



Phoenix Counselling Service

591 Heathway
Dagenham
RM9 5AZ
020 8595 9633

info@phoenix-counselling.co.uk

One Day Stress / Anxiety Workshop

When Sunday 26th July 2009, 10am to 4pm

Where : 591 Heathway, Dagenham, Essex, RM9 5AZ(see Maps page)

APPLICATION FORM:-

Name

Address

Contact Telephone Number

Email

Fees £80 (non refundable, please include payment when you return this form)

Cheques payable to "Phoenix Counselling Service"

Or pay online by Paypal - see button on page

Programme for Workshop

- Theory and Benefits of Anxiety Management
- Analysis of where does anxiety / stress come from
- Life Line - times of crisis / trauma / transition
- Family patterns, personal anxiety history

Techniques / Tools to manage excessive anxiety / stress / panic

- Progressive relaxation
- Consideration of life patterns and potential changes, a life audit
- Anxiety Management Diary & "Sleep Diet" & "Ten Second" rule
- Assessment to establish and plan further treatment as indicated
- Certificate of attendance

Tea / Coffee included

www.phoenix-counselling.co.uk