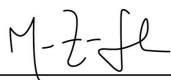


Thoughts, Feelings & Behaviours	20th March 2016	Metaphors: Metaphorical Thinking	5 minutes
	20th March 2016	Metaphors: The Kitchen Cabinet	7 minutes
	20th March 2016	Be Creative	8 minutes
	20th March 2016	Practise	3 minutes
	20th March 2016	Examples of Creative Diaries	3 minutes
	20th March 2016	Case Study - Terrance & OCD Triggers	4 minutes
	20th March 2016	Understanding Thoughts, Feelings & Behaviours	60 minutes
	10th April 2016	Negative Automatic Thoughts	30 minutes
	10th April 2016	My Negative Automatic Thought Diary	27 minutes
	10th April 2016	Thinking Traps & Balanced Alternatives	11 minutes
	10th April 2016	Case Study - Geraldine	6 minutes
	10th April 2016	Case Study - Robert	14 minutes
	It's All About You	17th April 2016	Challenging our Thoughts
17th April 2016		Making Changes	4 minutes
17th April 2016		Practice, practice, practice	3 minutes
17th April 2016		It's All About You	6 minutes
17th April 2016		Be Prepared	2 minutes
17th April 2016		What Now?	3 minutes
17th April 2016		Colouring in for Adults	4 minutes
Course Ending	17th April 2016	Conclusion	60 minutes
OVERALL	17th April 2016	39/40 modules	475 minutes



Marc Zao-Sanders
Director, Excel with Business

