



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Divya Kakaiya, Ph.D., CEDS

Brain 101: Impulse Dysregulation and Understanding your Brain

This interactive presentation will illustrate a simple way to understand the brain and some of the amazingly easy ways we can regulate our brains.

Neurofeedback as a treatment modality will also be discussed, in addition to other, more holistic ways, of tending to our brains.

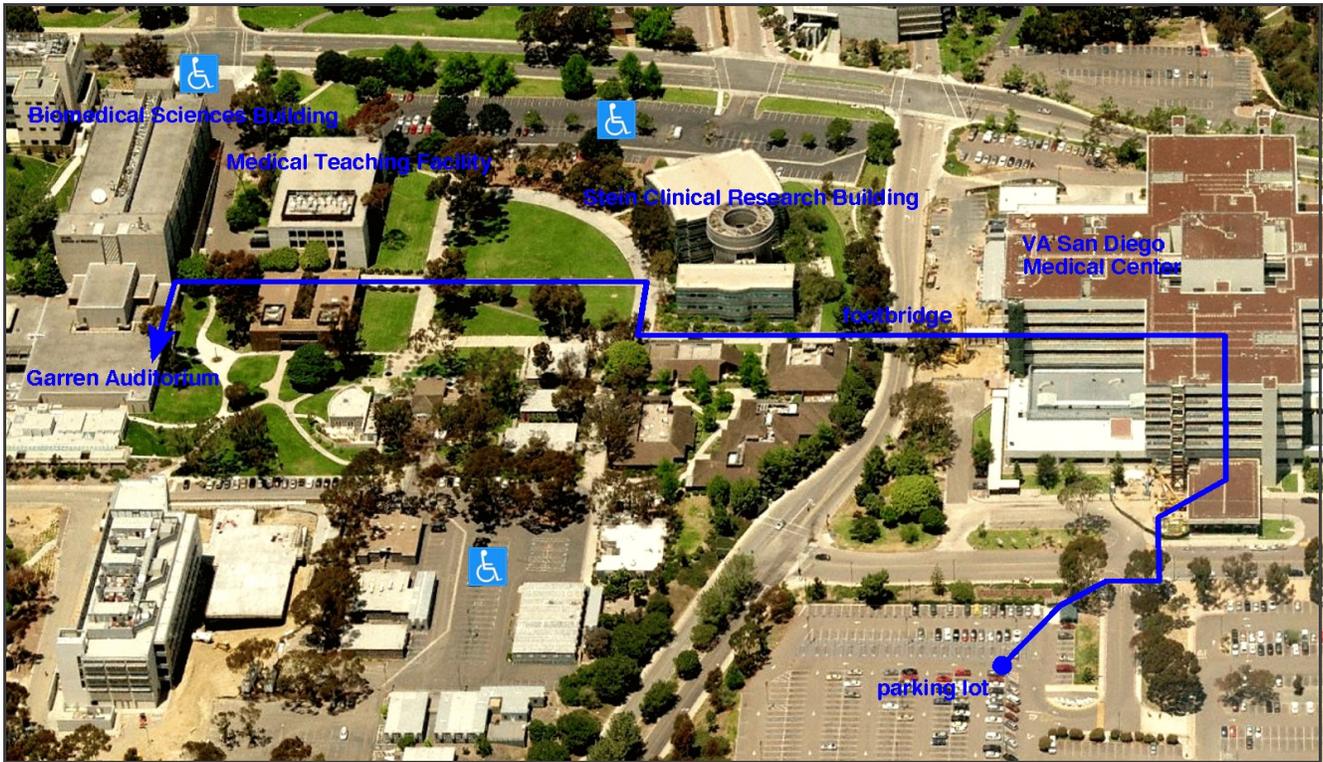
**when Monday, 01 October 2012
6:00pm – 8:00pm**

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

Dr. Divya Kakaiya, a licensed psychologist, has been practicing in San Diego for the last 28 years and is a pioneer in her field.

For more information about her seasoned background, please visit Dr. Kakaiya at <http://www.healthywithin.com/>.

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, visit the UCSD page <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. From the parking lot, walk into the front (south) entrance of the VA San Diego Medical Center. Continue straight until you reach the center of the hospital, where you'll see the banks of elevators as well as a large compass on the floor.
2. Turn **left** (west) at the compass and keep going, out the glass doors and over the footbridge that spans Villa La Jolla Drive.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. Follow the sidewalk **right** and then make the next **left** turn, continuing toward the Medical Teaching Facility building.
5. Walk under the walkway that connects the north and south parts of the Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and immediately turn **left** down the corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor. Garren Auditorium will be on your **right**, Room 1105. You can enter at the bottom, where the lecturer is, or continue a bit farther until you see a staircase on your **right**, which would 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 7:00pm, so please be sure to arrive before then.