MTSU Counseling Services

Cognitive - Behavioral Workshop

Discover how your thoughts effect your feelings & behaviors.

- Discover the CBT triangle.
- Learn to identify unhelpful thinking styles.
- Practice how to adjust those unhelpful thoughts to be more helpful, positive, and accurate.
- Test your thoughts to check their validity.

When: Thursdays starting February 3rd – March 17th
Time: 3:00PM-4:00PM
Location: Zoom

To receive the Zoom link, please register with your MTSU email address: here

E-mail Melanie Magliacano, LPC-MHSP (facilitator) with any questions at melanie.magliacano@mtsu.edu

This workshop is for skill building purposes, and is not considered treatment or a substitute for treatment of any mental/psychiatric disorders, nor should the workshop be considered mental health counseling.
If you are in crisis, call 1-800-273-TALK (1-800-273-8255) the National Suicide Prevention Lifeline.