

REGISTRATION

NAME _____ CREDENTIALS _____

PROFESSIONAL LICENSE NUMBER OR SOCIAL SECURITY NUMBER (REQUIRED FOR REPORTING TO ALL AGENCIES) _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ E-MAIL ADDRESS _____

Space is limited. We encourage you to register early. Please call or check our website to verify space availability if registering within 2 to 3 weeks of the seminar date.

Please check the type of CE credit you need.

- Psychologist Social Worker Marriage and Family Therapist
- Professional Counselor Certified Addiction Counselor
- Other (certificate of attendance only)

Obesity and Addiction: A Mind/Body/Spirit Approach to Recovery
 February 26, 2010, 9:30 a.m.–4:00 p.m., lunch not included.
 Registration: \$100 if postmarked or paid by February 19; \$115 late registration.

Ethics With Couples
 April 30, 2010, 9:30 a.m.–4:00 p.m., lunch not included.
 Registration: \$100 if postmarked or paid by April 23; \$115 late registration.

Accepted Methods of Payment

- Check MasterCard Visa American Express Discover
- Please make checks payable to Ridgeview Institute.

AMOUNT ENCLOSED _____ ACCOUNT NUMBER _____

EXPIRATION DATE _____ SIGNATURE OF CARDHOLDER _____

BILLING ADDRESS (IF DIFFERENT FROM ABOVE) _____

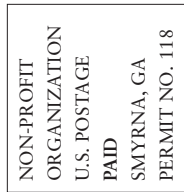
CITY _____ STATE _____ ZIP _____

Mail your completed form to: Ridgeview Institute, 3995 S. Cobb Dr., Smyrna GA 30080-6397, Attn: Debra Bergman.

To register by fax (credit card payment only): (770) 431-7025.

Secure online registration is available at www.ridgeviewinstitute.com/lbosp_info_calendar_prof.htm.

No phone registration, please. Registration is not confirmed until payment is received.



Professional Education Series
CE Seminars for Clinicians

WINTER/SPRING 2010

**Obesity and Addiction:
 A Mind/Body/Spirit Approach to Recovery**

Connie Stapleton, Ph.D.
 Friday, February 26, 2010, 9:30 a.m.–4:00 p.m.

Ethics With Couples

David Woodsfellow, Ph.D.
 Friday, April 30, 2010, 9:30 a.m.–4:00 p.m.

Space is limited, you **must** pre-register! We will not be able to accommodate walk-in registration. Workshops are designed for **professional audiences only**.

Obesity and Addiction: A Mind/Body/Spirit Approach to Recovery

Connie Stapleton, Ph.D.

Friday, February 26, 2010, 9:30 a.m.–4:00 p.m.

Understanding the present-day facts and statistics related to obesity is essential in order to treat it appropriately. Learning to assess the patient for addictive eating patterns as well as for the “isms” associated with any addictive behavior will enhance therapy and provide the patient new awareness related to their condition. Obesity will be examined using the DSM-IV criteria for Substance Dependence. Treatment will be discussed from a mind/body/spirit, addiction-recovery perspective. The most recent research in the field of obesity regarding the causes of obesity, surgical methods of weight loss and issues of recovery will be presented.

LEARNING OBJECTIVES

- To understand facts about obesity today including statistics; the debate whether or not obesity is a disease; treatments for obesity, both non-surgical and surgical.
- To understand obesity/eating in terms of addiction, including the importance of aftercare.
- To understand the importance of treating obesity from a mind/body/spirit perspective, as well as understanding how to do so—whether the patient has elected a surgical or non-surgical intervention.

Dr. Connie Stapleton is a licensed psychologist living in Augusta, GA where she owns Mind/Body Health Services. Originally from Iowa, Dr. Stapleton received her Ph.D. in psychology from Texas A&M. Dr. Stapleton maintains counseling certifications for both alcohol/drug addiction and sex addiction. Her work with obesity began in 2004. She recently wrote Eat It Up! The Complete Mind/Body/Spirit Guide to a Full Life After Weight Loss Surgery and speaks throughout the country on “recovery” from food addiction.

Dr. Stapleton’s seminar is part of Ridgeview Institute’s celebration of Eating Disorders Awareness Week, February 22–28, 2010. This is in conjunction with both EDIN’s (Eating Disorder Information Network) Love Your Body Month and NEDA’s (National Eating Disorder Association) National Eating Disorder Awareness Week. For further information visit www.ridgeviewinstitute.com.

