

# Change your brain with Cognitive Behavioural Therapy

Think different  
Feel different  
Behave different

30 Wicklow  
Street D2



www.**CBT**and**FeelingGood**.com

**simplifying CBT** through fast  
fun & effective discussion &  
homework sessions

**INTRODUCTORY OFFER: TRY A ONE HOUR  
SESSION IN WICKLOW STREET FOR €45**

Learn the science of awareness and management of how and why you think and feel and behave the way you do, and how to name and tame patterns of bad thinking habits and self sabotaging or self limiting behaviours.

Book a guided self help Li CBT session, contact:

**Veronica Walsh, Room 16, 30 Wicklow Street, Dublin 2**  
E: [info@CBTandFeelingGood.com](mailto:info@CBTandFeelingGood.com) T: 086 8113031

*Also available: CBT seminars and workshops for schools, colleges, companies, and organisations. See website for details.*



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