

**The Wright Institute and San Francisco Psychotherapy Research Group Present:
Understanding Eating Disorders from a Control Mastery Perspective**



with Erica Vadopalas, PhD, LMFT
Course Level: Introductory

Saturday, June 1, 2019
9:30am-4:30pm

Location:
Tides
1012 Torney Ave. San Francisco, CA

To Register:
<https://www.eventbrite.com/e/understanding-eating-disorders-from-a-control-mastery-perspective-tickets-59074054086>

Fees:
General Attendees: \$200
SFPRG Members: \$150
Early Career: \$100
Students: \$50
Wright Institute: no charge

The San Francisco Psychotherapy Research Group (SFPRG) seeks to improve the practice of psychotherapy through the further development of Control-Mastery Theory, providing psychotherapy training and continuing education to mental health professionals, and conducting research on psychotherapy.

Workshop Description:

Eating Disorders present unique challenges for both the clinician and the patient seeking treatment. In this course, we will look at different types of eating disorders, underlying causes and various treatment approaches that have been utilized in treating eating disorders. Control Mastery Theory offers a unique approach to understanding and treating eating disorders. The Control Mastery Theory plan formulation techniques offer an effective way to assess and treat eating disorders. Through case studies, we will apply the concepts of plan formulations to understand eating disorders in a new way.

This course will cover:

- Different types of eating disorders, underlying causes and various treatment approaches that have been utilized in treating eating disorders.
- Control Mastery Theory offers a unique approach to understanding and treating eating disorders. The Control Mastery Theory plan formulation techniques offer an effective way to assess and treat eating disorders.
- Through case studies, we will apply the concepts of plan formulations to understand eating disorders in a new way.

Please contact us in advance if you require special accommodations on the day of the event.

After completing this workshop, participants will be able to:

- Recognize differences in types of eating disorders and contributing factors
- Utilize key concepts of Control Mastery Theory in evaluating eating disorders
- Apply Control Mastery Theory Plan Formulation techniques to the assessment and treatment of eating disorders
- Discuss case scenarios in a group setting and practice identifying key traumas and pathogenic beliefs

Instructor Bio:

Erika Vadopalas, PhD, LMFT has over 15 years of experience working with eating disorder clients. She specializes in trauma and posttraumatic growth. In addition, Erika works in a healthcare environment as an EAP Consultant helping healthcare professionals with a wide variety of issues including depression, anxiety, PTSD, domestic violence and grief and loss.

CE Credits: 6 CE hours (must be attended in full in order to receive CE credits). The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

Cancellation Policy:

No refunds are provided for this workshop. If you have questions about your registration, please contact 415.561.6771 or cmt@sfprg.org.

Commercial Support: The Wright Institute Continuing Education Program does not receive any commercial support for any of our programs.