

# Cognitive Therapy Lecture Series

## D.E.E.S.C.

Learning the Art of Assertive Communication

**FREE**

Presented by  
Dimitra Takos, Psy.D.  
Licensed Clinical Psychologist  
Sharp Mesa Vista Hospital

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

Date: Tuesday September 1, 2009  
Time: 6:00pm—7:00pm  
Location: Sharp Mesa Vista Hospital  
COG IOP Classroom  
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. Takos will lead a lecture and discussion about the art of assertive communication. Please join us for this interactive and interesting topic.

