

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, May 3, 2019

Acceptance Based Approaches for Weight Stigma and Client Weight Concerns

Margit I. Berman, Ph.D., LP

Registration: 8:30 – 9:00 a.m.

*This session is at the intermediate level
and is designed for psychologists and other
mental health professionals.*

Location:

Metropolitan State University – St. Paul Campus Auditorium
700 East Seventh St., St. Paul, MN 55106

Program: 9:00 a.m. – 12:00 p.m.

About the Program:

This program qualifies for 3.0 continuing education credits.

Clients often present with weight concerns and related distress (e.g., depression, eating disorders, body image concerns, stigma) which are not effectively treated with behavioral weight loss. Larger-bodied clients with these concerns are also often exposed to anti-fat stigma, causing further mental, physical, and social challenges. Self-acceptance-based treatments are emerging to enhance clients' mental and physical health and address weight stigma without focusing on weight loss. Participants learn the need, for an evidence, supporting acceptance-based approaches to weight concerns, including Acceptance and Commitment Therapy (ACT) and Health At Every Size (HAES®), as well as an integrative psychotherapy, Accept Yourself! which combines ACT and HAES to enhance the mental and physical health of psychologically distressed obese women.

Participants will be able to:

1. Describe and challenge stereotypes about current research on behavioral weight loss interventions, healthful eating approaches, and the health effects of obesity.
2. Summarize current research on anti-fat stigma and discrimination and provide a rationale for a non-weight-loss approach to health for weight-concerned clients.
3. Describe non-weight-loss self-acceptance approaches to mental

and physical wellness and weight management for clients with weight concerns.

About the Presenter:

Margit I. Berman, Ph.D., LP, has a Ph.D. in counseling and social psychology from the University of Minnesota. She is currently assistant professor of psychiatry at the Geisel School of Medicine at Dartmouth and was an associate professor of clinical psychology at the Minnesota School of Professional Psychology at Argosy University. She was a recipient of the 2015 Hitchcock Foundation Scholars Career Development award for her research and development of the Accept Yourself! intervention for women with obesity and depression. She is a feminist cognitive-behavioral therapist who trains clinicians in Acceptance and Commitment Therapy and self-acceptance based interventions throughout the US. She authored the self-help workbook and clinician manual for Accept Yourself!

Margit I. Berman, Ph.D., LP reports the following conflicts: Publication of two books describing the Accept Yourself! approach, authoring these books and receiving \$2000 publication advance.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

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.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. 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.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



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. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

MPA First Friday Forum • May 3, 2019

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

If you register **by** April 26, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** April 26, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. date: _____ Security Code: _____

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

4248 Park Glen Road

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P: 952-928-4657 • F: 952-929-1318



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LOCATION: Metropolitan State St. Paul Campus, Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

