

Cognitive Therapy Lecture Series

FREE

Connecting in the Moment: How Mindfulness Can Enhance Relationships

Presented by
Jacqueline Ruvo, M.A.
Pre Doctoral Intern

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

Date: Tuesday April 5, 2011
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

*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. Ms. Ruvo will lead a lecture and discussion about how mindfulness can enhance relationships. Please join us for this interactive and interesting topic.

