

Dear Colleagues,

**Uniting Head and Heart: Behavioural Experiments and
Imagery as Key Strategies in Effective CBT**

Two-Day Workshop by James Bennett-Levy, Ph.D.

Come and enjoy a *unique* two-day workshop on Behavioural Experiments and Imagery by Dr. James Bennett-Levy who co-edited and co-authored the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004) and the *Oxford Guide to Imagery in Cognitive Therapy* (2011). Who and where else would you go to learn these CBT techniques?

The workshop will be informative, interactive, experiential, and may even involve a short outdoor trip to test out behavioural experiments!

For paid-up members of CACBT, your annual subscription fee is waived for 2014-2015. So you can still enrol in this workshop at the discounted membership rate even if your current membership expires on 30 June 2015. For non-CACBT members, you can take advantage of the members' special rate by joining as a member. Membership application form can be downloaded from: <http://www.cacbt.org/downloads.htm>

Mark your diaries for 10-11 July 2015 (Friday-Saturday), and submit the attached enrolment form as soon as you can to avoid last-minute disappointment as seats are strictly limited!



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15 April 2015

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