

Cognitive Therapy Lecture Series

Distress Tolerance: Tools to help manage crisis situations

FREE

Presented by
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Date: Tuesday June 5, 2012
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.*

This lecture will discuss distress tolerance skills. Distress tolerance skills help you to survive crisis situations without resorting to dysfunctional behaviors. Emotions can be overwhelming, which can result in impulsive behaviors, losing control, and dysfunctional behaviors. We will review skills to help you exercise, tolerate, and accept emotional pain and to build a life with less suffering and more acceptance of the world as it is. Please join us as Dr. Ruvo for this interesting lecture.

