



FOR IMMEDIATE RELEASE

AC4W and WTI Join Forces to ‘Raise the Bar’ on Educational Opportunities for Healthcare & Well-being Professionals

Atlanta (August 23rd, 2018) — [Atlanta Center for Wellness](#) (AC4W), an outpatient private practice focused on an integrative-wellness approach to mental health, is collaborating with [Well-being Training Institute](#) (WTI), an organization that provides personalized training experiences led by expert instructors, as an alliance partner. The organizations will work together to provide education for healthcare professionals on topics and issues related to well-being.

“AC4W is thrilled to be an alliance partner with WTI,” said Ephrat Lipton, managing partner and a board-certified therapist with AC4W. “Our relationship is focused on raising the bar for professional education opportunities that advance professionals’ knowledge and treatment of everyday issues affecting well-being.”

“Together, we can provide extraordinary educational opportunities for healthcare professionals who want to learn about the latest evidence-based programs that can optimize well-being for their clients,” said Elizabeth Martin, founder and director of WTI.

The first of these educational opportunities – *Non-Pharmacological Interventions for Insomnia* – will be held in Atlanta on November 9, 2018. Kate Kaplan, PhD, a nationally recognized researcher and faculty instructor at the Stanford School of Medicine and practicing psychologist in California, will lead the workshop. Social workers, counselors, and psychologists in Georgia can earn 6.5 continuing education credits for attending.

AC4W specializes in both traditional and alternative psychotherapies, offering individual, couples, family, and group work in the areas of mental health, addiction, eating disorders and holistic health. Their personalized and individualized care and treatment models are derived from a multitude of scientific disciplines which come together to provide opportunity for maximum health and wellness for their clients.

WTI brings national experts to metro Atlanta to share with mental health and other healthcare communities the latest research and treatment techniques related to overall well-being. Using cutting edge tools, WTI's expert instructors teach essential skills that help participants (and those they serve) achieve optimum well-being 24/7.

About Atlanta Center for Wellness

Established in June 2017, Atlanta Center for Wellness (AC4W) was created out of a need for a collaborative, holistic, integrative approach to mental health and wellness. Located in the heart of Sandy Springs, Georgia, the practice operates on an outpatient basis and consists of a group of multidisciplinary and seasoned professionals. Specialized services and groups include traditional modalities and alternative therapies to provide individualized, client-centered care and whole-body healing. For information, call 404-343-4162 or visit www.AtlantaCenterForWellness.com.

About Well-being Training Institute

The idea for Well-being Training Institute (WTI) came to Elizabeth Martin organically, during a time when she was searching for instruction on her own journey to well-being. When she was unable to find a true personalized, hands-on training experience in the Southeast, she created it. WTI teaches essential skills to achieve optimum well-being 24/7. Our expert instructors provide personalized training experiences in inspiring settings, allowing time for one-on-one attention to make sure all attendees understand and can use these skills in their daily lives. To be notified about upcoming well-being experiential and educational events, visit wellbeingtraininginstitute.net.

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