

# Cognitive Therapy Lecture Series

## Don't Always Believe What You Think: Challenging the Negative Chatter in Your Head

**FREE**

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

Presented by  
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Pre-Doctoral Intern

Date: Tuesday April 3, 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](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.*

*Core beliefs are deeply entrenched beliefs about ourselves, other people and the world that are derived from our life experiences growing up. Core beliefs directly affect what we think, what we do and how we feel! Learning about your core beliefs may help you to understand why you do what you do, which can help YOU make changes to better your life. Join us for a one hour education group.*

