

Cognitive Therapy Lecture Series

FREE

Cognitive Behavioral Therapy is a research-based treatment approach to mood disturbances and behavior problems. This form of psychotherapy helps identify the relationship between thoughts, feelings, and behaviors, and their impact on life situations. Instructor will lead a lecture and discussion on Cognitive Behavioral Therapy and how to apply the skills and tools. Please join us for a monthly one hour education group to learn more about cognitive therapy and how it can help you treat depression, anxiety, bipolar disorder, panic disorder, phobias, anxiety, anger, relationship problems, grief and loss and most other difficulties that bring people to therapy.

*Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-836-8459*

*The Cognitive
Therapy Lecture
Series meets
monthly on the
FIRST
TUESDAY of
each month.
Presenters are
experienced
clinicians in the
community.*

Date: First Tuesday of Every Month
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE
Registration: 1-800-82SHARP or online at
www.82sharp.sharp.com

