

Cognitive Therapy Lecture Series

Helping Teens Manage Depression

FREE

Presented by
Alisha Carpenter, Ph.D.
Postdoctoral Fellow
Sharp Mesa Vista Hospital

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

Date: Tuesday November 4, 2008
Time: 6:00pm — 7:00pm
Location: Sharp Mesa Vista Hospital
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. Carpenter will lead a lecture and discussion about the causes and treatment of depression during adolescence using a cognitive therapy framework. Please join us for this interactive and interesting topic.

