

# Free Webinar - Introduction to Cognitive Behavioural Therapy (CBT) skills for principals, teachers & SNAs.

THIS WEBINAR WILL FOCUS ON INTRODUCING  
COGNITIVE BEHAVIOURAL THERAPY STRATEGIES  
AND TECHNIQUES FOR TEACHER'S OWN SELF-  
CARE AND STRESS MANAGEMENT.



**THURSDAY 17TH  
SEPTEMBER, 2020  
7PM TO 8PM**

Presenter: Nicola Culloty - CBT  
Therapist. B. Ed!

**Please register on website [www.carrickedcentre.ie](http://www.carrickedcentre.ie) and a ZOOM link will be emailed to you in advance of the webinars. PLEASE CHECK YOUR SPAM FOLDER IF YOU DO NOT RECEIVE THE LINK IN YOUR INBOX.**