

URBAN NEWSLETTER - no46



well
being

Satis is the smartest way to get a therapist. One solution direct at your finger tips and a therapist comes directly to you. Your therapist knows exactly how to help you. And payment is completely cash less

CBT focuses on the way people think and act in order to help them overcome their emotional and behavioural problems. The effectiveness of CBT has been extensively researched more than any other therapy and has shown that people stay well longer. This positive result is due in part to the educational aspects of CBT which can be applied to help an individual to become their own therapist. According to the National Institute for Clinical Excellence (NICE) CBT is the chosen form of treatment for many conditions .

Problems that the Satis clinic treats are:

- * Depression
- * Anxiety
- * Obsessional Compulsive Disorder
- * Body Dysmorphic Disorder
- * Skin Picking
- * Health Anxiety
- * Vomit Phobia
- * Addictions
- * Social Phobia
- * Stress
- * Post Traumatic Stress Disorder
- * Anger Problems
- * Jealousy

THERAPISTS ARE AVAILABLE ONLINE ANYTIME!.

it matters!





The attitude that one undertakes in this practice is crucial and will go against the grain. Our normal development is mainly about achieving and doing things with purpose. In Mindfulness practice it is about developing a curious mind and seeing what happens and this may mean not taking control and learning in a different way by noticing

Online Mindfulness courses 8 week courses

Book now for your treatment or buy a gift for a friend. Please click on link <https://www.cbthinthecity.com/shop/life-services/mindfulness-online.html>

and make payment for the full amount of £360 for the 8 week program. This is 2 hours of mindfulness each week for 8 weeks online with a small group of people

For SATIS ONLINE THERAPIES GO TO www.cbthinthecity.com

 **CBT**INT**HE**CITY[®]