



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Rafael M. Reyes, Psy.D.

Licensed Clinical Psychologist, PsychSanDiego

Getting Ready: Using Cognitive Therapy Tools to Prepare for the Expected

Please join Dr. Reyes for a discussion on how to use basic and simple cognitive therapy techniques to prepare for life's everyday obstacles. In life there is so much we face that we cannot prepare for, we might as well prepare for what we can! We tend to prepare for the big challenges in life (most times) but fail to prepare for daily changes which often leads to feelings of being buried under insurmountable obstacles. Using simple cognitive techniques can help us be prepared for the expected, but often ignored, challenges in life thus leading to a stronger sense of stability and control.

Dr. Reyes will explain how some simple changes to our thinking can help us deal with challenges and reduce the anxiety and negative impact stress has on our lives. He will also explain how simple behavioral changes can help regain control when faced with increasingly chaotic obstacles. The ultimate goal of this presentation will be to empower the audience to *Get Ready* for the daily challenges they face and avoid getting buried in stress!

Dr. Reyes will be available after the presentation to answer questions.

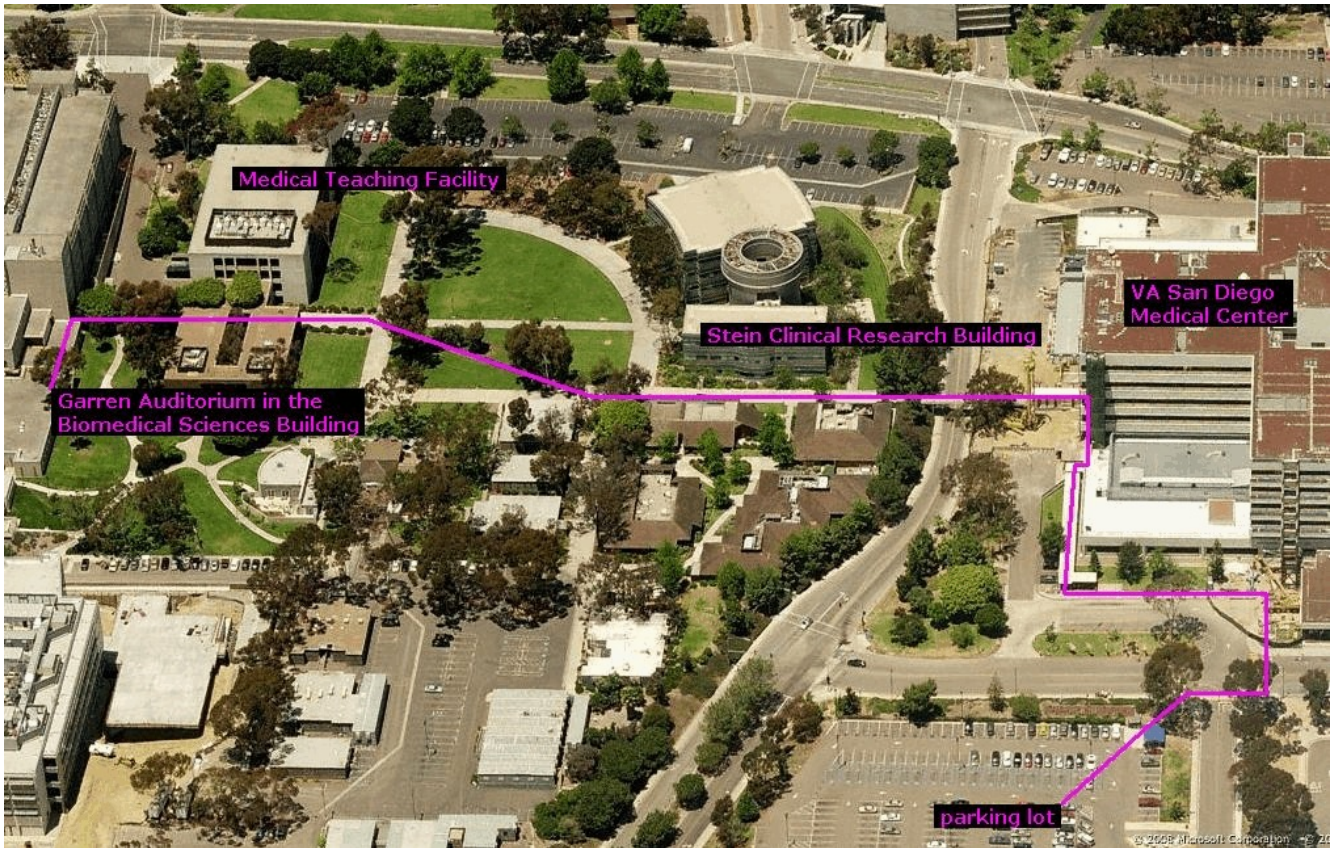
When Monday, 01 March 2010
6:00pm – 7:30pm

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

Rafael M. Reyes, Psy.D., is a licensed clinical psychologist and co-founder of PsychSanDiego. He works with both adults and children and specializes in treating depression and bipolar disorders, anxiety disorders, and behavioral disorders in children and adolescents.

For further information about Dr. Reyes, visit <http://www.psychsandiego.org/about.htm>

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.*



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 north down that corridor, along the western edge of the hospital, until you turn left (west) when you get to the footbridge.
3. Walk over the footbridge that crosses Villa La Jolla Drive.
4. Walk past the **Stein Clinical Research Building** (on your right).
5. On your right, you will see a diagonal asphalt path starting near a fire hydrant. Walk down that path to the **Medical Teaching Facility** building.
6. When you reach the end of the asphalt path, walk under the overhead walkway connecting the two parts of the building. Continue until you reach the next building, which is 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. Enter where it says Room 1105 (the bottom/front of the room, where the lecturer will be) and take a seat. Alternatively, continue until you see a staircase going up on your right. This will take you to the top/back of the auditorium.

Signs will be posted along the route from the parking lot to Garren Auditorium.