

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

FRIDAY FORUM ENCORE

Friday, May 8, 2020

Acceptance-Based Approaches for Weight Stigma and Client Weight Concerns

Margit I. Berman Ph.D., LP

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 – Midway Campus, Lower Level,
Room P, 1450 Energy Park Dr., St. Paul, MN 55108

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, experiences of weight-based abuse) 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 will learn about the need for and evidence supporting acceptance-based approaches to weight concerns, including Acceptance and Commitment Therapy (ACT) and Health At Every Size (HAES®), as well as integrative psychotherapy, Accept Yourself! which combines ACT and HAES to enhance the mental and physical health of psychologically distressed larger-bodied women.

Participants will be able to:

1. Critically analyze stereotypes about current research on behavioral weight loss interventions, healthful eating approaches and the health effects of body weight.
2. Summarize current research on anti-fat stigma and discrimination and provide a rationale for a non-weight-loss approach to health and well-being for weight-concerned clients.
3. Describe non-weight-loss self-acceptance approaches to mental and physical wellness for clients with weight concerns.

About the Presenters:

Margit I. Berman Ph.D., LP, received 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 Program Director and associate professor in the Clinical Psychology Psy.D. program at Augsburg 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 U.S. Her client self-help workbook and clinician manual for Accept Yourself! are available from Routledge Press.

*The speaker has indicated the following conflicts of interest:
Publication of two books for clinicians and clients about the Accept Yourself! approach with Routledge Press, for which I received \$2000 as author.*

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

About Friday Forum Encores:

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 one week 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 one week 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 Friday Forum Encore • May 8, 2020

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** May 1, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** May 1, 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:

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LOCATION: Metro State Midway Campus, Room P

Directions: I-94 to Snelling Avenue exit, north on Snelling to Energy Park Drive exit; turn left at stop sign and follow road as it curves around to the Energy Technology Center parking lot. Enter building through east entrance.

Bus Route: 3B (Minneapolis, St. Paul)

