



***Emotional and Binge Eating, Chronic Dieting, and Shame:  
What Therapists Need to Know***

Presented by  
**Judith Matz, LCSW**

**Thursday & Friday, May 30 & 31, 2019**  
**12 CE Credits for Mental Health Professionals**

**Author of:**

- ***Beyond a Shadow of a Diet***  
*The Comprehensive Guide to Binge Eating Disorder, Compulsive Eating, and Emotional Overeating*
- ***The Diet Survivors Handbook***  
*60 Lessons in Eating, Acceptance and Self-Care*
- ***Amanda's Big Dream***

**Thursday & Friday, May 30 & 31, 2019**

***Wyndham Lancaster Resort & Convention Center***  
**Lancaster, PA**

**Or attend via Live Webinar from any computer**

**Live Webinar Option**

You can view this Seminar in real time as a live interactive Webinar on your computer via any high speed internet connection. Many states accept our Interactive Webinar attendance as Live CE credits.

Email [jk@jkseminars.com](mailto:jk@jkseminars.com) for more information and a link to preview the Webinar website:

**Audience**

**Human Service Professionals**

Practice Level –Intermediate

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Child and Adolescent Psychiatrists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Occupational Therapists
- Rehabilitation Counselors
- Graduate Students

**12 CE Hours Credit for Most Professions**

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals
- Occupational Therapists

**All Professional Attendees Must Pick Up Their  
Certificates at the End of the Seminar**

**Webinar attendees will receive their certificate in the  
mail a week after the webinar**

**Register Toll Free - (800) 801-5415**



# *Emotional and Binge Eating, Chronic Dieting, and Shame: What Therapists Need to Know*

Presented by

**Judith Matz, LCSW**

**Thursday & Friday, May 30 & 31, 2019**

*Wyndham Lancaster Resort & Convention Center—Lancaster, PA*

## **Overview**

While the treatment of eating disorders requires specialized training, it's important for all therapists to understand the paradigm shift happening in our field when it comes to eating problems and weight concerns.

In this in-depth workshop you'll discover how recovery from overeating and bingeing is more than a matter of self-control, weight loss, or even understanding the emotional triggers. Judith will teach you how to integrate multiple facets of treatment—including the attuned eating framework, the role of shame and self-compassion, emotional regulation, body image strategies, understanding weight stigma, and the Health At Every Size® paradigm—so that clients have the tools necessary to end overeating and develop a healthy relationship with food, their bodies, and themselves.

Judith will address these important topics using a variety of teaching approaches including lively didactic material, experiential exercises and small group interactions.

## **Objectives—Participants will be able to describe:**

- Different types of clinical presentations regarding emotional and binge eating and weight issues
- How the 5 components of the diet-binge cycle result in chronic dieting and shame
- How to implement the three steps of attuned eating to reduce out of control eating
- The process of translating emotional issues into an eating and weight loss focus and techniques to regulate emotional distress without turning to food
- Strategies to cultivate a positive body image and combat internalized weight stigma
- The impact of weight stigma and personal bias on clients both within and outside of the treatment setting
- How understanding the body of research related to weight and health helps clients develop positive, sustainable behaviors to support physical and emotional wellbeing
- How to provide weight inclusive care through the Health At Every Size® (HAES) paradigm

## **Thursday, May 30, 2019**

8:15 a.m. Registration (*continental breakfast*)

### **9:00 Understanding the Problem**

- Types of Eating Problems
- Impact of Cultural Messages
- Why Diets Fail

### **The Diet-Binge Trap**

- Deprivation, Control, and Overeating
- The Role of Shame

10:25 Break (*coffee, tea, juice*)

### **10:40 Empowering Clients Through Attuned Eating**

- The Three Steps of Attuned Eating
- Common Obstacles

12:15 p.m. Lunch (*on your own*)

### **1:30 Emotional Overeating**

- Food as a form of affect regulation
- How self-compassion reduces overeating
- Mindful Practices

3:00 Break (*coffee, tea, iced tea, soda, snack*)

### **3:15 Case Studies and Beyond**

- Common Patterns for Adults
- Binge Eating Disorder and Trauma
- Families, Food, and Prevention

4:45 p.m. Adjournment

## **Friday, May 31, 2019**

7:45 a.m. Registration (*continental breakfast*)

### **8:30 Cultivating a Healthy Body Image**

- Understanding Internalized Weight Stigma
- Body Positive Strategies

9:55 Break (*coffee, tea, juice*)

### **10:10 Clinicians' Attitudes Toward Body Size**

- Exploring Views Toward Fat and Thin
- Impact on Clinical Treatment

11:45 Lunch (*on your own*)

### **1 p.m. Weight and Health**

- Common Myths
- Impact of Weight Stigma and Social Determinants of Health
- Wellness Beyond Weight

2:30 Break (*coffee, tea, iced tea, soda, snack*)

### **2:45 The Health at Every Size® Paradigm Shift**

- Clinical Challenges
- Developing a Weight Inclusive Practice

4:15 p.m. Adjournment (Pick Up Certificates)

**A large selection of books and home study programs will be available for sale at this Seminar. All items will be priced at least 6% below the publishers' list price.**

**See a full list of our upcoming Seminars and Webinars at [www.jkseminars.com](http://www.jkseminars.com)**

## Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Wyndham Lancaster Resort & Convention Center** (formerly the Lancaster Host - 2300 Lincoln Hwy E). Call the Hotel for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a discounted room rate

**We encourage reservations by April 18th**

Call *J&K Seminars* for information about other hotels  
800-801-5415

**Your nametag, registration receipt, and driving directions will be mailed to you about 3 weeks before this seminar**

For information visit [www.jkseminars.com](http://www.jkseminars.com)  
or email: [jk@jkseminars.com](mailto:jk@jkseminars.com)



