

*Erin struggled with an eating disorder for more than half her life.  
A scholarship fund has been established to increase  
awareness and to promote eating disorder education.  
This seminar is presented in her honor.*

## **CONTINUING EDUCATION INFORMATION**

### **6 CEU'S**

**NBCC**— The FSS Professional Training Institute as a co-sponsor is recognized by the National Board of Certified Counselors to offer continuing educ. for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Provider #5930

**APA** - The FSS Professional Training Institute as a co-sponsor is approved by the American Psychological Association to offer continuing education for psychologists. Family Service Society, Inc. maintains responsibility for program. Provider #1323

**Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors** - The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors recognizes Family Services Society (as a co-sponsor approved by the National Board of Certified Counselors NBCC— #5930), to be pre-approved provider of continuing education programs for social workers (Sec. 47.36), Marriage and Family Therapist (Sec. 48.36), and The Professional Counselors (Sec. 49.36).

## **SPONSORS**

**THE NUTRITION CLINIC** *solstonecenter.com*  
The Nutrition Clinic is an outpatient eating disorder clinic with locations in Elmira, Ithaca, Syracuse (Liverpool) and Binghamton (Vestal). The Nutrition Clinic has been treating and advocating for persons with eating disorders for over 25 years. Multidisciplinary in approach, the clinical team develops a full range of therapeutic interventions for all ages of eating disordered patients and provides coordination of treatment and case management for each client.

**SOL STONE CENTER** *solstonecenter.com*  
Sol Stone Center is a partial hospitalization eating disorder treatment program that provides a full range of multidisciplinary services. A supportive and structured environment that ensures a sense of safety in order for our participants to remain focused on their recovery needs.

**CLEARPATH HEALING ARTS CENTER** *clearpathhealingarts.com*  
Clearpath Healing Arts Center's mission is to facilitate healing and growth, using the resources of a team of professionals who provide integrated and collaborative services. Their philosophy is to support individuals, relationships, and organizations in their unique movement toward self-healing and growth.

**OPHELIA'S PLACE** *opheliasplace.org*  
Ophelia's Place is a non-profit support and resource center for those impacted by eating disorders. Their mission is to empower individuals, families, and communities to redefine beauty and health through initiatives that increase self-esteem, improve body image and introduce alternatives to dangerous desires for perfection, and to provide outreach, advocacy, and educational services.

The Nutrition Clinic  
1003 Walnut Street  
Elmira, NY 14901

# *Exploring Effective Therapeutic Approaches to Eating Disorders*

*Creative Application of:*

*Internal Family System (IFS)*

*Acceptance Commitment Therapy (ACT)*

*Dialectical Behavioral Therapy (DBT)*



*The 12th Annual  
Erin Leah Robarge Memorial Seminar*

**Friday, December 2, 2011**  
Radisson Hotel - Corning, NY



**Theresa Chesnut, LMSW, LCSW**  
**Key Note Presenter**

Theresa Chesnut, LMSW, LCSW, has been a specialist in the field of the treatment of eating disorders for over 15 years. She has worked at Castlewood Treatment Center for 11 years as a clinical supervisor, lead therapist and in program development. She facilitates several eating disorder groups weekly with clients in residential, partial and transitional levels of care. She has been trained in Internal Family Systems theory for 9 years and is a level one assistant trainer. Ms. Chesnut sits on the board of directors for BEDA (Binge Eating Disorder Association). She lectures regionally and nationally on the treatment of eating disorders and the recovery process.



**About the Workshop**

Effective eating disorder treatment includes a variety of innovative psychotherapeutic interventions. When underlying emotional struggles are skillfully and compassionately addressed, real healing becomes possible. In this workshop, you will see how Internal Family Systems (IFS), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT) can be used to further the patient's recovery. You will see each treatment modality demonstrated in a role play interaction. These therapeutic approaches are examples of treatment that can help recover the whole person.

<b>8:00 - 8:30 am</b>	<b>Registration</b>
<b>8:30 - 8:45 am</b>	<b>Welcome</b>
<b>8:45 - 11:45 am</b>	<b>Theresa Chesnut, LMSW, LCSW</b> Castlewood Treatment Center

***New Innovative Therapies: Internal Family Systems Therapy for the Treatment of Eating Disorders***

This presentation will illustrate how the powerful model of Internal Family Systems can be utilized in the treatment of eating disorders. The IFS model is not only one of the fastest growing approaches to psychotherapy, it has been shown to be quite effective in the treatment of anorexia, bulimia and binge eating disorder. This presentation will include experiential exercises and video clips of the model being applied.

<b>11:45 am - 12:45 pm</b>	<b>Lunch</b>
<b>12:45 - 1:45 pm</b>	<b>Matt Boone, LCSW-R</b> Cornell University

***A New Perspective: Acceptance and Commitment Therapy for the Treatment of Eating Disorders***

ACT is a mindfulness and acceptance-based cognitive behavioral therapy which has shown promise for a wide variety of health problems. This workshop will offer a brief introduction to the ACT model of psychopathology and human suffering, and will demonstrate strategies for use with clients with eating disorders.

<b>1:45 - 2:45 pm</b>	<b>Denise Wittlin-Horvath, LCSW-R, NPP</b> Private Practice, Ithaca NY
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***Strategies for Change: The Application of Dialectical Behavior Therapy in the Treatment of Eating Disorders***

DBT combines strategies from Cognitive Behavioral Therapy and mindfulness techniques in order to help clients develop skills to understand and manage their emotions. This presentation will offer a brief introduction to DBT and demonstrate how these skills are effective strategies for clients with eating disorders.

<b>2:45 - 4:00 pm</b>	<b>Panel</b>
<b><i>Putting it to Work: IFS, ACT, DBT</i></b>	

A role play with each clinician above demonstrating the therapeutic approach they have presented.

**RATES: Lunch Included**

\$100 .... Early Registration (postmarked by 11/25/11)  
\$125 .... Regular Registration (after 11/25/11)

**CEU's Available:**  
This seminar offers 6 contact hours for NBCC, APA, and PA State Board of Social Workers

**REFUND POLICY:**

*A \$20 administrative fee will be deducted from each refund requested after November 15th. Refunds will not be issued for registrants who fail to show on the day of the workshop without prior notification to the Nutrition Clinic.*

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_



Please enclose payment with registration.

Check enclosed in the amount of: \_\_\_\_\_  
*Make checks payable to The Nutrition Clinic*

**For credit card registrations:**

\_\_\_\_ Visa      \_\_\_\_ Mastercard

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ 3 Digit Verification #: \_\_\_\_\_

**Remit registration and payment to:**

The Nutrition Clinic  
1003 Walnut Street  
Elmira, NY 14901  
Phone: 607.732.5646 or Fax 607.732.0373