

# Westchester Group Psychotherapy Society

An Affiliate of the American Group Psychotherapy Association

[www.wgps.org](http://www.wgps.org)

## Announces a Special Workshop by:

**Michelle P. Maidenberg, PhD, MPH, LCSW-R, CGP**

on

## **Effective Cognitive-Behavioral Therapy (CBT) and Acceptance & Commitment Therapy (ACT) Group Strategies to Sustain Weight Loss & Weight Management**

**Michelle P. Maidenberg, Ph.D., MPH, LCSW-R, CGP** is the President/Clinical Director of Westchester Group Works, a Center for Group Therapy in Harrison, NY and maintains a private practice where she provides treatment to individuals (children, adolescents, teens, as well as adults), couples and families, and private supervision. She is the Founder and Clinical Director of “Thru My Eyes” a nonprofit 501c3 organization. She also created and supervises the CBT Program at Camp Shane and Shane Resorts. Dr. Maidenberg teaches a CBT graduate course at NYU and Baruch College. She is on the editorial board of GROUP, a peer-reviewed professional journal and is a consultant and trainer and often presents at conferences and publishes on various topics.

**Date:** May 16, 2014  
**Time:** 12 noon to 2pm  
**Location:** Westchester Medical Center  
Behavioral Health Center  
Room B 304 (Third Floor)  
Valhalla, NY

\$25 Non-Members  
\$15 Students or New Professionals  
Free for WGPS Members

Scholarships Available  
\*\*Lunch Included

While most individuals master the ability to lose weight at a given point in time, often this weight loss is non-sustaining and inevitably follows with induced feelings of frustration and hopelessness. This 12 week CBT and ACT group model provides self-evaluation inventories, worksheets for monitoring food and fitness behavior, techniques for emotional eating, methods to effectively work through sabotaging thoughts and concrete ways to assert healthful behavior, etc. In this workshop experiential exercises will be illustrated and the content for group meetings will be described.

### Learning Objectives:

Participants will:

1. Identify self-sabotaging thoughts and behaviors related to food and fitness and will learn strategies leading to behavioral changes.
2. Describe techniques for emotional eating to enhance awareness and effectiveness toward healthful goals.
3. Learn strategies around mindful eating and identify value driven thoughts and behaviors to assist their clients with sustained healthy living.

### Reservations:

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