

# Cognitive Behaviour Therapy Ireland

Effective Help for Anxiety, Depression, Addictions etc



*Promoting Integrative CBT*

**CBTi invite you to participate in a one day workshop**

## **Overcoming Shyness and Social Anxiety using Cognitive Behavioural Techniques.**

Many people struggle with shyness and feeling anxious or panicked in social situations. These feelings can often hold people back and reduce a person's quality of life.

This one day workshop aims to help you to gain valuable awareness and skills which can help you to manage these difficult feelings and give you more confidence.

Using Cognitive Behavioural Techniques, the workshop will help you to become empowered over your anxious feelings.

The workshop will focus on:-

- Examining and changing unhelpful thinking.
- Relaxation techniques to help in stressful situations.
- Motivational and goal setting exercises.



Eilish is currently practising at Life Support Counselling & Psychotherapy in Ashbourne, Blanchardstown and Dublin 7. She is also a tutor at PCI College where she graduated.

**Eilish McGuinness** BSc. (Hons.)Couns./Psych., Prof. Cert. in CBT, MIACP



Declan is a graduate of the Tivoli Institute and is co-director of Renewal Counselling and Psychotherapy Centre in Lucan.

**Declan Fitzpatrick**, Prof. Cert. In CBT. MIACP

**Date: 9<sup>th</sup> May 2009.**

**Time: 10:00a.m. – 4.30p.m.**

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

**Fee: €125.**

**For more information or to book a place on the workshop please call 087-2793130/087-6858854 or email [eilish@cognitive.ie](mailto:eilish@cognitive.ie) or [declan@cognitive.ie](mailto:declan@cognitive.ie)**