

Presents

**Book Launch:
STOMP out the ANTs! – (Automatic Negative Thoughts)**

Date: Thursday, 18th March 2010
Venue: Phyllis Hore Room (at Kew Library)
Cnr. Civic Drive and Cotham Rd, KEW
Time: 7.30 p.m. to 9.15 p.m.
Presenter: Sally-Anne McCormack, Psychologist
Cost: \$20.00 non-members and \$10.00 ADAVIC members

This book is targeted to an adult audience.

If you have ever been anxious, depressed, or had any negative thoughts, then come along to the book launch to hear about the analogy of the ANTs – (Automatic Negative Thoughts). ANTs - everyone gets them, they are hard to get rid of, and we often don't notice them until there is a huge pile of black pests hiding all of the good things underneath them.

Sally-Anne will describe some popular strategies to “stomp” out the ANTs, and ways of helping yourself to prevent future infestations!

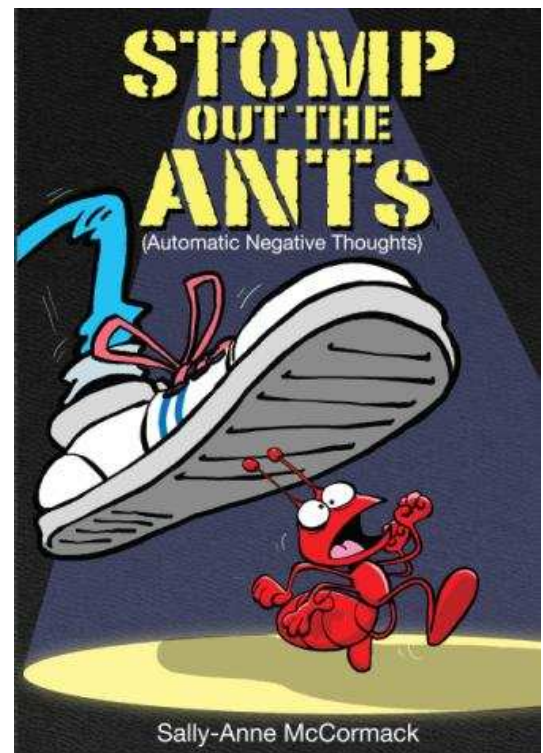
About the Author

Sally-Anne McCormack is the principal psychologist at her private practices in the eastern suburbs of Melbourne. She is a registered psychologist, a former teacher, and a mother of four.

As well as working with adults, she has a special interest in working with children and adolescents. She has extensive experience dealing with a broad range of mental health disorders especially depression, anxiety and sleep as well as parenting and educational issues.

Sally-Anne offers individual and group sessions for all ages (prevention or treatment) of these illnesses, and in addition runs three websites – www.WebPsychologist.com.au www.ParentsOnline.com.au and www.CyberPsych.com.au – which provide information and support to the wider community.

As a psychologist, Sally-Anne is often consulted and interviewed by the media to comment professionally on current topics both in Victoria and interstate/overseas. In her ‘spare time’ Sally-Anne is a member of an amateur theatre company which encourages community involvement in theatre.



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Or email us at adavic@adavic.org.au
Note: a \$2 surcharge fee will apply to invoices



LECTURE
Anxiety Disorders Association of Victoria, Inc.
 ABN 70 607 186 815
 Ph: (03) 9853 8089



▶ I would like to attend the following lecture:

- A. "Stomp Out the ANTs! (Automatic Negative Thoughts)" – Sally-Anne McCormack (Psychologist), Thursday 18th March 2010.
Cost: \$20.00 non-members, \$10.00 ADAVIC Members

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