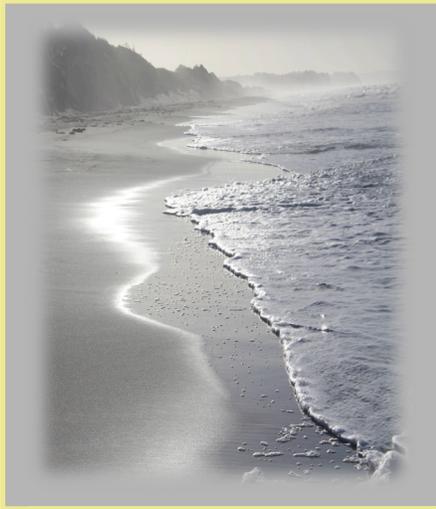


The Wright Institute Presents:



Overcoming Fat Stigma with Health at Every Size

Course Level: All Levels

Saturday, April 27, 2019

9:00AM-4:00PM

Fees: Free for Wright Institute Faculty/Staff/ Collaborative and Other Supervisors Supervising WI Students/Training Directors/Students (space permitting)

WI Alums: \$90

Non WI Students: \$60

General: \$150

Instructor: Stephanie Zone, Psy.D.

Location: The Wright Institute
Rooms 109/110
2728 Durant Ave., Berkeley, CA 94704

To Register: www.wi.edu/continuing-education

Contact: Wright Institute Continuing Education
Email: Julie@wi.edu Phone: 510.841.9230

Credits: 6 CE hours. 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.

Workshop Description:

This continuing education presentation is designed to introduce psychologists to a Health At Every Size perspective (HAES) and to provide evidence that fat stigma is a health hazard and a social justice issue. Participants will learn that diets are ineffective and dangerous for human bodies, that weight is highly dependent on genetics, and that any health risks correlated with fat are overstated and probably related to fat stigma and weight cycling rather than body weight or size.

In class we will examine our personal biases regarding weight and how it might affect our work with clients. We will question the obesity epidemic, explore the “obesity paradox” and question how the media influences our ideas about health and beauty.

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

The Wright Institute Presents:

As psychologists, we have our own body shape and size related traumas, which might influence our work as clinicians. We will discuss the evidence on weight and health and explore how fat people are treated in society. We will look at the costs of diet culture, literally in billions of dollars, and in terms of people's health, self-esteem, and the promotion of eating disorders.

Alternative methods of treatment, including HAES, will be presented. Topics will include: treatment of eating disorders, fat stigma as an individual trauma, and fat stigma as a social justice issue.

Instructor Bio:

Dr. Zone specializes in eating disorders and trauma. She is a psychologist at Kaiser Vallejo Psychiatry.

She is passionate about preventing eating disorders and helping patients heal from body shame. This includes recognizing the role of fat stigma in our culture and promoting a Health At Every Size perspective that respects body diversity.

She created a class for City College of San Francisco called Psychology of Food, Weight, and Eating. In addition to her work as a psychologist and professor, she teaches yoga.

After completing this workshop participants will be able to:

1. Summarize the Health at Every Size Perspective
2. Describe the research on weight and health
3. Recognize weight stigma and how it relates to eating disorders
4. Apply a weight neutral approach to working with clients
5. Identify stereotypes and the dominant paradigm regarding dieting and weight loss

Cancellation Policy: If you have paid for a workshop and are unable to attend, please email us at julie@wi.edu with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

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

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