## Continuing Education Certification

**Those who arrive late or leave early will not receive CE certificates of full attendance.**

**Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance.**

**Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days, (6 hours CE credit for each day)**

- *J&K Seminars, LLC* is approved by the **American Psychological Association** to sponsor continuing education for psychologists. *J&K Seminars, LLC* maintains responsibility for this program and its content.
- *J&K Seminars LLC*, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. *J&K Seminars* maintains responsibility for this course. ACE provider approval period: 01/27/2018 – 01/27/2021. Social workers completing this course receive 12 continuing education credits.
- **NJ Social Workers:** Please call *J&K Seminars* for updated status.
- *J&K Seminars, LLC* is an **American Occupational Therapy Association (AOTA)** approved provider - 1.2 CEUs *The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.*
- *J&K Seminars, LLC* is an approved provider of continuing education by **NAADAC & the Pennsylvania Certification Board -PCB** Approved Education for addiction and drug & alcohol professionals
- *J&K Seminars, LLC* has been approved by **NBCC** as an Approved Continuing Education Provider #5599. Programs that do not qualify for NBCC credit are clearly identified. *J&K Seminars* is solely responsible for all aspects of the programs.
- *J&K Seminars, LLC* is an approved provider of continuing education by the **Pennsylvania State Nurses Association**, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- *J&K Seminars, LLC* is approved by the PA Dept. of Education to award **Act 48** credit
- *J&K Seminars, LLC*, SW CPE is recognized by the **New York State Education Department's State Board for Social Work and State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed **Social Workers #SW-0174**, licensed **Marriage & Family Therapists #MFT0041**, and licensed **Mental Health Counselors #MHC-0077**

**Refund Policy:** Full refunds will be provided before April 18. A \$10 administrative charge will be deducted from refunds requested after April 18. No refunds will be given after May 28 or for "no-shows." If the program is cancelled for any reason, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees. To date, no *J&K Seminars* program has ever been cancelled.

***We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.***

**For more information, phone (800) 801-5415 or email - [JK@jkseminars.com](mailto:JK@jkseminars.com)**

## Judith Matz, LCSW

Judith is a Licensed Clinical Social Worker and has worked in the field of eating problems and weight concerns for the past 30 years. She received her Master's degree from the University of Michigan in 1980 and completed a post-graduate fellowship at Michael Reese Hospital in 1988 with an emphasis on eating disorders.

Judith is co-author of two books on the topics of eating and weight issues: *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating* (2<sup>nd</sup> edition, 2014) and *The Diet Survivors Handbook: 60 Lessons in Eating, Acceptance and Self-Care* (2006), and author of the children's book *Amanda's Big Dream*.

She is a frequent presenter at national and international conferences. Descriptions of her work have appeared in the media, including the *Psychotherapy Networker*, *New York Times*, *LA Times*, *Allure*, *Fitness*, *Self*, *Shape*, *Today's Dietitian*, *Diabetes Self-Management*, *NBC News Chicago*, *Huffington Post Live*, and she appears in the documentary *America The Beautiful 2*.

Judith has a private practice in Skokie, IL where she offers counseling services and professional consultation. She is a member of the National Association of Social Workers, the Association for Size Diversity and Health, and the Binge Eating Disorder Association.



J&K Seminars  
 904 Church Rd  
 Wyncote, PA 19095-1601



***Emotional and Binge Eating, Chronic Dieting, and Shame:  
 What Therapists Need to Know***

Presented by  
**Judith Matz, LCSW**

**Thursday & Friday, May 30 & 31, 2019**  
**Wyndham Lancaster Resort & Convention Center - Lancaster, PA**

OR  
**via Live Webinar from any computer**  
 Register by **April 18** for Discounted Early Registration Fee

**Bonus:** Seminar & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for 30 days following the presentation.



***Emotional and Binge Eating, Chronic Dieting, and Shame: What Therapists Need to Know***  
**Judith Matz, LCSW**  
**May 30 & 31, 2019 - Wyndham Lancaster Resort & Convention Center**

**Fees (In Person or Webinar)**

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by April 18) _____	\$130 per person-----	\$245 per person
Two or more together at the same time (by April 18) _____	\$115 per person-----	\$225 per person
Regular Registration (April 19-May 24) _____	\$145 per person-----	\$265 per person
Late Registration and Walk-Ins - No Webinar Registrations After May 24 _____	\$160 per person-----	\$285 per person

**Please Print - Name & Degree as you want them to appear on your CE certificate**

Name \_\_\_\_\_ Degree/License \_\_\_\_\_

In Person:  Both Days  May 30 Only  May 31 Only

Webinar:  Both Days  May 30 Only  May 31 Only

Agency \_\_\_\_\_

Mailing Address to receive your nametag & receipt:  Home  Work

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (W) ( ) \_\_\_\_\_ (H) ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_ Email \_\_\_\_\_

**Additional Information**

Your Profession: \_\_\_\_\_

Type(s) of CE Credit Desired: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FID# 23-3072383**

Visa/MC/Disc/Amex# \_\_\_\_\_ Exp. \_\_\_\_\_ Signature \_\_\_\_\_

3-Digit Verification # on back of Visa/MC/Discover \_\_\_\_\_ 4 digit # on front of AMX \_\_\_\_\_

\$ \_\_\_\_\_ Amount Authorized/Enclosed - Make Checks Payable To: **J&K Seminars**

**Send payment & form to J&K Seminars, 904 Church Rd, Wyncote, PA 19095 -1601**  
**OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at [www.JKSeminars.com](http://www.JKSeminars.com)**