

Cognitive Therapy Lecture Series

Understanding Depression

FREE

Presented by
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Sharp Mesa Vista Hospital

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
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Date: Tuesday October 7, 2008
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
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. Jenkins will lead a lecture and discussion about the causes and treatment of depression using a cognitive therapy framework. Please join us for this interactive and interesting topic.

