

# Cognitive Therapy Lecture Series

## Heartbreak and the Mind:

Understanding the Relationship between love,  
thoughts, and behaviors

**FREE**

Presented by  
Dara Schwartz Psy.D.  
Psychology Fellow  
Sharp Mesa Vista Hospital

*Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue  
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Date: Tuesday February 2, 2010  
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](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.*

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. Schwartz will lead a lecture and discussion about understanding the relationship between love, thoughts, and behaviors. Please join us for this interactive and interesting topic.

