

Registration Form

* Please Circle Appropriate Fee

** You can join now for \$115 for a 12 month membership and get the IMHCA membership discount!

	IMHCA Members	Non-Members
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|---|-------|-------|
| <input type="checkbox"/> Eating Disorders- Beginners Level- Jan. 20, 2012
1120 East Diehl Rd., Naperville, IL 60563 | \$120 | \$140 |
| <input type="checkbox"/> Eating Disorders- Advanced Level- Feb. 3, 2012
5201 Old Orchard Rd., Skokie, IL 60077 | \$120 | \$140 |

Name _____

Address _____

City _____ State _____ Zip _____

Email (please print clearly) _____

Phone _____

Payment Options:

- Check enclosed payable to IMHCA
- Credit Card (Master Card, VISA, American Express, Discover)

Card Number _____ Expiration _____

V-Code# * _____ Signature _____
(*MC/Visa/Discover: Last 3 Digit# on signature panel on back of card) (*American Express: 4-digit# above account# on face of card.)

To Register:

Online: www.imhca.org

Call: (815) 787-0515

Mail: P.O. Box 706
DeKalb, IL 60115

Fax: (815) 787-0505

Continuing Education Hours: This program is recognized as providing 6.0 CE's for: LPC / LCPC and LSW / LCSW (IDFPR license # 159-000650) LMFT (IDFPR license # 168-000148) NCC (for NBCC Provider No. 2014) IL State Board of Education Provider Code: 102295, CPDUS

Confirmation / Directions: Upon receipt of the registration form we will email confirmation letters and a location map. Maps are also available on our website. <http://www.imhca.org>

Refund policy: Registrations, cancelled before seven days prior to the workshops, can be refunded minus a \$20 administration fee. No refunds can be made seven days prior to the workshops. If your application for licensure is not approved by the State of Illinois, you can receive a full refund and/or credit on future test prep workshops. Workshops may be cancelled or rescheduled due to inadequate registration or other circumstances beyond our control. If IMHCA cancels a workshop due to inadequate registration, you will receive a full refund. IMHCA is not responsible for any loss or damage as a result of substitution, alteration, or cancellation of an event. IMHCA shall assume no liability whatsoever in the event that a workshop is cancelled, rescheduled or postponed due to fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. For purposes of this clause, a fortuitous event shall include, but not be limited to: war, fire, labor strike, extreme weather or other emergency. IMHCA will make every effort to offer a substitution event in the case IMHCA cancels because of a fortuitous event or Act of God.

Proof of IMHCA Membership: To receive the member discount you need to be a current member of ICA and the IMHCA division. If you are unsure, please call and we can verify your membership status.

Registration Deadlines: Registrations must be received by the IMHCA office one week prior to the workshop. Space is limited in each workshop.

Illinois Mental Health Counselors Association
P.O. Box 706
De Kalb, IL 60115



Non-Profit Organization
U.S. Postage Paid
Illinois Mental Health
Counselors Association

Eating Disorders- Beginner and Advanced Levels

**Beginner Level-
Friday, January 20, 2012
Northern Illinois University
at Naperville**

**Advanced Level-
Friday, February 3, 2012
Hampton Inn, Skokie**

**Sponsored by
IMHCA**

Questions?

Phone: (815) 787- 0515

Fax: (815) 787- 0505

E-mail:

myimhca@gmail.com

Website:

www.imhca.org

Schedule

Sign In :	8:30 am
Workshop	9:00 am - 12:00 pm
Lunch (on your own)	12:00 pm - 1:00 pm
Workshop	1:00 pm - 4:00 pm

Eating disorders are life-threatening behaviors that cause significant deterioration in a person's physical, social, psychological and spiritual functioning. A person begins to lose track of their goals and values. The eating disorder symptoms begin to take on a consuming, almost addictive, quality. Eating problems do not just affect a single person, but put terrible stress on their families and friends too.

What should you do?

The first step is to get information. Begin now! Do not let fear govern your decisions. That fear is coming from the eating disorder. Remember that eating disorders can be life-threatening.

Get a complete physical exam from your physician.

Schedule an eating disorder assessment with one of our specialists. Experts can give you the most specific and comprehensive information about your condition.

Seek out support and guidance from family and friends. These are the individuals who will be very important to your recovery.

How do you know if you have an eating disorder?

