


# Talking therapies

pathways to  
mental wellbeing

Wednesday,  
1 November 2017  
12.45 - 4.30pm  
Jerwood DanceHouse,  
Foundry Lane,  
Ipswich IP4 1DW


An event for everyone interested in talking therapies for common mental health problems.

- Hear about service users' experiences of therapy
- Watch cognitive behavioural therapy and interpersonal therapy in practice
- Find out about counselling from NHS partners MTCIC and Relate
- Learn about EMDR (Eye Movement Desensitisation and Reprocessing) for post-traumatic stress disorder



A free half-day event organised by Norfolk and Suffolk NHS Foundation Trust's Council of Governors

Book your place today:  
[www.surveymonkey.co.uk/r/talking\\_therapies\\_2017](http://www.surveymonkey.co.uk/r/talking_therapies_2017)



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