

www.CBTandFeelingGood.com

Promoting psychological health & well being through
Cognitive Behavioural Therapy & Brainskills Training



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The Cognitive Science of Happiness Student Workshop



Book a half day 'learn and do' *cognitive behavioural training workshop* for a fast fun and effective introduction to practical science and strategies.



The workshop is not therapy, it is fun and practical **WELL BEING TRAINING** - it takes modern *evidence based psychotherapy* out of the counseling rooms, changing it to practical

education instead - giving learners tools to **understand and manage the way they think and feel and behave.**



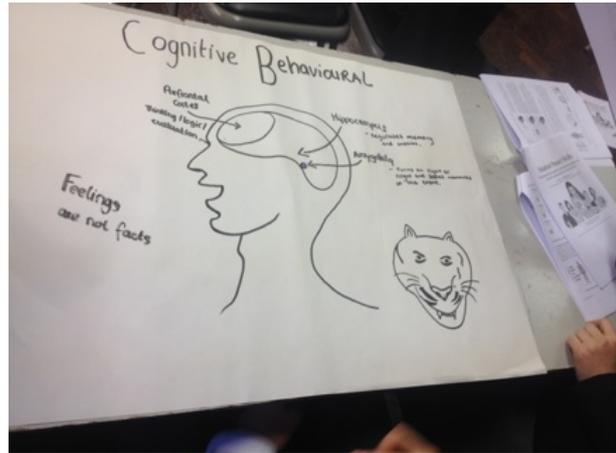
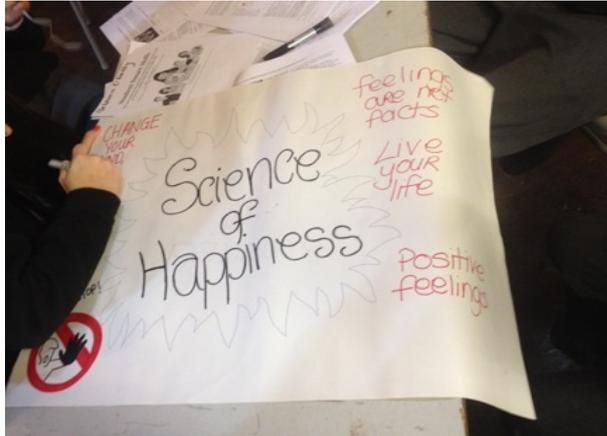
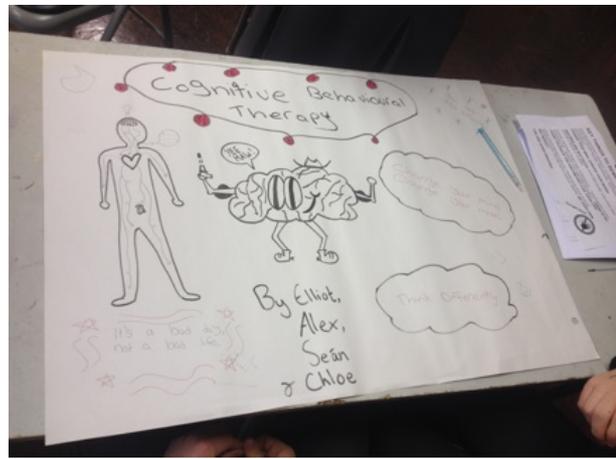
The workshop will introduce engaged learners to :

- **CBT** - the practical science of awareness and management of *how we explain the world to ourselves*, with strategies to examine and change distorted thinking.
- **and 'Fight or Flight'** - 'blushing, shaking, overbreathing, overheating' - understanding and managing the primal wiring & biology of the *human threat alert centre*.

My training is a learning by discovery model based on best practice, with a mix of AV graphics based presentations, followed by facilitated discussion tables using a resource workbook. Approved for inclusion on the National Register of Trainers.

- **Half day workshop: €400 (90 minute seminar: €200)**
- Flexible module options - can be tailored to requirements - 90/120 minute, half day, one day, two day or four day session plans...
- This pricing assumes onsite (Dublin city) - just supply a training room, projector & flipchart (with room to separate learning groups. *Excludes travel / time expenses if outside Dublin, call for a final quotation.*
- Format: experiential - learning by discovery: mix of a resource workbook + PPT + flipchart + multimedia + discussion.
- Pricing *excludes* €6 per head for a resource workbook - but there is a ZERO charge for me to give you the PDF to print yourselves.

These are posters created by TY students to illustrate what they learned in the workshop:



Does cognitive behavioural training work? YES, see [TESTIMONIALS](#)

Interested? Find out more about my [WORKSHOPS](#)

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