

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

## FIRST FRIDAY FORUM

Friday, December 7, 2018

### From Diet to Surgery: Psychologists' Role in Providing Weight Management Services Along a Continuum of Care

Afton M. Koball, Ph.D., ABPP; Karen Grothe, Ph.D., ABPP; Rachel Goetz, Ph.D.

**Registration:**

8:30 – 9:00 a.m.

**Program:**

9:00 a.m. – 12:00 p.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

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

This program will present information on addressing obesity in mental health practice to support patients seeking a range of weight loss interventions including behavioral (e.g., dietary and physical activity changes), medical (e.g., weight loss medications) and procedural approaches (e.g., endoscopic procedures, bariatric surgery). Evidenced based best practices and psychological aspects of interventions along this continuum will be discussed. Actionable recommendations to clinicians on how to offer psychological assessment and individual or group treatment will be provided.

**Participants will be able to:**

1. Participants will be able to describe the role of psychologists/mental health providers' role in weight management interventions along a continuum of care.
2. Participants will be able to describe evidence-based practices for behavioral, medical, and surgical weight management.
3. Participants will be able to explain how to implement these psychological services and when/where to refer as needed.

### About the Presenters:

**Afton M. Koball, Ph.D., ABPP**, is a board certified Clinical Health Psychologist and is the Medical Director of Adult Outpatient Services for the Department of Behavioral Medicine at Gundersen Health System (GHS). She is the lead psychologist for the GHS Comprehensive Weight

Management Program and Bariatric Surgery Center of Excellence. She was awarded her PhD in Clinical Psychology from Bowling Green State University, completed her internship at Rush University Medical Center, and postdoctoral fellowship at the Mayo Clinic. Her clinical and research endeavors are focused on psychological correlates of bariatric surgery including food addiction, weight stigma, and social media support.

**Karen Grothe, Ph.D., ABPP**, is a board-certified Clinical Health Psychologist and an Associate Professor in the Department of Psychiatry and Psychology at Mayo Clinic. She received her Ph.D. in Clinical Psychology from Louisiana State University, completed her internship and post-doctoral training at the University of Mississippi Medical Center and joined Mayo Clinic in 2008. She has over 35 publications, over 50 national presentations, and is on the editorial board for *Bariatric Times*. Her clinical and research activities focus on the psychological aspects of obesity and bariatric surgery and helping patients with health concerns become more resilient.

**Rachel Goetz, Ph.D.**, is a Clinical Health Psychology Fellow with an emphasis in obesity at Mayo Clinic. She received her Ph.D. in Clinical Psychology from the University of Maine, completed her internship at the VA Boston Healthcare System, and joined Mayo Clinic in September 2018 for post-doctoral training. She has over 20 national presentations, and has clinical and research interests focused on psychological variables associated with binge eating behaviors and their potential impact on treatment outcomes.

*Afton Koball, Ph.D., LP, ABPP; Karen Grothe, Ph.D., LP, ABPP; Rachel Goetz, Ph.D. have reported no potential conflicts of interest.*

**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](mailto: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](http://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 • December 7, 2018

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** November 30, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** November 30, 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](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

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 ramp 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 ramp 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 ramp on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Disability parking

Multiple disability parking spaces are available in the Metro State parking ramp.

