

CBT Workshops present

# An introduction to cognitive behaviour therapy for depression

A two-day workshop

Presented by Dr Nicola Ridgeway, BSc, ClinPsyD, C.Psychol

Date 12<sup>th</sup> & 13<sup>th</sup> March 2009

Time 9.30am to 4.30pm

Venue Fairlawns Hotel & Spa  
'The Garden Room'  
Little Aston Road  
Aldridge  
North Birmingham  
WS9 0NU

Price £260.00  
£229.50 (early bird rate)

Price includes **Free 160 page manual** – Cognitive Behaviour Therapy for Depression – (includes dozens of unique exercises, worksheets, charts and checklists\*)

**Free CD-ROM** of presentation, guided reading list and reference list.

**Full refreshments** and buffet lunch provided on both days.

Spaces are limited so please book early to avoid disappointment. Please use the attached booking sheet to reserve your place or e-mail [info@westsuffolkcbt.com](mailto:info@westsuffolkcbt.com) for further information

\*The certificate of attendance offered at the end of the two-day workshop grants each delegate permission to make unlimited copies of all workshop materials (including the manual) for their own clinical purposes.