

Cognitive Therapy Lecture Series

Learning to Surf the Emotion Wave:

Gaining Skills to Ride Life's Ups and Downs

FREE

Presented by
Christy Chen, LCSW
Licensed Clinical Social Worker
Sharp Mesa Vista Hospital

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

Date: Tuesday July 6, 2010
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Education Building
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. Mrs. Chen will lead a lecture and discussion about gaining skills to ride life's ups and downs. Please join us for this interactive and interesting topic.

