

Cognitive Therapy Lecture Series

Don't Worry, Be Happy. Easier Said Than Done: Ways to Reduce Worry

FREE

Presented by
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Post Doctoral Fellow

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Date: Tuesday May 3, 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. Hebert will lead a lecture and discussion about ways to reduce worry. Please join us for this interactive and interesting topic.

