

Cognitive Therapy Lecture Series

FREE

Ouch! That Hurts.....:

The Relationship Between Pain and Depression

Presented by

Kat Olsen, MA

Pre Doctoral Intern

Sharp Mesa Vista Hospital

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
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Date: Tuesday August 3, 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. Olsen will lead a lecture and discussion about the relationship between pain and depression. Please join us for this interactive and interesting topic.

