



Depression and Bipolar Support Alliance *of San Diego*

DBSA San Diego presents ...

Cognitive Therapy for Depression: Critical CBT Tools in Group Therapy

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Cognitive Therapy (Cognitive Behavioral Therapy, or CBT) has been shown to be the most effective method of treating depression. This meeting will discuss the way in which CBT can successfully treat depression using the most important tools that help lead to remission and prevent relapse of depression. The presentation will also address how group therapy is especially effective for treating depression.

Dr. Murphy is primarily the senior therapist with the Cognitive Intensive Outpatient Program (Cog-IOP) at San Diego's Sharp Mesa Vista Hospital.

When: Monday, 05 May 2008
6:00pm – 7:30pm

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

There is free parking in the parking lot for the VA Hospital, which is adjacent to the School of Medicine campus at UCSD. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. See the map on the back of this sheet for explicit directions.