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Dear Colleague:

I am pleased to inform you that we are bringing Dr. Christine Padesky back to London to present her excellent workshop ***Anxiety Traps: CBT Antidotes*** on **21-22 May 2012**.

Organized to give a clear description of the treatment for each anxiety disorder, the workshop also highlights how to deal with common pitfalls that can hamper both clients and therapists. Dr. Padesky teaches which CBT therapy interventions are most helpful for each type of anxiety disorder and when using these same methods can actually prolong anxiety treatment.

This two-day workshop was originally presented in London in May 2010 and was so well received we invited her to present it again. One of the features participants found most helpful was Dr. Padesky's **new framework of "danger disorders" and "coping disorders" which simplifies decision making** about which interventions to choose even when the client experiences more than one type of anxiety disorder.

Therapists new to using CBT with anxiety disorders will find the clarity of explanation helpful in grasping the principles. Intermediate and advanced therapists who attended the workshop in London in 2010 have said that they find the workshop insightful and refreshing, especially through the conceptualization of "danger" and "coping" disorders. One psychologist said "*I have been practising CBT for more than 10 years and was impressed by how much I learned.*"

Other participants of this workshop commented:

"It is always a great pleasure to listen to and be taught by Dr Padesky. She recharges my batteries. I had thought that tackling so many types of anxiety in such a short time would not work, but it did."

"Dr. Padesky held my attention over the whole two days. She was engaging, fun and explained everything so clearly. I would (and have) recommended this workshop to all my colleagues."

"This was an informative and thought provoking workshop full of new nuggets of information as well as providing a chance to revisit some 'old' skills but in new and innovative ways."

I hope you can join us in May for this terrific workshop taught by one of the world's leading cognitive therapy instructors. Please contact me if you have any questions or require further information.

Sincerely,

Lorna Tener, Psychologist
Cognitive Workshops