

Cognitive Behaviour Therapy Ireland



Effective Help for Anxiety, Depression, Addictions etc

Cognitive Behaviour Therapy Ireland wish to inform you of an upcoming series of one day workshops for the general public interested in learning about Cognitive Behavioural Techniques for dealing with issues such as Social Anxiety, Depression, Self-Esteem, Obsessive Compulsive Disorder, Panic and Anger.

For more information or to book a place on any of the workshops call 087-6858854 or 087-2835109 or email eilish@cognitive.ie, Declan@cognitive.ie, jean@cognitive.ie or laura@cognitive.ie Certificates of attendance will be awarded.

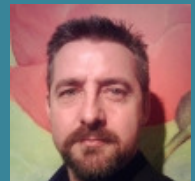
Workshop One – C.B.T. for Social Anxiety/Shyness – Saturday 9th May.



Facilitators.

Eilish McGuinness, m.i.a.c.p.

Declan Fitzpatrick, m.i.a.c.p.



Workshop Two – C.B.T. for Depression – Saturday 16th May.



Facilitators.

Declan Fitzpatrick, m.i.a.c.p.

Laura Turley, MsC Coun/Psych.



Workshop Three – C.B.T. for Self-Esteem – Saturday 23rd May.



Facilitators.

Eilish McGuinness, m.i.a.c.p.

Jean Notaro, m.i.a.c.p.

