

Cognitive Therapy Lecture Series

What Does Forgiveness Mean? How to Begin to Let Go

FREE

Presented by
Wegdan Hanna, Ph.D.
Therapist, Cognitive Program
Sharp Mesa Vista Hospital

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-836-8459

Date: Tuesday October 2, 2012
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. Hanna will lead a discussion on forgiveness in relationships and how does one begin to move forward. Please join us for this interactive and interesting topic.

