

FIRST FRIDAY FORUM

Friday, January 8, 2016

Afton Koball, Ph.D., L.P.
Karen Grothe, Ph.D., L.P., ABPP

COGNITIVE BEHAVIORAL THERAPY FOR BINGE EATING DISORDER

Registration: 8:30 – 9:00 a.m.

Program: 9:00 a.m. – 12 p.m.

Location: Metropolitan State University, St. Paul Campus
Library, 3rd floor, Ecolab Room (*note new room*)
645 East Seventh St., St. Paul, MN 55106

About the Program:

This program qualifies for 3.0 continuing education credits.

This forum will provide clinicians with the tools needed to treat patients experiencing Binge Eating Disorder (BED). Research on Cognitive Behavioral Therapy (CBT) for BED will be presented, along with case examples and evidence-based practice guidelines for clinicians. The presentation will be informative, yet interactive, and will leave clinicians feeling more confident in working with patients experiencing BED. This presentation is at the intermediate level and is designed for psychologists and other mental health providers.

Participants will:

1. Describe DSM 5 diagnostic criteria for Binge Eating Disorder.
2. Discuss recent research on empirically supported treatments for Binge Eating Disorder.
3. Apply specific CBT skills to treat Binge Eating Disorder in their own practice.

About the Presenters:

Afton Koball, Ph.D., L.P., graduated with a Ph.D. in clinical psychology from Bowling Green State University. Dr. Koball's primary research and clinical interests are in behavioral intervention for obesity and eating disorders. Clinically, her expertise is in development and delivery of behavioral weight management intervention and in providing Cognitive Behavioral Therapy for patients experiencing Binge Eating Disorder. In terms of research, she has been involved in several published investigations of novel behavioral weight management interventions, psychological correlates of weight loss, food addiction, and the impact of weight bias and stigma on weight and psychological distress.

Karen Grothe, Ph.D., L.P., ABPP, graduated with a Ph.D. in clinical psychology from Louisiana State University. Dr. Grothe's research and clinical work has focused on psychological factors that influence health and health behaviors. In particular, she has examined psychosocial aspects of weight loss surgery, obesity and physical activity, especially those that predict outcome or influence adherence to medical recommendations. The long-term goal of Dr. Grothe's work is to identify and influence psychological factors that affect obesity, weight loss and weight loss maintenance.

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

About First Friday Forums:

Friday Forums cosponsored with Metropolitan State University Psychology Department

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 not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only 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. 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 952.564.3048.



MPA First Friday Forum • January 8, 2016

Note lower registration fees for 2016!

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** December 28 select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** December 28, 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 _____

Cardholder Name (print) _____

Cardholder Signature _____

Credit card billing address: Same as above

Address: _____

City/State/Zip _____

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

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



ENDORSED BY THE
Minnesota Psychological Association



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LOCATION: Metro State St. Paul Campus Library

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

Handicapped-accessible parking is readily available in the parking lots adjacent to the St. Paul Campus.

