

UFP Mental Health Updates

Autumn 2008

Mental Health Masterclass Series

The Freemasons Hall | 36 Bridge St | Manchester | M3 3BT

25th September

Telephone CBT

Prof. Karina Lovell & Nicky Lidbetter.

30th September

Self Harm - a practical skills workshop

Dr Mike Smith & Marion Aslan.

14th October

Traumatic Life Events

- Asking Difficult Questions

Paul Hammersley & Peter Bullimore.

6th November

CBT for PTSD and Trauma

Prof. Nick Tarrier.

*Earlybird discounts available



Book online **NOW**, places selling fast!
www.ufpmentalhealth.com
or call 024 7663 5665 (ask for Amanda)