



# Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



**Amanda Gutierrez, Psy.D.**

## Emotion Regulation and Self-Harm Behavior

Effective emotion regulation includes the ability to recognize that you are having an emotional response, understand what the emotional response is, and accept your emotional responses (rather than reject or react to them). Dr. Gutierrez will discuss the basic concepts of emotion regulation, skills to assist in regulating emotions effectively, and the relationship between emotion dysregulation and self-harm behaviors.

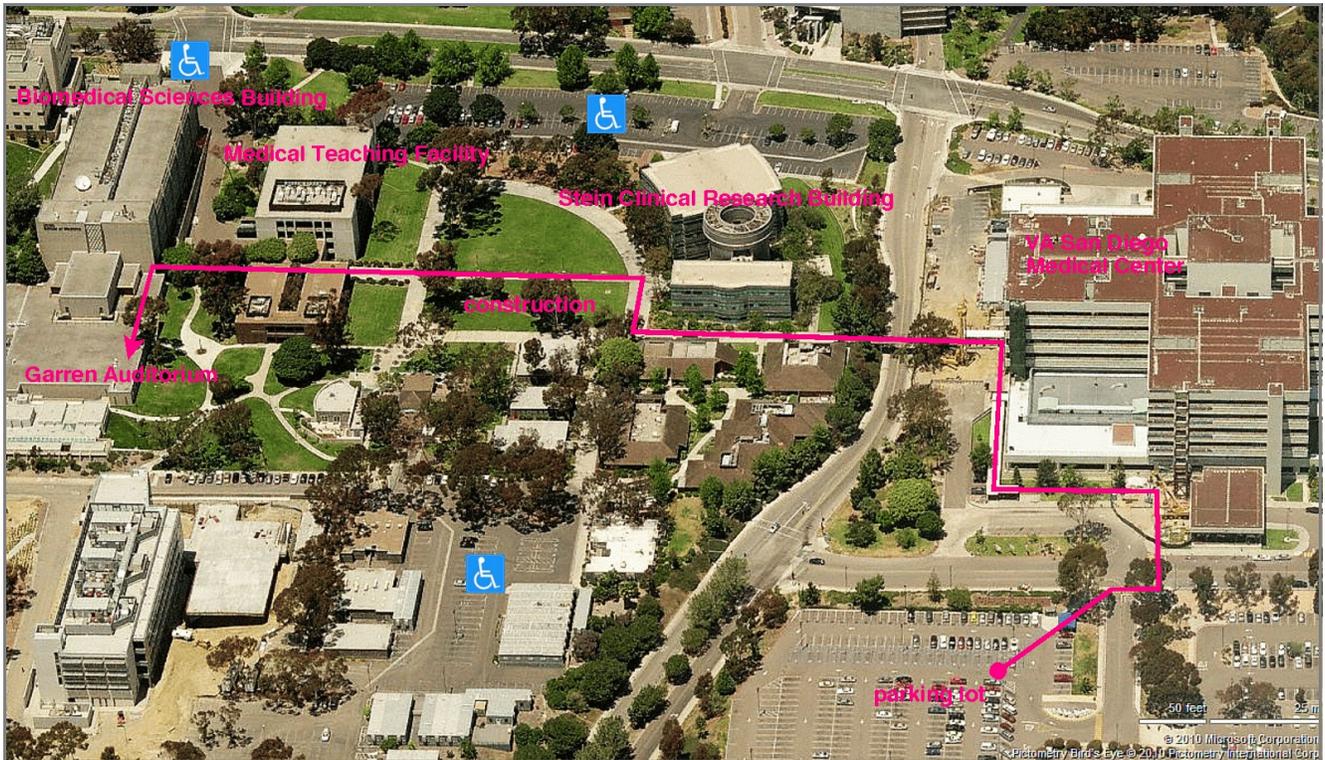
**When** Monday, 10 January 2011  
6:00pm – 8:00pm

**Where** Garren Auditorium  
Biomedical Sciences Building, Medical School Campus  
University of California, San Diego  
La Jolla, California

Dr. Gutierrez is a licensed clinical psychologist who earned her doctoral degree, in clinical psychology with a family emphasis, from Azusa Pacific University in 2009. She has received intensive training in DBT at the Outpatient DBT Programs at Harbor UCLA Medical Center. She also received intensive training in evidence-based treatments for severe depression, anxiety, and other problems related to emotion dysregulation. She completed her post-doctoral fellowship at Sharp Mesa Vista Hospital in their Cognitive and DBT Intensive Outpatient Programs.

Dr. Gutierrez is an adjunct professor in the Marriage and Family Therapy program at the University of San Diego, of which she is also an alumna. She continues to hold a psychologist position at Sharp Mesa Vista Hospital and is a staff psychologist at the DBT Center of San Diego. Dr. Gutierrez has experience treating children, adolescents, adults, seniors, and their families.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, see <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



# Walking Directions to Garren Auditorium

**Follow the DBSA San Diego signs with the blue arrows along the way.**

1. Start in the parking lot and walk to the bus stop in front of the VA San Diego Medical Center (usually called the VA Hospital in La Jolla).
2. Walk **west** to the covered outdoor corridor, turn **right** and walk down that corridor (along the western edge of the hospital) until you turn **left** when you get to the footbridge crossing Villa La Jolla Drive. Walk over that footbridge.
3. Continue walking past the **Stein Clinical Research Building** (on your **right**).
4. To avoid the construction area, follow the sidewalk **right** and then **left** where the fence ends, continuing toward the **Medical Teaching Facility** building.
5. Walk under the overhead walkway connecting the two parts of **Medical Teaching Facility**.
6. Continue walking until you reach the **Biomedical Sciences Building**.
7. Enter the large glass sliding doors and turn immediately **left** down a corridor, where there is a sign saying **Garren Auditorium** is in Room 1105.
8. Walk down the corridor, turning **right**, then **left**.
9. **Garren Auditorium** is down the first hallway to your **left**, Room 1105. You can enter at the bottom, where the lecturer is, or continue until you see a staircase going up on your **right**. This will take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7pm, so please be sure to arrive before then.