

# Cognitive Therapy Lecture Series

## Acceptance & Commitment Therapy (ACT)

**FREE**

Presented by  
Daniel Singley, Ph.D.  
Lead Clinical Psychologist  
Dual Diagnosis Recovery Program  
Sharp Mesa Vista Hospital

*Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue  
San Diego, CA 92123  
858-694-8459*

Date: Tuesday September 2, 2008  
Time: 6:00pm—7:00pm  
Location: Sharp Mesa Vista Hospital  
Cost: FREE

ACT is a scientifically based treatment that highlights the ways in which the language we use can lead to challenges in our everyday lives. Dr. Singley will lead a lecture and discussion on how metaphor, paradox, and experiential exercises can be used to make healthy contact with thoughts, feelings, memories, and physical sensations. Tools such as mindfulness, values clarification, commitment, and behavior change strategies will be discussed. Please join us for this interactive and interesting topic.

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

