

Cognitive Therapy Lecture Series

Developing Your Quality of Life in 2011:

A Cognitive Approach to Achieving Your Goals

FREE

Presented by

Amanda Gutierrez, Psy.D.

Licensed Clinical Psychologist

Sharp Mesa Vista Hospital

Cognitive Intensive Outpatient program

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

Date: Tuesday January 4, 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. Dr. Gutierrez will lead a discussion on applying your values and achieving your goals to create a life worth living. Please join us for this interactive and interesting

