

Cognitive Therapy Lecture Series

Boundaries:

Establishing Where I End and Where You
Begin

FREE

Presented by

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*Sharp Mesa Vista Hospital
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Date: Tuesday April 6, 2010
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Education Building
Cost: FREE
Registration: 1-800-82SHARP or online at
www.82sharp.sharp.com

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

Cognitive 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. Dr. Gutierrez will lead a lecture and discussion about establishing where “I” end and where “you” begin. Please join us for this interactive and interesting topic.

