

Taking the Strain

A programme that people actually like!
"Taking the Strain"
(five audio-cassettes and a workbook)
brings benefits to clients and to counsellors,
working through a broad range of issues
concerning anxiety and stress.

Its approach, cognitive-behaviourally oriented, is
constructive, pragmatic, and realistic. It really is
friendly to the user, as it introduces
opportunities for education, preparation, and
application of stress management skills.

There are many ways that you could build it in
to your repertoire. Whatever your profession,
whatever your client group,



"Taking the Strain"
would bring gains
for all concerned



Details from:

Cestrian
Psychological Services
P.O. Box 70,
Tarporeley, Cheshire.
CW6 9QS.

Behavioural Skills Course and Advanced Behavioural Skills Course

Training courses in Basic and
Advanced Behavioural Skills.

One evening per week
over one year at
Goldsmiths College, London.

Information and prospectus
from:

Dr. Gordon Cree
Applied Social Studies
University of London
Goldsmiths College
Lewisham Way
London SE14 6NW



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Behavioural Approaches to Areas of
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