

# THE 10 BEST-EVER ANXIETY AND DEPRESSION MANAGEMENT TECHNIQUES

**MARGARET WEHREBERG, PSY.D.**



**World-Renowned psychologist Dr. Wehrenberg** is a licensed clinical psychologist, international speaker, and frequent contributor to *Psychotherapy Networker* magazine and *Psychology Today* online. She is also the author of six books on anxiety and depression, including *The 10 Best-Ever Anxiety Management Techniques* and its accompanying workbook, as well as *The 10 Best-Ever Depression Management Techniques*. Her next book, *The Anxiety Casebook*, will be released in early 2016.

**OCTOBER 8, 2015**

## THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES

Anxiety is a normal emotion, but it can quickly become debilitating when it gets out of control. Dr. Wehrenberg's leading-edge one-day workshop will provide the tools you need to help your clients control their symptoms so they can eliminate the negative effects that anxiety disorders have on their lives.

**OCTOBER 9, 2015**

## THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

Understanding the origin of your clients' depression is essential to their successful treatment. In this practical one-day workshop, Dr. Wehrenberg will empower you to identify the root causes of depression, explore the symptoms they manifest, and address how these symptoms can be managed so that clients can progress to recovery—without medication.

**Dates:** October 8 and 9, 2015

**Location:** Marconi Centre  
1026 Baseline Road  
Ottawa, ON K2P 2L5

**Time:** 9:00 am - 4:30 pm

**Cost:**

SINGLE DAY

Early Bird  
(until September 18, 2015)  
- \$199 + HST

Regular Admission  
- \$225 + HST

TWO DAYS

Early Bird  
(until September 18, 2015)  
- \$350 + HST

Regular Admission  
- \$380 + HST

Group & student rates available

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and save an extra 10%**

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