

CBT Workshops present

# **Imagery in CBT: How to use self-representation frameworks to counter limited thinking**

A one-day workshop

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

Date	18 <sup>th</sup> May 2009
Time	9.30am to 4.30pm
Venue	The West Suffolk CBT Service Angel Corner 8 Angel Hill Bury St Edmunds Suffolk IP33 1UZ
Price	£135.00 £119.50 (Early Bird Rate)
Price includes	<b>Free Book</b> – “Think about your thinking to stop depression”  <b>Free CD-ROM</b> of presentation, guided reading list and reference list and copiable worksheets.  <b>Full refreshments</b> and buffet lunch provided.

Spaces are limited so please book early to avoid disappointment. Please use the attached booking sheet to reserve your place or e-mail jamespmanning@btinternet.com for further information. All prices include VAT. Reg No. 940 5151 48