



Cognitive Behavioral Therapy (CBT) and Dealing with Stress

Fall 2021 Workshop for Students

The goal of Cognitive Behavioral Therapy (CBT) is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. CBT can provide a new perspective, enabling you to regain control, reduce intense emotional symptoms and adopt effective strategies that will help you deal with stressful situations with more confidence and ease.

When & Where

Wednesday, October 27
12:00-1:00 PM
Via Zoom

What You'll Learn:

- Calm your worry
- Improve your mood

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop