

Cognitive Therapy Lecture Series

FREE

I Can't Talk To Them: Opening Communication With Our Challenging Loved Ones

Presented by
Colleen Auth, LCSW
Sharp Mesa Vista Hospital
Cognitive Intensive Outpatient program

Date: Tuesday August 7, 2012
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

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

*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. Ms. Auth will lead a lecture and discussion about opening the lines of communication with challenging loved ones. Please join us for this interactive and interesting topic.

