



Supporting Clients with Health Anxiety: Practical Strategies from ACT & CBT



Feb 21, 2025
9:00am - 2:00pm

Join us for an informative and hands-on workshop designed for therapists and healthcare providers to better support clients struggling with health anxiety. This workshop will focus on understanding health anxiety, how to create a helpful case formulation before starting treatment, and practical strategies to support clients in managing their concerns. Through interactive exercises, worksheets, and case presentations, participants will gain a deeper understanding of the topic and learn practical tools they can apply in their work.

Key Topics:

- Recognizing the signs of health anxiety
- Creating a case formulation to guide treatment
- Practical strategies to help clients manage health-related fears
- Case presentations to bring concepts to life

This workshop is perfect for professionals seeking to enhance their ability to support clients dealing with health anxiety.



Wild Grounded Retreats



Bio:

Julia Sage is a Registered Social Worker and Anxiety & OCD specialist based in Ontario, bringing nearly 20 years of experience in mental health. In her private practice, she aims to provide compassionate, open-hearted support to adults, helping them navigating health anxiety, panic, PTSD, and OCD through individual and group therapy. She has a special interest in incorporating mind-body approaches into her work alongside tools from CBT & ACT. She is also a certified yoga teacher and offers a series of online classes for mental health professionals three times a year.

Location: Wild Grounded Retreat Center near Westmeath Ontario -

Cost: \$180 - Includes morning refreshments, gourmet lunch

For questions or to register: wildgroundedretreats@gmail.com

www.wildgroundedretreats.ca

Wild Grounded Retreats