

15 October 2010

Anxiety Disorders Association South East Inc. (ADASE)
P.O.Box 8130
Mt Gambier East
SA 5291.

Dear ADASE.

I went to the "Basic Program" for ADASE on the 31 March 2009 with a friend, who I thought needed to do the course, but by the end of the 3 hours I knew without a doubt that I needed to go as I was one also dealing with Anxiety as well as Depression. I was ecstatic & relieved to find out that I had been accepted to do the course when Helen Williams phoned me.

I did the 11 week ADASE course starting 20 April & completing on the 29 June 2009. Learning all about Cognitive Behaviour and realising that even if I could not do everything as perfect as I wanted I was not a failure. I always jumped to conclusions, which stem from my many core beliefs of not being wanted or loved & that I was dumb & stupid. All this became more apparent to me throughout the course & going through the book "Mind over Mood". I would not have understood this book had I read it on my own. Due to all the wonderful Power Point Presentation & Visual Aids that Helen Williams had set up & applied through her experiences & went through with us each week, putting samples on the white board made it so much easier and clearer for me to understand. Learning to identify & rate my situations, moods & thoughts each week and being able to go through & discuss with either Helen or Kelly each week was an enormous help to me especially with all that I was going through at the time.

Due to the ADASE course I have been able to rise above many situations & realise that I do not have any control on certain things & if I take one step at a time. If an event occurs I record my situations, moods and thoughts & find my automatic thought and deal with what I can & leave what I cannot control.

Through the ADASE course I have come to realise that I am just as good as everyone else & that am above all loved and that I am not dumb.

I will be forever indebted to Helen Williams for all her time, support and effort and feel that if more people could do the ADASE course & realise that we are all very capable people the better place Australia would be.

These courses however need a great deal of time, money and effort put into them and we need to push for a larger amount of funding to support ADASE to achieve their goals & dreams of getting this wonderful course out there for all Australians to benefit from.

Yours truly,

G.B