



Cognitive Therapy Lecture Series

Overcoming Procrastination

Increasing Motivation to Achieve Your Goals

Presented by
Maia Gill, M.S.
Psychology Intern
Sharp Mesa Vista Hospital

Date: Tuesday March 3, 2009

Location: Sharp Mesa Vista Hospital

COG IOP Classroom

6:00pm—7:00pm

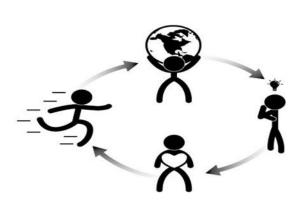
Cost: FREE

Time:

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. Ms. Gill will lead a lecture and discussion about learning skills to boost motivation and accomplish tasks. 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.