

Cognitive Therapy Lecture Series

Motivation:

Strategies for Moving Forward

FREE

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
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Presented by
Risha Bale, Ph.D.
Licensed Clinical Psychologist
Sharp Mesa Vista Hospital

Date: Tuesday September 7, 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

*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. Bale will lead a lecture and discussion about strategies for moving forward. Please join us for this interactive and interesting topic.

