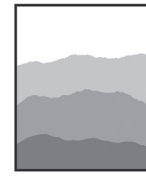


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*"Improving Patient Care and Community Health  
Through Professional Development"*



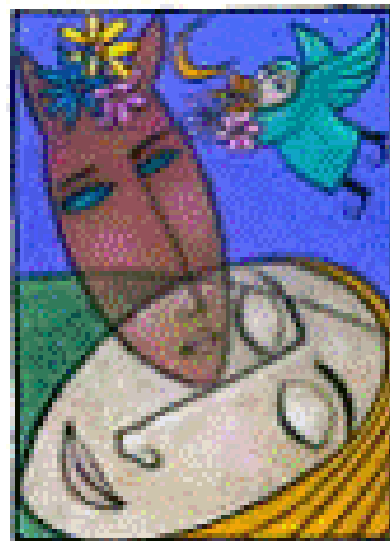
**Berkshire  
AHEC**

**Area Health Education Center  
Pittsfield, Massachusetts**

*Presents*

# *Deciphering the Hunger Code:*

*Treating Eating Disorders  
with Imagery & Metaphor*



*Thursday,  
April 15, 2010*

*The Log Cabin  
500 Easthampton Rd  
Holyoke, MA*

## **Program Information**

### **Target Audience:**

Berkshire AHEC is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This program is approved by the American Occupational Therapy Association for continuing education programs for occupational therapists. AOTA: "The assignment of AOTA's CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA."



Application has been made to the Collaborative of NASW and the Boston College and Simmons College School of Social Work for approval of Category I Continuing Education hours in accordance with section 258 CMR.

Application has been made to Family Development Associates for certification of contact hours for licensed marriage and family therapists.

Application has been made to the MA Board of Substance Abuse Counselors Certification for approval of continuing education credits / contact hours.

Berkshire AHEC is approved by the NBCC to provide continuing education credits for licensed mental health counselors.

Berkshire AHEC provides APA continuing education credits through an agreement with ServiceNet, Inc., who is approved by the American Psychologist Association to sponsor continuing education for psychologists. ServiceNet maintains responsibility for this program and its content.

### **Registration:**

Berkshire AHEC provides on-line registration for its continuing education professional development programs. Please visit [www.berkshireahec.org](http://www.berkshireahec.org) to register for this and all upcoming programs. Payment can be made with all major credit cards or electronic check. If you are unable to register electronically, Berkshire AHEC staff would be pleased to register you by phone. Please call us toll free at (866) 976-AHEC (2432) between 8 a.m. and 5 p.m., Monday through Friday.

### **Special Requests:**

If you are hearing impaired, or are a person who is differently abled who requires accommodations, please contact Berkshire AHEC 15 days prior to each session.

### **Information:**

**Berkshire AHEC:** (866) 976-AHEC (2432) / (413) 447-2417

**TTY:** (413) 447-2419

**Fax:** (413) 499-0370

**Email:** [info@berkshireahec.org](mailto:info@berkshireahec.org)

**Thursday, April 15, 2010**

**Deciphering the Hunger Code:  
Treating Eating Disorders with Imagery & Metaphor**

**Registration & Continental Breakfast: 8:30 a.m.**  
**Program & Lunch Deli Buffet: 9:00 a.m. - 4:00 p.m.**  
**Fee: Early Bird: \$105.00 before March 18, 2010**  
**Regular Fee: \$110.00**  
**Late Fee: \$115.00 after March 31, 2010**  
**No Registration after April 13, 2010**  
**No Refunds after March 31, 2010**

**Credits/Contact Hours:**

5.5 Nursing; SW; LMHC; LMFT; CAC; CADC; LADC;  
Psychologist & 0.55 AOTA CEUs or 5.5 Contact Hours

Education Level: Advanced

AOTA Code: Category 1: Domain of OT/Activities of Daily  
Living/Eating/Rituals

Category 2: OT Process/Intervention/Outcomes

**The Log Cabin, Southampton Room  
500 Easthampton Road, Holyoke, MA**

**Program Description:**

Because of the complex nature of eating disorders and the tremendous suffering involved, therapists are continually challenged to view eating disorders from an ever broader perspective and to find new ways to facilitate healing. Using imagery and storytelling, struggles with food and eating will be presented as symbolic of deeper yearnings and longings that are being communicated through metaphor. This workshop will discuss eating disorders as a coded language for hidden hungers and present techniques for cracking that code. By examining hunger as a metaphor, participants will learn how to decode food cravings and phobias, decipher the communication that underlies disordered eating behaviors, and explore body image issues in a clinical setting.

