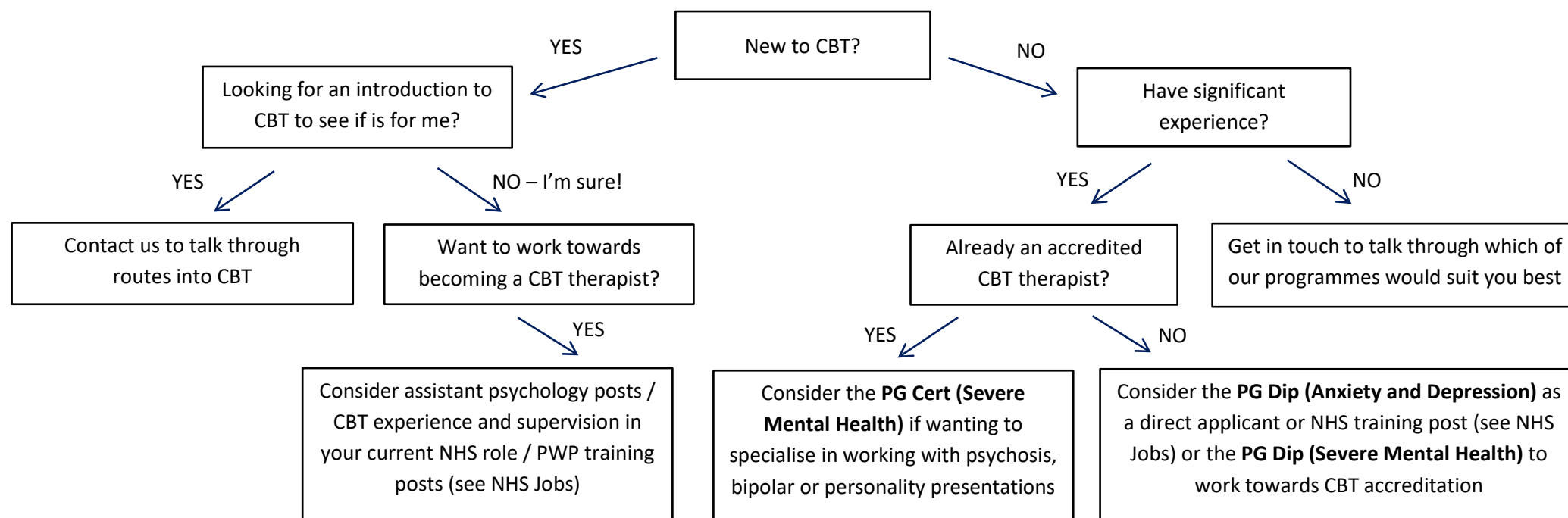


## UoS CBT Centre: Training in CBT – What's the right course for me?



Still unsure? See our website: [www.southampton.ac.uk/CBT](http://www.southampton.ac.uk/CBT), or get in touch to discuss what would work best for you: [cbtadmin@southampton.ac.uk](mailto:cbtadmin@southampton.ac.uk)

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