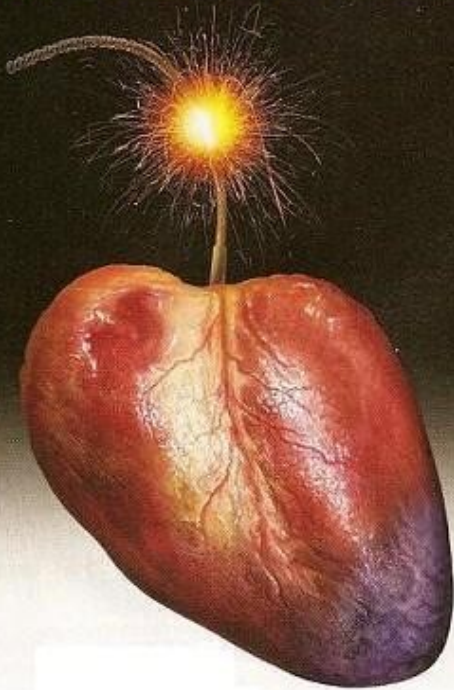


**CBT AND GET  
CAUSE**

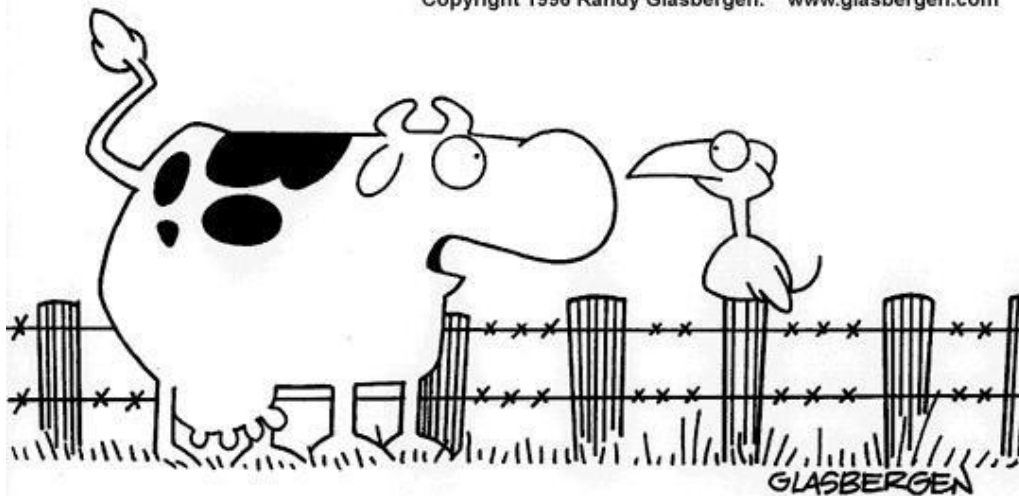
**Immediate RISK**



**CANADIAN  
GUIDELINES  
ARE  
LIFESAVING**



# **Dr Speedy's 2010 CBT Calendar**



"It is true, I did jump over the moon, I had waaaaayyy too much CeeBeeTea that day !"

## January 2010

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



**Excellent health statistics, bedbound ME patients are less likely to die of an RTA ...**

## February 2010

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



**"It is a good citizen's responsibility to question authority. Not my authority, of course."**

## March 2010

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Professor CBT trying to explain what he knows about ME ...



April 2010

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



WAITING SINCE 1955  
FOR PROPER ME  
TREATMENT ...