**Objectives:** At the conclusion of this program, the participants will:

- List four ways metaphor functions as a change agent in a therapeutic setting.
- Name four categories of food cravings that can be used to identify deeper, emotional hungers.
- Identify the life skills essential for recovery from disordered eating and how to bring them into a clinical setting.
- Recognize approaches for helping clients understand the connection between their disordered eating behavior and their deeper hungers.

**Program Goal:**

To provide nurses and other health and human service professionals with essential knowledge about the use of storytelling to help women understand and discard their destructive eating habits by unearthing and reconnecting with the root issues that have triggered their compulsions.

**Program Faculty:**



Anita Johnston, Ph.D. is the Director of the Anorexia & Bulimia Center of Hawaii which she co-founded in 1982 and is the Clinical Director and the Founder of the 'Ai Pono Intensive Out-Patient Eating Disorders Programs in Honolulu. She is the Senior Expert Clinical Consultant to Focus Center for Eating Disorders in Tennessee.

Dr. Johnston developed Hawaii's first inpatient eating disorders treatment program, in 1986 and is an expert in treating a wide range of eating disorders from anorexia and bulimia to compulsive/binge eating and eating disorders associated with severe obesity and bariatric surgery.



She is the author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling* which has been published in five languages. Dr. Johnston has a private practice specializing in women's issues and uses metaphor and storytelling in addition to her training as a clinical psychologist to explain the complex issues that underlie disordered eating behavior.

Visit our website at [www.berkshireahec.org](http://www.berkshireahec.org) to learn about our next program, Co-occurring Disorders: Improving Services across the Lifespan on Friday, May 14, 2010 at Jiminy Peak Resort.

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You will also find information on our new on-line course, Water in the Dessert: Compassion Fatigue, Resiliency & Self-Care by Dr. Maria Sirois.

This Program is Partially Funded  
by the Tara Sheehan Fund. Appreciation to  
John & Maureen Sheehan

**AHEC CE Policies**

**Cancellation:**

Berkshire AHEC reserves the right to cancel a program due to low registration, speaker illness, cancellation or other uncontrollable circumstances (weather, fire, no electricity, etc.) Notice of cancellation due to low registration will be provided to program registrants by phone and/or email by 3 days prior to the scheduled program.

Notice of cancellation due to speaker illness, cancellation or other uncontrollable circumstances will be provided to program registrants by phone as soon as Berkshire AHEC becomes aware of the need to cancel the program and will also be recorded on the agency website and telephone message. After an activity has been cancelled, a request for refund checks is immediately made by the Office Manager to the Finance Department. These check requests are made in writing and reimbursements are made once each week on Friday and mailed out that day.

**Disclosure Policy:**

It is the policy of Berkshire AHEC to ensure balance, independence, objectivity, and scientific rigor in all its individually sponsored or jointly sponsored programs. All faculty participating in any Berkshire AHEC sponsored programs are expected to disclose to the program audience any real or apparent conflict(s) of interest that they or their spouse/partner may have that has a direct bearing on the subject matter of the continuing education program. This pertains to relationships with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic held by the speaker or significant other. The intent of this policy is not to prevent the speaker with a potential conflict of interest from making a presentation. It is merely intended that any potential conflict should be identified openly so that the listeners may form their own judgments about the presentation with the full disclosure facts. It remains for the audience to determine whether the speaker's outside interest may reflect a possible bias in either the exposition or the conclusions presented.

**Certificates & Completion Requirements:**

To receive verification of successful completion of the credit hours and contact hours, participants are expected to sign-in and out, attend the entire program, and complete an evaluation. Participants will not receive a certificate of completion until payment has been received. If payment is not received two days prior to the event, the certificate may not be presented at the event and the participant will be expected to pick up their certificate from Berkshire AHEC.

**For more detailed information about this program  
including pre-conference materials,  
visit us at [berkshireahec.org](http://berkshireahec.org)**

*This program is supported by HRSA Grant No. U77HP03016  
from the Health Resources and Services Administration  
and UMass Medical School/Commonwealth Medicine.  
Berkshire AHEC is part of MassAHEC Network.*

