



THERAPY?

Therapy: What is it? Why do people go?

So many questions, so little time! Come and find out what psychotherapy is, why and when people go, and why it's not as complicated as you might think. Join Phil Boissiere, MFT of De Anza College Psychological and Health Services as he sheds some light on modern therapeutic approaches and what therapy is really all about.

This workshop is the third in a series of five workshops, brought to you by De Anza College Psychological and Health Services.

February 28, 2012 from 11:30am – 12:30pm

Don Bautista Room, Hinson Campus Center, De Anza College

These workshops are educational and not intended to provide diagnosis or treatment. For more information on the presenter, please visit www.cognitivetherapysf.com

— FREE —