

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 €40

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:

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



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