



## Cognitive Therapy Lecture Series

## **Motivation:**

How To Get It If You Don't Have it, How To Keep It If You Do

> Presented by Amanda Gutierrez Psy.D. Post Doctoral Fellow Sharp Mesa Vista Hospital

Date: Tuesday January 5, 2010

Time: 6:00pm—7:00pm

Location: Sharp Mesa Vista Hospital

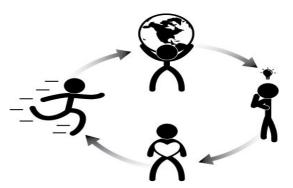
**COG IOP Classroom** 

Cost: FREE

Registration: 1-800-82SHARP or online at

www.82sharp.sharp.com

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. Gutierrez will lead a lecture and discussion about how to get motivation if you don't have it and how to keep it if you do. Please join us for this interactive and interesting topic.



FREE

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

The Cognitive
Therapy Lecture
Series meets
monthly on the
FIRST
TUESDAY of
each month.
Presenters are
experienced
clinicians in the
community.