

To Whom It May Concern

I would like to express my thanks to ADASE for this excellent 12 week programme “Mind Over Mood” that I have been able to take part in. I believe I am a different person today than what I was 12 weeks ago. I can now see how my thoughts were driving my anxiety and depression. From the course I have learnt that there are powerful core beliefs that are driving our thoughts, moods and behaviour. These core beliefs affect how we see the world, ourselves and others. When we uncover these core beliefs, which the Mind Over Mood programme helps to do, we can see why we are suffering from depression and anxiety. This course helps give us our lives back as we can then embrace new core beliefs to replace the ones that have been causing us so much pain.

I truly believe this course is saving people’s lives. The pain of depression and anxiety drives some people to suicide. If only more people could discover the core beliefs that drive them, their lives and their families’ lives would be happier and people could be saved from taking the steps of self-medicating with drugs and/or killing themselves.

I would like to thank Helen. She is an amazing woman and what she shares in the course is a great encouragement to us all. Her impact has benefitted my life so much and I will never forget the wisdom and genuine compassion she showed to each of us doing the course.

I would also like to thank Patsy, the support worker on the course. She was a great encouragement to all of us and her insights and sharing of experiences were very valuable to us all.

Both of these special women are to be commended for the hours they put in presenting the course and the many hours also put in behind the scenes. All of this is on a volunteer basis which shows the depth of concern they have for helping people get their lives back on track.

I highly recommend this course to others suffering from anxiety and depression. It will help give you the tools you need to start enjoying your life again. There are things that we need to deal with and until we deal with those things in our past, we aren’t really free to enjoy our lives and embrace the future. I am really glad I did the course because it has helped me find a peace about the past and enabled me to move forward in my life.

D.J. 13.6.11