



# GROUP CBT FOR WEIGHT LOSS



Group Cognitive Behavioural Therapy (CBT) for Weight Loss is your 8-week solution to yo-yo dieting. Join Dr. John Cook, Gigi Cook and 4 to 8 other people for 8 consecutive, two-hour, weekly, Monday night sessions from 7 to 9 PM, **starting Monday, ?**. Train your brain to think like a thin person!

**EARLY BIRD FEES**

\$560 by ?  
\$600 by ?

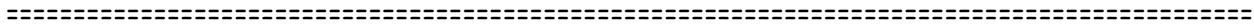
**REGULAR FEES**

\$640 by ?

This CBT group follows The Beck Diet Solution program developed by world renown CBT author Judith S. Beck, Ph.D. in facing her own personal weight loss challenges. The program is designed to help you "counteract sabotaging thoughts, overcome weight loss obstacles" and "succeed on any nutritious diet". If the group grows larger than 9, it will be divided in two and the second one held on a different weekday night.

So, if you are bothered by multiple unsuccessful attempts at lasting weight loss, and would like to augment your chosen diet and exercise program with well established and research-proven psychological techniques, this is may be the group for you. New clients will be asked to attend a pre-group interview.

*Keep this part for your records*



*Send this part to Aegis*

## REGISTRATION FORM - GROUP CBT FOR WT. LOSS, ?

Full name \_\_\_\_\_ Method of payment: MC , Visa , Cheque , Debit\*

Credit Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Home address \_\_\_\_\_ Phone number \_\_\_\_\_

Return by mail or fax to:

**4506 Chatterton Way  
Victoria, BC V8X 5H8  
Fax: (250) 881-1207**

? date to be determined  
\* payment in person only

*Fee will be determined by postmark or fax date. No refunds after the second week.*