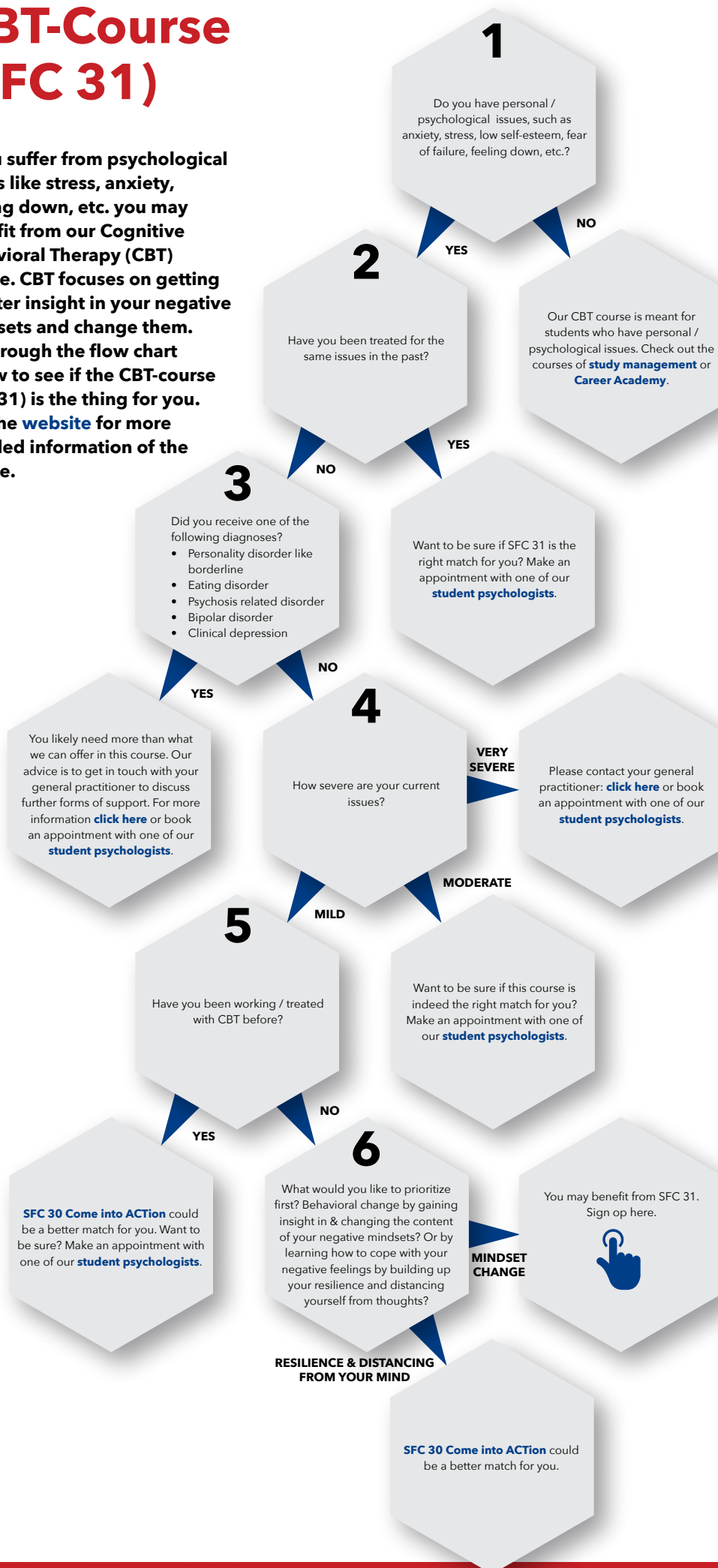


CBT-Course (SFC 31)

If you suffer from psychological issues like stress, anxiety, feeling down, etc. you may benefit from our Cognitive Behavioral Therapy (CBT) course. CBT focuses on getting a better insight in your negative mindsets and change them. Go through the flow chart below to see if the CBT-course (SFC 31) is the thing for you. See the [website](#) for more detailed information of the course.



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