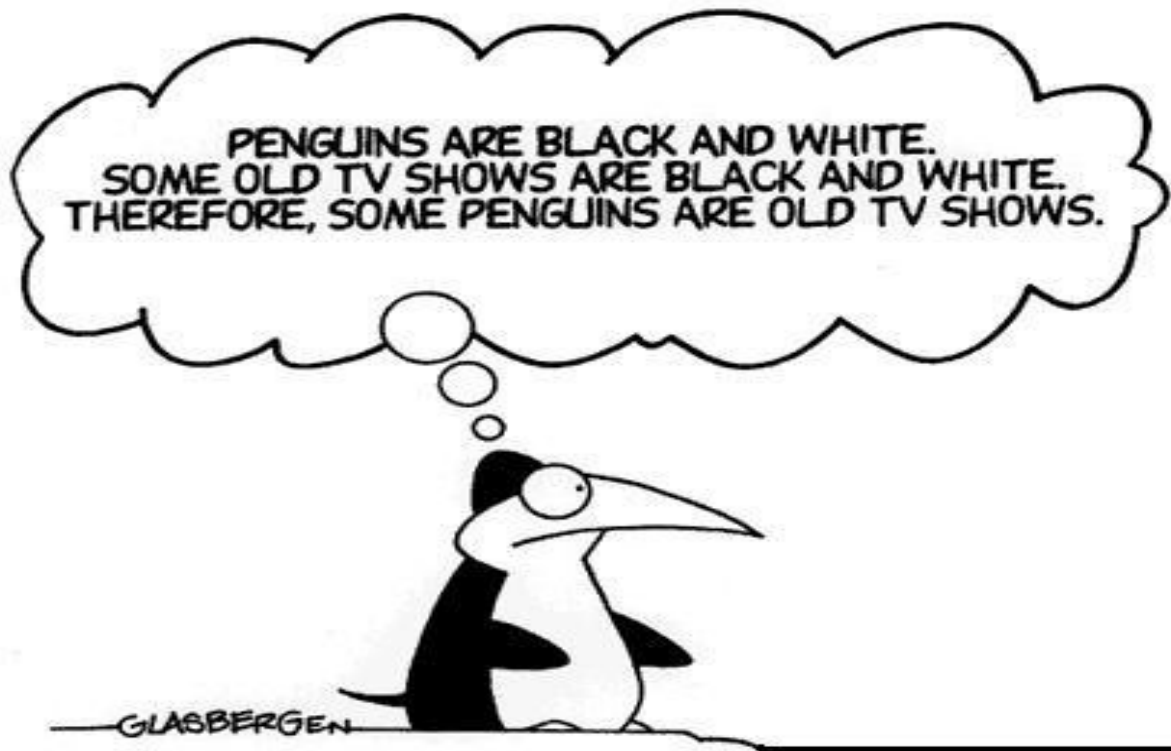
May 2010

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



## June 2010

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



## The essence of CBT for ME

July 2010

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



**"I'm updating the NICE ME guidelines.  
In my version CBT is recycled into watching  
grass grow and GET is on for London 2012  
and the only participants are porky telling  
psychiatrists"**

## August 2010

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# CBT in 1782

September 2010

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

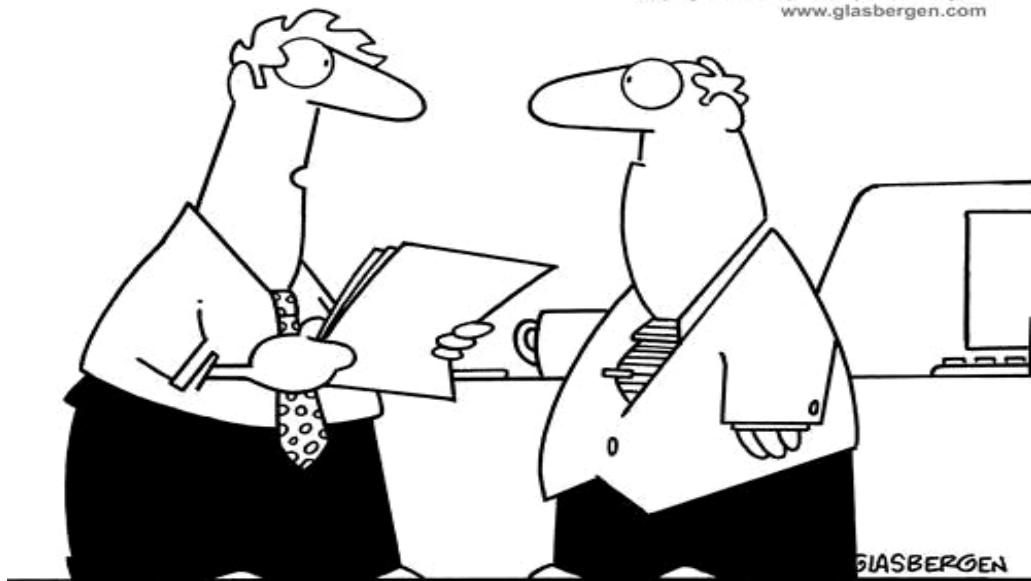
Copyright 2008 by Randy Glasbergen.  
www.glasbergen.com



