Thoughts create feelings. Learning to identify and change unhelpful aspects of our thinking can reduce the frequency of upsetting emotions, and motivate us to behave in a more life enhancing way. Changing the way we think enables us to change the way we feel and behave. This simple tenet is a key principle of Cognitive Behaviour Therapy (CBT) – a psychological approach that is widely used in psychology and stress management programs all over the world.

In this presentation participants will learn to identify some of the key patterns of thinking that contribute to upsetting emotions (such as anxiety, frustration, anger, hopelessness) and self-defeating behaviours. They will learn strategies for building ‘cognitive flexibility’ – the ability to view challenging situations in a reasonable, balanced way.

Registrations are a must, please call: 4734 2582

Dr Sarah Edelman is a clinical psychologist, author and trainer. Originally a high school teacher, she subsequently worked for 10 years as a research psychologist and lecturer at the University of Technology Sydney. In addition to her private practice, Sarah now conducts training programs for psychologists, GPs, business organisations and the general public. She is a consultant trainer for the Black Dog Institute Sydney, and runs public education programs at Sydney University Centre for Continuing Education. She is a frequent guest on 702 ABC radio, and has contributed many articles in professional journals and the mainstream media. Her book, “Change Your Thinking” (ABC Books) is a best seller in the self help genre.