

BEYOND A SHADOW OF A DIET: THE TREATMENT OF OVEREATING AND BODY IMAGE

Labyrinth Counseling and Consulting Center is proud to host **Beyond a Shadow of a Diet** a training workshop for professionals, presented by:

Judith Matz, MSW, LCSW

Director, The Chicago Center for Overcoming Overeating, Inc.

Co-author: *Beyond a Shadow of a Diet* and *The Diet Survivor's Handbook*

WORKSHOP OVERVIEW:

Join us to learn the non-diet approach to the treatment of compulsive/binge eating. Understand the primary causes of overeating eating and discover how the three steps of attuned eating – using internal cues to decide when, what and how much to eat - allow clients to make peace with food. Learn how to address emotional overeating and body image issues, as well as a new paradigm for health that is based on wellness rather than weight. Participants will also explore their own attitudes toward food, dieting and weight, and move toward greater awareness of how they *themselves* can become positive agents for change in promoting attuned eating and body acceptance.

WORKSHOP DATE AND TIME

Date: Friday, November 5, 2010

Registration Time: 8:15 am

Promptly Start At: 8:45 am, End At 4:30 pm

WORKSHOP LOCATION (see www.LabyrinthCounseling.com)

Labyrinth Counseling Center (*for directions see the website*)

1770 Park Street, Suite 109

Naperville, IL. 60563

REGISTRATION INFORMATION (see attached registration form)

Early Registration Fee: \$130.00 (by October 15th)

Late Registration: \$145.00 (October 16th or later)

CEU's: add \$20.00 per registration

PROFESSIONAL INFORMATION DEVELOPMENT HOURS (CEU'S)

Six continuing education units (CEU's) will be available for all LCSW, LSW, LCPC, LPC, and LMFT professionals wishing to participate.

CONTACT INFORMATION:

Jessica Andrews, MS, PhD

Phone: (630) 207-1822; E-mail: jsscandrews@yahoo.com

**BEYOND A SHADOW OF A DIET:
THE TREATMENT OF OVEREATING AND BODY IMAGE**

Judith Matz, MSW, LCSW

A Workshop Sponsored by Labyrinth Counseling Center on
Friday, November 5, 2010, from 8:45 to 4:30pm
Naperville, IL

Workshop Registration Options:

- If registering by check: simply complete and mail this form along with payment to Labyrinth Counseling Center (see address below)
- If registering by credit card: you may email, fax, or mail registration info to Labyrinth Counseling Center (see info below)
- You may also visit our website to register: www.LabyrinthCounseling.com

Registration Instructions:

___ \$130, if registering by Oct 15, 2010

___ \$145, if registering Oct 16 or after

___ \$20, if requesting CEUs: License: ___ LCPC ___ LCSW ___ LMFT

License #: _____

Name: _____

Address: _____

Phone #'(s): _____

Email: _____

For payment by Visa or Mastercard:

Credit Card #: _____ Exp. Date: _____

Signature: _____

Contact info for registration, questions and directions:

Labyrinth Counseling Center, Inc.
Overeating Workshop Registration
1770 Park St., Suite 109
Naperville, IL 60562
For directions go to: www.LabyrinthCounseling.com

Fax: (630) 305-5708
Contact: Jessica Andrews, Ph.D.
Email: jsscandrews@yahoo.com
Phone: (630) 207-1822

Cancellation Provisions: Up to 14 days prior to your training date, you may receive a refund of the base registration fee, minus a processing fee of \$25.00.

PRESENTER BIO

Judith Matz, MSW, LCSW is the co-author of two books on the topics of eating and body weight: *The Diet Survivors Handbook: 60 Lessons in Eating, Acceptance and Self-Care* (Sourcebooks 2006) and *Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating* (Brunner/Routledge 2004). She is a Licensed Clinical Social Worker and has worked in the field of eating problems for the past 24 years. She received her master's degree from the University of Michigan and completed a post-graduate fellowship at Michael Reese Hospital, with an emphasis on eating disorders.

Currently, Judith is the director of the *Chicago Center for Overcoming Overeating, Inc.*, an organization dedicated to ending the preoccupation with food and weight through educational programs and counseling. She is a frequent presenter at local and national conferences, and she has a private practice in Skokie, Illinois. Descriptions of her work have appeared in numerous media outlets including *NBC News* with Nesita Kwan, *Good Housekeeping*, *Fitness*, *Self*, *Shape*, *Today's Dietitian*, *Today's Diet and Nutrition*, *The Healing Arts Guide*, and the *LA Times*. Her website is at www.dietsurvivors.com

LEARNING OBJECTIVES

- 1) Participants will understand the two major causes of compulsive/binge eating
- 2) Participants will be able to identify and implement the three steps of attuned eating
- 3) Participants will learn a definition of health that is not based on weight loss