



Cognitive Therapy Lecture Series

Coping with Conflict

Resolving Disagreements with Assertive Communication

Presented by Rafael M. Reyes, Psy.D. Licensed Clinical Psychologist Sharp Mesa Vista Hospital

Date: Tuesday December 2, 2008

Time: 6:00pm—7:00pm

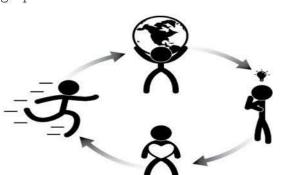
Location: Sharp Mesa Vista Hospital

Cost: FREE

Registration: 1-800-82SHARP or online at

www.82sharp.sharp.com

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. Reyes will lead a lecture and discussion on dealing with conflict with family, friends and coworkers in an assertive and effective manner. Please join us for this interactive and interesting topic.



BRIDE

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

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