

Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, May 06, 2016

Using Research to Inform Clinical Practice In the Treatment of Eating Disorders

Presenter: Sarah Fischer, Ph.D.

Date/Time: Friday, May 06, 2016, 10:45 am - 4:00 pm

Place: Maggiano's Little Italy at Tyson's II Galleria
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)

Cost: \$55.00 for NVACP Members / \$100.00 for non-NVACP Members / \$20.00 for Clinical Students

Menu: Family style luncheon to include vegetarian and non-vegetarian selections

Program Schedule:

10:45 am to	11:30 am	Registration, Meet & Greet
11:30 am to	1:00 pm	Lunch, Networking, Announcements
1:00 pm to	4:00 pm	CE Program with Dr. Fischer

Program Overview: Many adults and adolescents with eating disorders (EDs) often first seek treatment for another problem before targeting ED symptoms. However, it is important to understand and target these symptoms in treatment because of the significant psychological and physiological damage that untreated EDs can have on an individuals' health and well-being. The goal of this presentation is to provide clinicians a research-informed update on diagnosis, maintenance factors, and best clinical practices relevant to the diagnosis and treatment of eating disorders in adolescents and adults. This presentation will review current diagnostic categories for eating disorders, common co-occurring conditions that often lead individuals to treatment, updated research on neurobiological and psychological factors that maintain ED symptoms, and practical approaches to evidence based treatment of EDs. This presentation will utilize several clinical examples in order to facilitate participant understanding and practical application.

Learning objectives: Participants will learn to:

- *Understand common co-occurring conditions that often lead individuals with eating disorders to seek treatment
- *Learn how to conceptualize the maintenance of eating disorder symptoms within an individual
- *Learn how to adapt evidence based practice in the treatment of eating disorders to a private practice setting
- *Identify when a client may need to be referred to specialist treatment

Speaker: Dr. Sarah Fischer is a licensed clinical psychologist and a faculty member of the psychology department at George Mason University. She received her doctoral degree from the University of Kentucky, and completed her internship and postdoctoral fellowship at the University of Chicago Department of Psychiatry with a specialization in eating disorders treatment and research. Dr. Fischer's research focuses on the role of impulsivity in eating disorder symptoms and co-occurring behaviors, such as substance abuse and self-injury. She serves on the editorial board of Journal of Abnormal Psychology and Behavior Therapy, and has been a co-investigator on two NIH funded treatment outcome studies. Dr. Fischer's clinical expertise is in the treatment of adolescent and adult eating disorders and Dialectical Behavior Therapy.

Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Psychological Association whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost (\$55.00 for members) CE events, quarterly newsletters, message board forum, and its own website (www.nv-cp.org). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Carryl Jefferies, Psy.D. at editor.nvacp@gmail.com or call (w)703-378-7998, or visit website at www.nv-cp.org.

Northern Virginia Academy of Clinical Psychologists

Presents a 3-CEU Program on Friday, May 06, 2016

Using Research to Inform Clinical Practice In the Treatment of Eating Disorders

Presenter: Sarah Fischer, Ph.D.

*****REGISTER ONLINE AT WWW.NV-CP.ORG or mail in Registration slip

*Northern Virginia Clinical Psychologists
Laurentia M. Ruby, Psy.D.
NVCP Continuing Education Program Chair
10560 Main Street, Suite PH-13
Fairfax, VA 22030*

CEU Credits: Three (3.0) Virginia Psychological Association (VPA) continuing education unit credits. The VPA accredits and maintains responsibility for this program. Note: Attendance for the entire presentation is required to receive credit.

To Register: To register and pay online go to www.nv-cp.org. To register by mail, fill out the registration form below and mail it, along with your check payable to "NVCP", to Laurentia Ruby, 10560 Main Street, suite PH-13, Fairfax, VA, 22030. If paying by check, please **note the program date on the check**. If you have questions, email Laurentia at laurentia.ruby@verizon.net, or call 703-839-2523.

..... *tear off*

Registration form for Friday, May 06, 2016
Using Research to Inform Clinical Practice in the Treatment of Eating Disorders
(Registrations due by Monday, May 2, 2016)

Print name _____ Degree _____

E-mail: _____ Work Phone _____