

Understanding Eating Disorders from an Adlerian Perspective: Strategies for Identifying & Treating Children, Teens, and Adults

SPONSORED BY THE NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY

AND HOSTED BY THE WESTERN PENNSYLVANIA SOCIETY OF ADLERIAN PSYCHOLOGY

This 6-hour workshop is for parents, teachers, school counselors, educators, psychologists, social workers, and anyone who deals with persons with Eating Disorders.

Participants will:

- ✚ articulate the criteria associated with the various eating disorders as classified in the DSM-5 & ICD-10
- ✚ assess severity of symptoms and know when a higher level of care is needed
- ✚ evaluate potential members of a coordinated care team, including nutritionists, primary care doctors, pediatricians, & psychiatrists
- ✚ explain the concepts of lifestyle, purposefulness of behavior, inferiority feelings, belonging, private logic, family atmosphere & constellation, and other Adlerian theoretical tenets
- ✚ evaluate case vignettes and develop possible Adlerian explanations for the client's behaviors and symptoms presented in the case.
- ✚ demonstrate basic Adlerian skills in dyads or small groups that would be useful when working with clients with eating disorder symptoms and behaviors



Dr. SUSAN BELANGEE is a Licensed Professional Counselor working in private practice in Canton, GA. She is currently the President of the North American Society of Adlerian Psychology (NASAP) as well as an instructor for ICASSI (International Committee of Adlerian Summer Schools and Institutes). She also serves as a member of the Adlerian Research Task Force, which is a group of NASAP members designing evidence-based research studies to demonstrate the effectiveness of Adlerian psychotherapy. Susan has been an associate professor teaching undergraduate and graduate level courses at Holy Family University in Newtown, PA and online for Adler Graduate School in MN.

- 9-11 am:** review & discussion of criteria associated with eating disorders classified in DSM 5 and ICD 10; discussion of assessment tools to determine severity of symptoms
- 11:15-12:15:** discussion about how to evaluate other professionals to be referral sources in the community; begin discussion of Adlerian concepts
- 12:15-12:45:** Lunch break – 30 minutes (Lunch on premises included)
- 12:45-2:45:** Continued discussion of Adlerian concepts and strategies; review case vignettes and discuss as group possible Adlerian perspectives on case information
- 3-4 pm:** Small group or dyad work to practice using Adlerian strategies

About the Local Society: The Western Pennsylvania Society for Adlerian Psychology promotes the educational theories and practical techniques of Dr. Alfred Adler, a leading theorist in the field of mental health and the founder of child guidance centers. His theory of Individual Psychology promotes a holistic approach for each individual and is based on a model of growth. His teachings are applicable to parent/child relationships and counseling for individuals and families. We are pleased to host this NASAP workshop.

Workshop Registration Friday, April 5, 2019

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Presented by Susan Belangee, PhD, LPC, NCC, ACS

Registration 8:30 AM; Workshop starts at 9 AM to 4 PM
Risen Lord Education Center, 3250 California Ave. Pittsburgh, PA 15212
Lots of parking on the street; handicap accessible

Prior Registration is requested; you can register at the door at 8:30 AM for an added \$25.

Name (print) _____

Agency _____

Address _____

City & Zip _____

Phone _____/email _____

Please circle your rate and note the amount enclosed: _____

PRE-REGISTRATION PRICES: \$100 Students & Non-professionals \$30

REGISTER AT THE DOOR: \$125

Continental Breakfast and Lunch (pizza, salad, beverages) included in price.

**Registration by March 27, 2019. Make checks payable to WPSAP and return registration form to:
WPSAP c/o Donalies 255 Catalpa Place Pittsburgh, PA 15228**

Cancellation Policy: Should the event have to be cancelled WPSAP will send out emails to all in the WPSAP address book. If you are not on that list, please check with Kerry Kennelly (412 716 2078) the morning of the event. To insure an email contact, please send your email address to pawaltond@verizon.net. Special needs requests should be directed to Kerry Kennelly.

Continuing Education Information: 6.0 hours CEUs NBCC – NASW -- ACT 48

"The North American Society of Adlerian Psychology (NASAP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that do not qualify for NBCC credit are clearly identified. NASAP is solely responsible for all aspects of the programs."



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