

CBT Workshops Ltd presents

An introduction to cognitive behaviour therapy: What it is and how it works

A one-day workshop

Presented by Dr James Manning, BSc, ClinPsyD, C.Psychol

Date	Monday 27 th April 2009 & Monday 11 th May 2009
Time	9.30am to 4.30pm
Venue	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	Free book – “Think About Your Thinking” Free CD-ROM of presentation, guided reading list, reference list, and copiable worksheets Free buffet lunch and refreshments provided

Spaces are limited to 24 so please book early to avoid disappointment. Please use the attached booking sheet to reserve your place or e-mail info@westsuffolkcbt.com for further information