DR. MICHAEL SPEVACK
Memorial Lecture Series 2018

The Emotional Health CBT Clinic
Cognitive Behavior Therapy since 1972
Affiliated with Centre universitaire de santé McGill
McGill University Health Centre

FREE PUBLIC LECTURES
October 4th-December 6th
Thursdays 7:30pm-9:00pm

OCTOBER 4
Are worries taking over your mind? CBT to control worry

OCTOBER 11
Alleviate Depression and feel happier with CBT

OCTOBER 18
Take control of your life: CBT for improved Self-Esteem and Assertiveness

OCTOBER 25
Don’t let social anxiety put you in a corner CBT for Social Anxiety

NOVEMBER 1
A bright future for your kids: CBT for Parenting

NOVEMBER 8
Get out there with confidence CBT for Panic and Agoraphobia

NOVEMBER 15
CBT for Happiness

NOVEMBER 22
Cultivate healthy behaviours CBT for your Health

NOVEMBER 29
Stop OCD in its tracks CBT for Obsessive Compulsive Disorder

DECEMBER 6
Better solutions for Pain management with CBT

CBT=Cognitive-Behavioral Therapy

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