

RECOVERY STARTS AT HOME with the IT KIT



BEV AISBETT



IT KIT HOME STUDY COURSE

Bev Aisbett's 'IT KIT' is a home study version of the highly successful "Working with IT" workshops which Bev has facilitated over the past ten years with ADAVIC.

The kit was specifically designed to assist sufferers in remote or under-resourced areas or for those who prefer the home study option and is also an available alternative to the live workshop.

Comprising of an audio presentation in cd format and a 123 page manual, the kit replicates the expanded version of Working with IT in five 1.5 hr sessions. The recently expanded and upgraded manual also contains tips, exercises, logs, quotes and affirmations to further support the recovery process.

The IT KIT makes affordable counselling assistance accessible regardless of location.

\$189.00 (inc GST). Add \$15.00 postage and handling

Five
weekly
sessions

ORDER FORM

Name: _____ Contact No: _____
Address: _____
Email: _____

PAYMENT can be made by cheque/money order to Itzokeh Productions, 2 Effingham Rd, Newport 3015. Allow 10 working days for delivery.

Enclosed: Cheque Money Order

FURTHER INFORMATION, booking of Bev Aisbett and enquiries contact by email itzok@netspace.net.au or visit www.bevaisbett.com

WORKSHOP MATERIALS IN DETAIL

POINT 1 - WHY? (Do I have this?)

TOPICS COVERED - ANXIETY CONTRIBUTORY FACTORS:

Early conditioning • The role of stress • Physical factors
Cognitive factors • Personality type • Lifestyle

OTHER ASPECTS COVERED:

Acceptance of the experience • Management of symptoms
The role of thinking • The role of perfectionism

POINT 2. WHAT? (Am I telling myself?)

TOPICS COVERED

The power of thoughts • Negative thinking styles
Common irrational beliefs • Changing anxious thoughts
Exploring resistance to change • How thinking creates reality

POINT 3. HOW? (Can I change this?)

TOPICS COVERED

- Changing the relationship with and view of anxiety to a healthier perspective
- Utilising anxiety as a motivator/barometer for change and subsequent growth
- The influence of childhood conditioning and beliefs in creating anxious responses
- Re-examining and eliminating damaging beliefs

POINT 4. WHO? (Am I?)

TOPICS COVERED

The formation of identity • Judging self and others
Accepting self and others • Releasing the past
Exploring the healing role of forgiveness of self and others

POINT 5 WHERE? (To from here?)

TOPICS COVERED

- Key philosophical beliefs
- Adopting a more flexible approach to life
- Accepting change as the norm
- Building healthier relationships
- Improving life skills

