

Cognitive Therapy Lecture Series

The Cognitive Model of Anger

Presented by
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Sharp Mesa Vista Hospital

FREE

*Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-694-8459*

Date: Tuesday July 1, 2008
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Cost: FREE

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. Please join us for a lecture and discussion about the causes and treatment of anger using a cognitive therapy framework. Please join us for this interactive and interesting topic.

*The Cognitive
Therapy Lecture
Series meets
monthly on the
FIRST
TUESDAY of
each month.
Presenters are
experienced
clinicians in the
community.*

