

Depressed—KnowMore™

Course Outline

A **12 day Personal Change Programme** offering a pathway to improved living to those suffering from depression.

Fewer than 25 % of those affected have access to effective treatments. This course teaches individuals suffering depression how to transform their subjective experience so that their suffering is ended.

We help participants take positive control of their feelings, thoughts, emotions and behaviours.

Questions	Answers
What's in it?	Cognitive Behavioural Therapy (CBT), Neuro Linguistic Programming (NLP) and Motivational Interviewing (MI). We teach state management, association and disassociation, managing emotions, belief and identity, VAK Swish, future orientation and strategy, relaxation.
Who's it for?	Anyone suffering from depression; carers for those suffering depression.
Why is it necessary?	We have met and worked with people who have lived with depression for many years. It can be hard to accept that change is possible – especially when there is such a widespread belief system that it is not, and that depression is for life. It isn't—we'll show you.
What are the benefits?	Participants will learn how to get back on their feet and manage emotions toward positivity. It will allow those taking part to reassert control of their happiness, and leave long lasting tools for a new, positive way of life.
What's included?	This is a 12 day education programme. It will run over 4 x 3 day sessions spread within 10 weeks. Each session will run from 9.30 am until 3.30pm., with a max of 12 people. Full facilitation, work-books, catered breaks and soup + sandwich lunch.



success ni

Course Venue

Success NI / The Old Meeting House /
21c Railway Street / Lisburn / BT28 1XG

Cost

£1140 per person

To book or find out more
Call Paul on 028 9260 7766

www.successni.org