



## *Virtual*

This program qualifies for 3.0 continuing education credits

Level: Introductory: Assumes post-doctoral education status and limited familiarity with topic.

Location: Registrants will receive a Zoom link to access the session online

### **About the Program:**

Weight bias has been called the last acceptable form of prejudice and can emerge in many settings, including healthcare. Unfortunately, behavioral health clinicians are not immune from perpetuating weight bias with their patients; these biases can impact providers' perceptions, diagnoses, and treatment recommendations. For example, research has suggested that therapists expect poorer outcomes, are more likely to diagnose eating disorders, and hold stereotypical beliefs (e.g., they are "lazy") about their patients of larger body sizes. Understandably, these biases can impact therapeutic rapport or treatment efficacy, ultimately causing serious harm to patients. This program will discuss the vast literature on weight bias as an important diversity characteristic that is often overlooked, including its etiology, perpetuating factors, and impacts on mental and physical health. Additionally, this program will provide concrete strategies and recommendations for clinicians to incorporate into their practice to optimize care for size-diverse individuals. Participants can expect an interactive presentation with opportunities for self-reflection, examination of our own biases, exploration of weight-biased content in popular culture, and large and small group discussion.

*This program qualifies for 3.0 continuing education credits. Attendees must attend the entire session to gain credit.* Registration fee includes access to live webinar, program agenda, program PowerPoint, and continuing education certificate.

*The speakers have indicated no conflicts of interest to report.*

Participants will be able to:

1. Describe the construct of weight bias and its implications in psychotherapy and behavioral interventions.
2. Explore the impact of weight bias in your personal life and clinical practice.
3. Use weight bias reduction strategies with your patients to enhance the quality of care for size-diverse individuals.

About the Presenter:

**Afton Koball, Ph.D., LP, ABPP**, is a clinical health psychologist and Senior Associate Consultant at Mayo Clinic in Rochester, MN. She completed her doctoral degree at Bowling Green State University in Bowling Green, OH; internship training at Rush University Medical Center in Chicago, IL, and postdoctoral fellowship at Mayo Clinic

in Rochester, MN. Dr. Koball's primary clinical focus is in weight management and binge eating intervention. She works with individuals with pre- and post-bariatric surgery and those pursuing behavioral or medical weight management options. Dr. Koball has a particular clinical interest in the mitigation of weight bias experiences for her patients. Dr. Koball's research interests are in the area of psychosocial correlates of obesity and bariatric surgery including weight bias, social media use, and post-surgery support optimization.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**Accessibility Accommodations:** If you need disability related accommodations to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

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Registration is available until the event begins.

Fee: MPA member: \$60 Non-member: \$95 Student: \$15 Retired-member: \$30 (No CE Credit) *Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$

Check (made payable to MPA) Visa MC American Express *All credit card fields are required*

Card Number:

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