The Cognitive Therapy Outpatient Programs at Sharp Mesa Vista Hospital provide treatment for adults diagnosed with depression, anxiety or bipolar disorder. Cognitive therapy helps identify how thoughts, feelings and behaviors affect life situations. The program teaches patients how to incorporate the following life-coping skills: reducing symptoms of depression and anxiety; reframing distorted thoughts; managing anxiety through relaxation and mindfulness; improving interpersonal relationships; establishing appropriate daily functioning; and responding positively to life’s changes.

The program consists of three hours of group therapy per day, five days a week, for approximately four to eight weeks. A comprehensive manual is provided to supplement and reinforce the concepts presented. Unique features of the program include inpatient to outpatient transition, and a four week aftercare program to help prevent relapse.