



## Cognitive Therapy Lecture Series

## **Tolerating Distress**

Understanding and Treating Borderline Personality Disorder

Presented by
Christy Chen, LCSW
Licensed Clinical Social Worker
Sharp Mesa Vista Hospital

Date: Tuesday January 6, 2009

Time: 6:00pm—7:00pm

Location: Sharp Mesa Vista Hospital

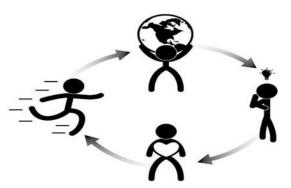
COG IOP Classroom

Cost: FREE

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. Christy Chen will lead a lecture and discussion about tolerating distress related to the diagnosis of Borderline Personality Disorder. Please join us for this interactive and interesting topic.



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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.