Join Shari B. Kaplan, LCSW, a leader in integrative mental health, for an intensive two-day workshop designed to expand your therapeutic toolkit with a blend of evidence-based methods and holistic approaches. This workshop is perfect for mental health professionals looking to integrate both traditional and alternative therapies into their practice for more comprehensive, effective care.

## WHAT YOU WILL LEARN:

- Workshop Highlights Key Learnings
- Herbal Plant Medicine: Use cannabis, ketamine, and microdosing for anxiety, depression, OCD, and PTSD.
- Advanced Techniques:
- EMDR for trauma recovery.
- IFS, EMDR, and Ego State work for inner conflict.
- CBT for negative thought patterns.
- Functional Spirituality in therapy.
- Movement & Music Therapy: Use body-based approaches for emotional regulation and nervous system balance.
- Holistic Treatment Planning: Address lifestyle, nutrition, exercise, and relationships.

## WHO SHOULD ATTEND?

Therapists, social workers, psychologists, and counselors ready to integrate holistic approaches into their practice.

## Available in Person or Online

CE Credits Available

**Cost:** \$895 in Person or \$399 Online

**25% Off Registration till December 31st:**

**Cost:** \$675 in Person or \$299 Online

**Register:** [www.cannectd.com/workshops](http://www.cannectd.com/workshops)

**SPACE IS LIMITED—RESERVE YOUR SPOT TODAY!**