- Do you skip meals, limit calories, or cut out certain food groups?
- Do you spend a lot of time thinking about food or your behaviors to control what's going on in your life?
- Do you spend most of your time thinking about, dealing with, or avoiding food rather than hanging out with your friends?
- Does your relationship with food or your body impact your ability to manage work, school, or relationships?
- Do you binge eat or emotionally eat?
- Do you use diuretics, laxatives, diet pills, or vomit in order to lose weight?
- Have other people told you that you are underweight when you feel like you are over weight?
- Do you sacrifice time with friends and family to exercise?
- Do most of your thoughts revolve around food and body image or your behaviors associated with food and weight?

Beginner Level

January 20, 2012
Friday
NIU-Naperville
1120 East Diehl Rd.
Naperville, IL 60563

Advanced Level

February 3, 2012
Friday
Hampton Inn
5201 Old Orchard Rd.
Skokie, IL 60077

Maps located on our website: www.imhca.org

Description

The presentation series will be divided into two workshops.

PART ONE: The Basics...

This presentation will cover the fundamentals of eating disorders. Attendees will gain a better understanding of:

- Current diagnostic criteria and proposed DSM 5 diagnostic criteria
- Common characteristics, signs and symptoms
- Cognitive, physiological/medical and emotional complications
- How to conduct a thorough assessment
- Determining appropriate mode of treatment based on level of care guidelines
- Purpose and function of eating disorder behaviors beyond food and weight issues
- The role of the dietitian and the meal plan
- The process of refeeding and what to expect
- Goals for treatment interventions
- How to appropriately support and assist the client in developing healthier patterns of intake and coping

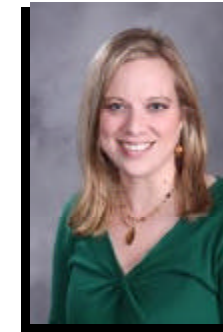
PART TWO: ...and Beyond

This presentation will cover more advanced topics in the ongoing assessment and treatment of eating disorders. Attendees will gain a better understanding of:

- The Stages of Change in relation to the eating disorder population
- How to work with the resistant client
- Body image perception, distortion, disturbance and how to address in session
- Family involvement: Adolescents vs. Adults Co-occurring disorders

The presenters are both from Alexian Brothers Behavioral Health Hospital and have over 30 years combined direct services experience.

Michelle Gebhardt, PsyD., is a Licensed Clinical Psychologist and the Clinical Coordinator of the Inpatient Center for Eating Disorders and Self-Injury Recovery at Alexian Brothers Behavioral Health Hospital. She is President of the Heartland Chapter for the International Association of Eating Disorder Professionals (iaedp) which serves professionals in: Illinois, Missouri, Wisconsin, Michigan, Iowa, Indiana and Ohio. Dr. Gebhardt also treats patients and families within the Alexian Brothers Outpatient Group Practice in Hoffman Estates, Illinois. Dr. Gebhardt treats males and females across the lifespan focusing on individual, family and group therapy for both the eating disorder and self-injury population along with clinical program development. She treats all categories of eating disorder and non-suicidal self-injury behaviors and other complex difficulties that may be associated such as: body image disturbance, emotional dysregulation, mood disorders, history of trauma/abuse, personality disorders and relationship issues. She is affiliated with iaedp, the Illinois Psychological Association and the International Society for the Study of Self-Injury.



Denise M. Styer, PsyD. is the Director of The Centers for Eating Disorders and Self-Injury Recovery Services Outpatient Programs at Alexian Brothers Behavioral Health Hospital. Dr. Styer is a graduate of the University of Wisconsin – Milwaukee and obtained her Doctorate in Clinical Psychology from The Adler School of Professional Psychology. Denise has 20 years experience with eating disorders, self-injury, trauma, and high-risk behaviors. The Centers for Eating Disorders and Self-Injury Recovery Services Outpatient Programs provide services for adolescents and adults. Denise also manages the Eating Disorder Adult Evening Program specifically tailored for the working adult. Denise has a private practice in Palatine/Inverness since 2006. Dr. Styer regularly conducts presentations around the Chicago land area educating the community on recent trends in the fields of Eating Disorders, Self-Injury, as well as Suicide Risk Awareness and Assessment. Denise is affiliated with the Illinois



Psychological Association, the International Society for the Study of Self-Injury (ISSS) and International Association of Eating Disorders Professionals (iaedp). Denise is the Webmaster for ISSS and Education Chair for iaedp. She has published in the Psychiatry Research and The Prevention Researcher.

How important is the family?

Without a family's involvement in therapy, an eating disorder patient is much more likely to relapse. Even if the patient shows only minimal progress during treatment, but the family is strengthened, then the prognosis is still favorable!