

# Cognitive Therapy Lecture Series

## Get Off the Emotional Rollercoaster: Learn to Identify Your Emotions and Love Them

**FREE**

Presented by  
Suhair Erikat, LMFT  
Licensed Marriage and Family Therapist

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7850 Vista Hill Avenue  
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858-836-8459*

Date: Tuesday July 5, 2011  
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](http://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. Ms. Erikat will lead a lecture and discussion about learning to identify your emotions and love them. Please join us for this interactive and interesting topic.

