

Change your brain with:

Cognitive Behavioural Therapy

Think different - Feel different - Behave different



The human brain is not a rational thinking device that defaults to rational conclusions - learn how to love and manage your brain with CBT - for life changing skills that will stay with you forever...

- **Book a no-strings introductory session in Dublin's Camden Street for only €40 (Informal discussion based, inc homework + free self help downloads)**
- 1 x hour one-to-one sessions – €60 – Mon to Fri
- 2 x hour one-to-one session – €99 – Mon to Fri
- 4 x hour one-to-one session – €220 – Mon to Fri – (Inc coffee, cake, and worksheets)
- Saturday Rates: 1 hour €75 – 2 hour €150 – 1/2 Day €295
- Sessions are organic / bespoke: tailored exactly to suit you.
- For more details or to make a booking call, text or mail Veronica at 0868113031 or info@CBTandFeelingGood.com

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