



## Cognitive Therapy Lecture Series

## 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

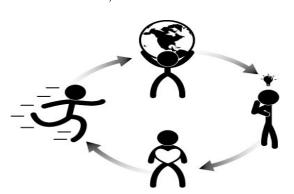
Ed Building

Cost: FREE

Registration: 1-800-82SHARP or online at

www.82sharp.sharp.com

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 limes of communication with challenging loved ones. Please join us for this interactive and interesting topic.



FREE

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.