

Cognitive Therapy Lecture Series

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.*

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.

