

Cognitive Therapy Lecture Series

**Reset Your Life:
Finding balance and following through
with goals to end procrastination.**

FREE

Presented by
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Post-Doctoral Fellow

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7850 Vista Hill Avenue
San Diego, CA 92123
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Date: Tuesday September 6, 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

*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. Dr. Hebert will lead a lecture and discussion about using a cognitive approach to solving our problems. Please join us for this interactive and interesting topic.

