

*A VERY SPECIAL LECTURE SERIES AT TEMPLE BETH SHOLOM
OF THE EAST VALLEY*

3400 N. Dobson Rd., Chandler AZ 480-897-3636 www.tbsev.org

How To Slay The Worry Monster
with Dr. Martin Sodomsy

Dr. Martin Sodomsy, aka "Dr. Anxiety," is a psychiatrist who has specialized in generalized anxiety disorder for more than 20 years. He has successfully treated hundreds of anxiety sufferers in Tucson, AZ, and in San Diego, CA. Dr. Sodomsy was also an Associate Clinical Professor at UCSD. He and his wife Marilyn have recently moved to Chandler. See his website at: www.DoctorAnxiety.net

Dr. Sodomsy's presentations use the theoretical framework of cognitive behavioral therapy. According to this type of therapy, problems of anxiety and depression are related to overly negative thinking patterns. The good news is that once these patterns are clearly identified, they can be modified. To say it another way, "you feel the way you think," and so by thinking differently about your life, you will then feel happier and more hopeful.

Lectures will be held on Sundays in the TBS Social Hall on the dates listed below. Each session will begin with lunch at 12:30 p.m. followed by Dr. Sodomsy's presentation from 1-2 p.m, including time for questions and answers. Dr. Sodomsy's book, *How to Slay the Worry Monster: The Tools You Need to Defeat Anxiety Once and for All*, will be available for purchase.

Although there is no charge for these events, an **RSVP** is needed **two weeks prior to each date** for **lunch** planning purposes and for **childcare** needs. Childcare will be provided free of charge by the USY; pre-registration for childcare is required.

[RSVP to debora.bloom@tbsev.org](mailto:debra.bloom@tbsev.org)

TOPICS AND DATES:

January 24: Generalized Anxiety Disorder, Panic Disorder, and Agoraphobia

February 7: Social Anxiety Disorder, Obsessive Compulsive Disorder, and Post-Traumatic Stress Disorder

March 6: Depression

April 3: Relationship Difficulties