

Introduction to Yoga Cognitive Behavioral Therapy (Y-CBT)

Saturday, April 4, 2020: 9:00 am-12:30 pm

This half-day training, open to all, offers an introduction to an innovative research-based anxiety management program. This approach combines the scientifically documented effects of yoga with cognitive behavioral therapy.

Participants will:

- Learn how this program reduces symptoms of anxiety and depression by combining traditional psychology with yoga.
- Learn several new Y-CBT techniques for anxiety management.
- Understand effective methods for increasing self-value and self-compassion.

The yoga component is adapted for all populations, virtually all done in chairs.

Fee: \$70*

Audience: Social Workers, Psychologists, Counselors, Healthcare Professionals, Yoga Teachers, and anyone interested in learning more about Y-CBT

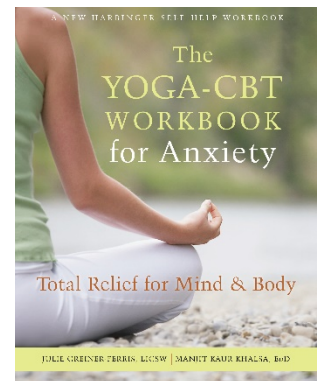
** CEUs are available for Social Work and LMHC at an additional fee of \$30. Application for social work and LMHC continuing education credits has been submitted. Please contact us at info@y-cbt.com for the status of social work or LMHC CE accreditation*



Dr. Manjit Kaur Khalsa Ed.D is co-creator of YCBT (Yoga-Cognitive Behavioral Therapy), a highly experienced Psychologist, a long time yoga teacher/student of Yogi Bhanan and the President of Sikh Dharma of MA, which oversees Guru Ram Das Ashram, Millis, MA.



Julie Greiner Ferris LICSW is a Licensed Independent Social Worker with 25 years of experience in the treatment of mental health issues. A graduate of Boston College GSSW, she is co-creator of Y-CBT (Yoga-Cognitive Behavioral Therapy), and is the Director of Outpatient Services at Riverside Community Care, in Upton MA.



Y-CBT
YOGA - COGNITIVE BEHAVIORAL THERAPY

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