

Cognitive Therapy Lecture Series

Tolerating Distress Understanding and Treating Borderline Personality Disorder

FREE

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

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

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

*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. 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.

