

# 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

**FREE**

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

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](http://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. 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.

