

Psychology Clinic – Group Therapy Service

Mood Management Course

You will learn:



Information about the vicious cycle of depression and anxiety



How to identify and practice activities that help you feel pleasure and achievement



How to identify and address unhelpful thinking habits



Strategies to tackle avoidance by breaking tasks down into manageable steps

Mood Management Course Manual

SA Adler



Mood Management Course Manual:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Mood Management Course Manual** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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