

Philadelphia Area Group Psychotherapy Society
presents

In the Grip of Hunger: Large Women and Their Therapists

Harin Feibish, L.C.S.W.

**Saturday, April 21
9:00 a.m.–1:00 p.m.**

**Taylor Hall, Room E
Bryn Mawr College
Bryn Mawr PA 19010**

(Parking lot located on New Gulph Road; see below for directions)

3 CE credits for psychologists and social workers

THE PROGRAM

In both group and individual treatment modalities, large women often discount their needs, undervalue their self-worth, and negate their wisdom. To help them, we must be willing to create a space in which our clients are encouraged to confront their pain, tolerate their feelings, and quiet the shaming self-talk that prevents them from discovering a more authentic self. Just as our clients get hooked by the insidious messages of our diet-obsessed culture, so can their therapists. This workshop will provide a safe place to explore and understand a process of healing for our large clients, for all women, and for all helping professionals.

LEARNING OBJECTIVES

At the conclusion of the workshop, the participants will be able to:

- Provide a conceptual framework for working with large women, including the Health At Every Size (HAES) paradigm.
- Encourage and help therapists explore their own beliefs about eating and weight, while working with large-size women.
- Explore and understand the "hungers" of large women as a healing process.

THE SPEAKER

Harin Feibish, L.C.S.W., is a nationally recognized authority on the treatment and prevention of eating and body-image disorders. She is the founder and former director of the “Body Balance Program: An Alternative for Large Women” at the Renfrew Center. With 25 years of experience, Harin has presented at various conferences, written articles, and appeared on TV to discuss the psychological effects of obesity. Her groups and workshops focus on enhancing women's self- and body-esteem. She is a graduate of the Gestalt Therapy Institute of Philadelphia and maintains a private practice in the Mt. Airy section of Philadelphia.

CONTINUING EDUCATION

Attendance entitles psychologists to 3 CE credits. PAGPS is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content.

PAGPS is approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers; this program carries 3 credits.

Attendees will also receive 3 recertification credits, useful for individuals listed in the National Registry of Certified Group Psychotherapists.

FEES

\$40 for PAGPS members; \$50 for non-members; \$20 for students

Space for this program is limited. After April 14, we suggest calling or e-mailing to make sure space is available.

CANCELLATION POLICY

Cancellations received at least five working days before the event are refundable less a \$10 processing fee.

SCHEDULE

9 – 9:30 a.m. — Registration: A continental breakfast will be provided.

9:30 a.m. - 1 p.m. — Program. Please note that we will begin promptly at 9:30 a.m.

MEMBERSHIP

The Philadelphia Area Group Psychotherapy Society is an Affiliate Society of the American Group Psychotherapy Society (AGPA).

Membership in PAGPS is open to AGPA members as well as mental health workers, students, or trainees who are actively engaged in group work but who are not members of AGPA.

PAGPS members may list their group(s) on the PAGPS website: www.pagps.org

For a membership application, please contact Elsa R. Efran, M.S., Administrator, 310 E. Gowen Ave. Philadelphia, PA 19119-1022
Phone: 215-242-4234; e-mail: pagps@att.net

REGISTRATION (please print CLEARLY)

Feel free to duplicate this form as needed for additional registrations.

Name _____ Degree _____

Street _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Field: Psychiatry Psychology Social Work Counseling Other _____

I need a certificate for APA CE credits. I need a certificate for social work CE credits. I need a certificate for CGP credits.

Registration Fee enclosed:

PAGPS members @ \$40 _____ Non-members @ \$50 _____ Students/interns @ \$20 _____

Please make checks payable to PAGPS. Mail to: PAGPS c/o Elsa R. Efran, Administrator, 310 E. Gowen Ave. Philadelphia, PA 19119-1022

DIRECTIONS

Taylor Hall, Room E, Bryn Mawr College, Bryn Mawr PA 19010

(Free parking—the parking lot is located on New Gulph Road.) Visit www.brynmawr.edu for detailed map.

By Car

From Center City Philadelphia

Take I-76 west (Schuylkill Expressway) to the City Avenue exit 339 (Route 1 South). Once on City Avenue, travel about 2.5 miles and turn right onto Lancaster Avenue (Route 30 West). Travel about 4 miles to reach the center of Bryn Mawr. Follow directions below.

From Suburbs

Travel west on Lancaster Ave (Route 30). Turn right onto Morris Avenue. There is a Starbucks coffee shop on the right and a Sunoco station on the left corner of Morris and Lancaster. Please note that the street is called "Elliot" on the right and "Morris" on the left—and the Morris sign is hard to see! Follow Morris Avenue as it curves left under the train-track bridge and then bears right. Cross Montgomery Avenue (at the traffic light) and continue onto the campus of Bryn Mawr College. Turn left onto New Gulph Road. Pass the intersection for North Merion Avenue and park in the next parking lot on the left. Taylor Hall is the building with the clock tower. The training will be held in Room E.

By Train

From Philadelphia stations

From Philadelphia's Market East Station (11th and Market Streets), Penn Center/Suburban Station (16th Street and J.F.K. Boulevard), or Amtrak's 30th Street Station (30th and Market Streets), board SEPTA's R-5 Paoli Local or Bryn Mawr Local train (consult the royal blue R-5 Paoli/Downingtown schedule). It runs from 6:15 a.m. until 12:15 a.m. on weekdays and from 7:15 a.m. until 12:15 a.m. on weekends.

To the College

The campus is a five-minute walk from the Bryn Mawr train station. Hint: You want to be on the north (residential) side of the station; you will be on the correct side as you get off the train if you are coming from Philadelphia. Take the stairs by the station under the track if you're on the other side. From the Bryn Mawr station, walk north on Morris (straight ahead as you get off the westbound train) for two blocks. You will cross Montgomery Avenue (mind the traffic lights—traffic travels very fast here). Download the campus map for more directions to Taylor Hall.