



III. Treatments and the Science

- a. Sleep

- b. Nutrition

- c. Mindfulness / Meditation

- d. Psychotherapy

- e. Exercise Dosage/Type

SUMMARY

Always refer clients for medical diagnosis and treatment options for both mental and physical health. Work in conjunction with the medical experts treating your clients.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**