

Cognitive Therapy Lecture Series

FREE

Coping with Difficult People:

Cognitive Skills to improve communication
with “difficult people” in your life.

Presented by
Laura Thackray, Psy.D
Post Doctoral Fellow

Date: Tuesday November 1, 2011
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE

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

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

Using cognitive therapy techniques, Dr. Thackray will help us understand how to effectively use assertiveness with difficult, stubborn or critical people. Learning how to use these skills, is the first step to improving the quality of relationships with others who we tend to have conflict with. From argumentative to the critical types of people, Dr. Thackray will offer practical tools intended to decrease distress often triggered by difficult people in our lives.

