

Cognitive Therapy Lecture Series

Finding Balance in an Unbalanced World

FREE

Presented by
Amber Jenkins, Ph.D.
Post Doctoral Fellow
Sharp Mesa Vista Hospital

*Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-694-8459*

Date: Tuesday July 7, 2009
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
COG IOP Classroom
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. Jenkins will discuss how to balance the demands of everyday life with personal needs and wants by making lifestyle changes and applying other behavioral tools. Please join us for this interactive and interesting topic.

