

# BEDA & Castlewood Treatment Center Present: *An IFS Approach to Binge Eating Disorder*

**A Workshop Featuring: Mark Schwartz, Sc.D, Theresa Chesnut, LCSW, & Richard Schwartz, Ph.D**

**Mark Schwartz, Sc.D** earned his doctorate in Psychology and Mental Health from Johns Hopkins University. He is a licensed psychologist and an adjunct professor in the department of Psychiatry at St. Louis University School of Medicine. Over the past 25 years, Dr.



Schwartz has achieved international recognition for his contributions in a variety of clinical arenas, including the treatment of intimacy disorders, marital and sexual dysfunction, sexual compulsivity, sexual trauma and eating disorders. He lectures nationally and internationally on these topics and has authored numerous articles and book chapters, as well as the books, *Sexual Abuse and Eating Disorders* and *Sexual Compulsive Behavior, and Sex and Gender*. Dr. Schwartz is currently on the Editorial Board of the *Journal of Eating*

**Theresa Chesnut, LCSW** Theresa initially earned her undergraduate degree in Family Life and Community Services from Kansas State University and later completed her graduate degree in Clinical Social Work at the University of



Kansas. Theresa has been on staff at Castlewood since 2000 and has held various positions: Primary Therapist, Program Director and currently as the lead Eating Disorder Therapist. Theresa has also been on staff for the Menninger Clinic and she has over 15 years experience in lecturing on college campuses and to psychiatric professionals about the signs, symptoms and prevention of eating disorders.



**Richard Schwartz, Ph.D** is the creator and developer of Internal Family Systems Model of therapy. Richard earned his Ph.D. in Marriage and Family Therapy from Purdue University, after which he began a long association with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently at The Family Institute at Northwestern University, attaining the status of Associate Professor at both institutions. He has dedicated more than 25 years of service to troubled families and individuals and has extensive experience working with clients who suffer from eating disorders. He has published four books and over 60 articles on a variety of topics in psychotherapy. In 2000, Richard Schwartz founded The Center for Self Leadership in Oak Park, Illinois.

## An IFS Approach to Binge Eating Disorder:

Thursday March 31th, 8:00 am-3:30 pm

Firesky Resort and Spa, Scottsdale, AZ

Cost: \$125 per person

This workshop is offered for professionals who work with client suffering from binge eating disorder or eating disorder NOS. The focus will be on using video-taped segments of Internal Family Systems Therapy to illustrate critical components of treatment such as facilitating self-development, resolving developmental trauma, understanding the function of the symptom, dealing with affect, integrating disowned parts of self, working with resistance, and facilitating intra-psychic intimacy.

### **Learning Objectives:**

1. Participants will be able to understand how Internal Family Systems therapy can be utilized in the treatment of Binge Eating Disorder.
2. Participants will be able to have greater knowledge of the common difficulties in the treatment of eating disorder clients by learning to come from a place of curiosity about the symptoms.
3. Participants will be able to recognize conceptual differences in the treatment of eating disorder and illustrate a different paradigm of recovery.

### SCHEDULE:

8:00-8:30 Registration

9:00-12:00 Morning Session

12:00-1:00 Lunch

1:00-3:30 Afternoon Session

### REGISTRATION:

**For more information or to register:**

[www.bedaonline.com/2011conference](http://www.bedaonline.com/2011conference)

6 CUE's are available through NASW (social workers), NBCC (Counselors)

