

Cognitive Therapy Lecture Series

Don't Get Even, Get Mad: Understanding Our Fear of Anger

FREE

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

Presented by
Rafael Reyes, Psy.D.
Licensed Clinical Psychologist
Sharp Mesa Vista Hospital
Cognitive Intensive Outpatient program

Date: Tuesday December 7, 2010
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE
Registration: 1-800-82SHARP or online at

*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. Reyes will lead a lecture and discussion on the often misunderstood link between anger and behavior and how to use balanced thinking to cope with both. Please join us for this interactive and interesting topic.

