

Keyed up? Overwhelmed? Tense? Nervous? Stressed out?
Unable to relax? Always feel rushed?

STRESS AND ANXIETY WORKSHOP 2010

COGNITIVE BEHAVIOURAL THERAPY

Tuesdays for 8 weeks
28th September – 17th November 2010
6.30pm - 8pm



Small doses of stress can be helpful in our daily lives. It can give us the drive we need to motivate us to do our best and remain focused and alert. But when the demands of our lives go beyond our capacity to cope, stress becomes a threat to both our physical and emotional well-being.



We would like to introduce our workshops for 2010, starting Tuesday 28th September 2010 and will be focusing on reducing stress and anxiety for adults. The workshop will combine proven psychological methods with practical knowledge to enable yourself to recognize the causes and signs of stress and anxiety whether it be at home or work and to help attain lasting relief from the harmful

consequences of anxiety and stress. This will allow you to be more in control of your own thoughts, feelings and behaviour, thus being more in control of your life.

- Facilitated by Dr Veronika Isler and Jo Clarkson, Clinical Psychologists with a number of years experience working with people of all ages suffering from anxiety, stress, and related difficulties.
- Classes will be limited to 10 people
- Full workshop cost is \$480 or \$65 installments
- Includes an initial one-to-one half hour assessment session with one of our Clinical Psychologists prior to the workshop starting
- Held at our offices at 91 Kahikatea Drive in Hamilton
- To register, please send the attached registration form with your payment to CBT Psychology, PO Box 1088, Hamilton 3240, and we will get in touch with you for an initial one-to-one assessment session. For more information please phone 07 843 9876, or email info@cbtpsychology.co.nz.

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Name: _____

Address: _____

Day Ph: _____ Cell: _____ Email: _____

Occupation: _____ Age: _____

Reasons for attending workshop: _____

How did you find out about this workshop: _____

Enclosed is (please tick): Full Payment \$480.00 First installment of 8 sessions \$65.00

Cheques payable to: CBT Psychology or direct credit bank account: BNZ 02 0342 0033865 00