

Cognitive Behaviour Therapy Ireland

Effective Help for Anxiety, Depression, Addictions etc



Promoting Integrative CBT

Many people struggle with feelings of anxiety or panic. Social situations, general life stresses and worries and specific fears can provoke feelings of uncontrollable anxiety and panic.

Anxiety can come in many different forms such as General Anxiety, Panic Attacks, Obsessive Compulsive Thoughts and Behaviours, Social Anxiety and Health Anxiety. People who are struggling with their anxiety can also have problems with Depression, Stress, Low Self-esteem, Anger, and Addictions.

This Information and Support Group aims to help you to gain valuable awareness and skills which can help reduce your level of anxiety, and help you to manage it better on a day to day basis.

Using Cognitive Behavioural Techniques, the Workshops and Support Group will help you to become empowered over your anxious feelings.

The evenings will focus on:-

- Examining and changing unhelpful thinking.
- Relaxation techniques to help in stressful situations.
- Changing behaviour to change how we feel.
- Motivational exercises and goal setting exercises.
- Learning from the experience of others who have faced similar problems.

CBT for Anxiety.

Information and Support Group.



Facilitator.

Jean Notaro, M.I.A.C.P.



Facilitator.

**Declan Fitzpatrick,
M.I.A.C.P.**



Facilitator.

James Kelly, M.I.A.C.P.

Venue: Renewal Counselling and Psychotherapy Centre, The Old Schoolhouse, Spa Hotel Grounds, Lucan, Co. Dublin.

Fee: €50 per evening - reduced rate available where appropriate. For more information or to book a place please call 0872835109, 0868056654, or 0872124180 or email jean@cognitive.ie or declan@cognitive.ie or james@cognitive.ie

New Group beginning on Thursday the 12th of November. All are welcome.

www.cognitive.ie