

The Wellness Institute Presents:

New Year's Resolutions: Strategies for Lifestyle Change!

Friday, January 7th, 2011

6:30-9:30pm

Ohio Dominican University

Presenter: Dr. Paul Granello, Ph.D., PCC-S, The Ohio State University



The promise of a new year is just around the corner! Are you interested in making New Year's resolutions that will change or improve your life and self-care practices? Do you want to learn how to design and promote healthy, sustainable lifestyle changes with your clients? This workshop, "New Year's Resolutions: Strategies for Lifestyle Change," will teach a wellness approach to creating resolutions that will go beyond creating New Year's lists and instead will focus on the elements to create lasting behavior change. Using a wellness and holistic based paradigm specific different models will be presented, demonstrated, and practiced (counseling techniques) that can be used for intervention with clients who are working on habit change.

About the speaker: Dr. Paul Granello, Ph.D. is a professional clinical counselor and supervisor working in private practice at The Wellness Institute in Worthington, Ohio. He also teaches and supervises graduate students in the Ohio State University Counselor Education program. Dr. Granello is a nationally known leader in the fields of counseling, counselor education, supervision, suicide, and wellness, and has provided numerous workshops on health and wellness topics for both OSU and Columbus communities. He has most recently authored *Wellness Counseling* for Prentice Hall Publishers, Inc.

Registration Deadline: Monday, January 3rd

- \$65.00 – CEU (3) Professional Rate (clinical mental health counselors, psychologists, school counselors, marriage and family therapists, and social workers are approved for CEU's)
- \$25.00 – Non-CEU Professional Rate
- \$15.00 – Undergraduate/Graduate Student Rate

Credit/Debit card payment and registration can be completed online at www.infowellness.org. Please call or email The Wellness Institute with any

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