

Cognitive Therapy Lecture Series

Cognitive Therapy and Older Adults

FREE

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

Presented by
John Willey, Psy.D.
Postdoctoral Fellow
Senior Intensive Outpatient Program
Sharp Mesa Vista Hospital

Date: Tuesday August 5, 2008
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Cost: FREE

*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. Willey will lead a lecture and discussion about the treatment of depression and anxiety in older adults using a cognitive therapy framework. Please join us for this interactive and interesting topic.