Women’s Services at Ridgeview Institute

Women’s Services at Ridgeview provides treatment for adolescent and adult women struggling with eating disorders, addiction and a range of psychiatric disorders. Our full continuum of care offers inpatient, partial hospitalization and intensive outpatient levels of care. Aftercare and the Women’s Alumni Association are available for those who have completed treatment.

Ethics With Couples

David Woodsfellow, Ph.D.

Friday, April 30, 2010, 9:30 a.m.–4:00 p.m.

Couples therapy can be very challenging, and very different from individual therapy. In couples therapy, we’ve got two clients who may disagree very intensely—and get very upset. Each person may fear that we’re taking the other’s side. Each may want us to take their side. They may want us to keep secrets from their partners. They may blame each other for their problems. Sometimes we can see how one person’s individual issues make the relationship much more difficult—but how do we handle that, while still staying balanced?

These are some of the reasons that ethical issues in couples therapy are different. It’s important to learn about these ethical issues, and prepare for them, so that we can help couples as well as possible. Many of the principles are the same as in individual therapy, but not all. When there are differences, it’s important to consider these situations carefully.

In this workshop, we will discuss loyalty, secrets, diagnosis, and integrity—and how each of these applies to couples therapy.

Research findings regarding the relative efficacy of conjoint marital therapy vs. individual marital therapy will be discussed, as well as the importance of using these research findings in making ethical choices about the type of treatment and in informing clients and potential clients, so as to establish informed consent. Portions of the APA Code of Ethics that bear on couples therapy will also be discussed.

LEARNING OBJECTIVES

This workshop is designed to help you to:

- State reasons why we need to clarify “who is the client.”
- Describe examples of “couples” interventions versus “individual” interventions.
- State reasons to keep secrets and reasons *not* to keep secrets between the couple.
- Discuss some recent research findings relevant to couples therapy.
- State therapeutic reasons for appropriate self-disclosure.

David Woodsfellow, Ph.D. is a licensed psychologist whose practice is 100% couples therapy. He has been doing therapy for 30 years and seeing couples exclusively for 18 years. Educated at Harvard, Antioch, and Georgia State University, Dr. Woodsfellow did his clinical internship at UCLA Medical School. He is a certified Imago Relationship Therapist, a certified Imago Workshop Presenter, and a certified Mars/Venus Counselor and has taken Advanced Training in Gottman-Method Marital Therapy, as well as Advanced Certification in Relationship Empowerment Therapy. The Woodsfellow Institute for Couples Therapy, which he directs together with his wife, Deborah Woodsfellow, offers training and consultation to therapists who want to learn more about couples therapy. The Woodsfellow Institute is now in its twelfth year. His practice is located in Atlanta, Georgia. Phone: (404) 325-3401.

CONTINUING EDUCATION CREDIT

Psychologists

Application for continuing education credit in Area IV has been made to the Georgia Psychological Association for the following seminars:

- February 26 — 5 hours
- April 30 — 5 *ethics* hours

The GPA is approved by the American Psychological Association to offer continuing education credit for psychologists. The APA-approved sponsor maintains responsibility for the program.

Social Workers, Licensed Professional Counselors, and Marriage and Family Therapists

Application has been made for 5 core professional education hours for the following seminars in accordance with the guidelines established by the Georgia Composite Board:

- February 26 — 5 hours
- April 30 — 5 *ethics* hours

Certified Addiction Counselors

Application has been made to the Georgia Addiction Counselors Association for clock continuing education hours for the following seminars:

- February 26 — 5 hours
- April 30 — 5 *ethics* hours

SPECIAL REGISTRATION DISCOUNT

Register for 2 seminars at once and receive \$15 off the total price.

Group and/or retroactive discounts will not be honored. In order to take advantage of this special offer, registration must be received on one registration form for one individual. When registering online, the discount will not be reflected on your online confirmation. Discount will be taken when your credit card is manually processed in our office and you will receive a written confirmation reflecting the adjusted price.

LOCATION

All programs are held in Ridgeview’s Professional Building North. For directions, please visit our website, www.ridgeviewinstitute.com, or call (770) 434-4567.

REFUND POLICY

Requests must be in writing. Refunds will be given on requests postmarked or faxed no later than 5 business days prior to the seminar. No refunds will be issued for “late arrivals” and “no shows.” Address: Ridgeview Institute, Business Development Department, 3995 South Cobb Drive, Smyrna, GA 30080. Fax: (770) 431-7025. Requests may also be e-mailed to dbergman@ridgeviewinstitute.com.

FOR MORE INFORMATION

Please visit our website at www.ridgeviewinstitute.com. To schedule a tour of Ridgeview following the seminar please contact Debra Bergman at dbergman@ridgeviewinstitute.com or at (770) 434-4567.