"The key to good CBT research is efficiency.  
On Mondays I GET an old article from the shelves, on Tuesdays I think of a new title, on Wednesdays I mail it to a journal, on Thursdays the editor asks me to peer review it, and on Fridays I say it is Fabtastico and CBT is best"

## October 2010

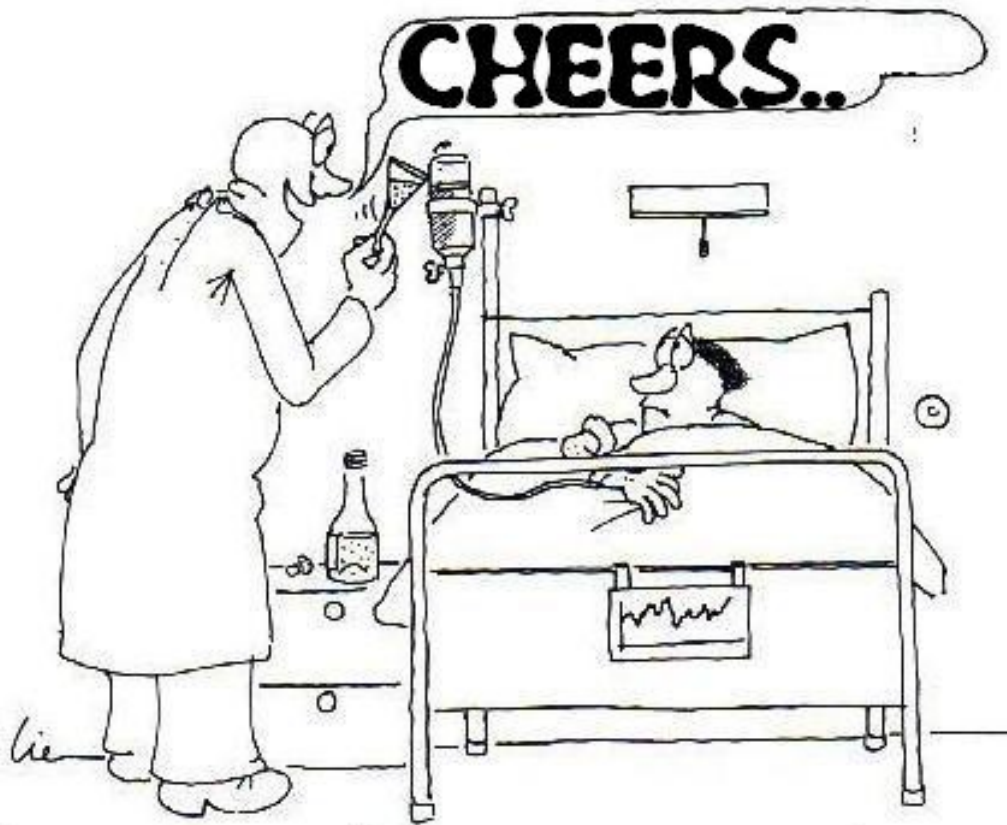
MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



**"I know that kissing the ka boo boo is just as effective as CBT but everybody wants it these days and it is generating so much income it's amazing. So the next step will be to add it to our drinking water and start our own merchandising CBT plan. It can even prevent the earth from rotating so that we have the sun in my back garden when I want it there, it is that good ..."**

## November 2010

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



**Be respectful to your patients**

**December 2010**

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		