



announces the  
next CPD talk

# MINDFULNESS

**Speaker: Anne Hamarsnes**

Monday 6 February 7pm at  
Cavalieri Art Hotel, St Julian's



Anne Hamarsnes is a warranted, clinical psychologist and she offer services aimed at individuals, couples and groups, including personnel and leaders of private and public institutions. Over the last few years she worked with people of different ages and with a varied range of issues, including stress, anxiety, depression, brain injury and psychosis. She also completed specialized training courses in cognitive-behavioral therapy (CBT), mindfulness-based cognitive therapy (MBCT) and acceptance and commitment therapy (ACT). Other areas of interest are existential and psychodynamic psychology, as well as neuroscience.

**TARGET AUDIENCE** Professionals and others. Calm the mind, gain new perspective and facilitate greater awareness. Come and join us.

Entrance: FREE but booking is required • Booking: [info@aslpmalta.org](mailto:info@aslpmalta.org) or 79427660

Parking at Portomaso is available at a flat rate of €2.50. Kindly ask at Cavalieri Hotel reception

[www.aslpmalta.org](http://www.aslpmalta.org)



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