



The Los Angeles Chapter  
of CAMFT

Santa Monica-West LA  
Networking District

In collaboration with...



### JOIN US

*Brunch, Networking, MFT Update, 30 Minute Featured Presentation,  
Business Card Drawing, Participant Announcements, Office Space List, Social Media List*

- For:** Licensed Therapists, Interns, & Students & Related Professionals  
**When:** **Friday, February 22, 2013**  
**Time:** 9:30 a.m. to 11:30 a.m.  
Registration & Informal Networking 8:30-9:30 a.m.  
**Where:** **Beverly Hills Country Club**  
3084 Motor Ave., Los Angeles, CA 90064 (310) 836-4400  
**Parking:** Complimentary Valet Parking  
**Cost:** \$25 AAMFT, LA-CAMFT & Other CAMFT Chapter Members  
\$35 Non Members  
**Bring:** At least 30 business cards for networking

**30 Minute**

### FEATURED PRESENTATION

## **Overeating Recovery: How to Help Your Clients with Emotional Overeating Challenges A Mind, Body & Spirit Approach**

***Julie Simon, MFT***

Emotional overeaters disconnect from their mind, body and spirit signals and turn to food for emotional regulation, soothing, comfort, distraction, fulfillment and excitement. Gain a better understanding of the differences between the various types of emotional overeating patterns. Learn how you can help clients with overeating challenges handle the many frustrations and difficulties of their lives without using food. Discover a non-diet approach you can use to address the true causes of overeating and weight gain: emotional and spiritual hunger and body/brain imbalances. Find out how self-care skills, soul-care practices and body-balancing principles work together to facilitate overeating recovery.



**Julie M. Simon, MFT**, author of *The Emotional Eater's Repair Manual*, has over 20 years of experience helping overeaters stop dieting, heal their relationship with themselves and their bodies, lose the excess weight and keep it off. In private practice in Los Angeles, she specializes in eating issues, body image challenges, weight loss and associated mood disturbances. Founder and director of the 12 Week Emotional Eating Recovery Program and a Certified Personal Trainer, her website is [www.overeatingrecovery.com](http://www.overeatingrecovery.com).

**Seating is limited. Register Online by Saturday, February 15, 2013 at <http://www.lacamft.org>**

For further information: Jonathan Flier at [jflier@pacbell.net](mailto:jflier@pacbell.net) or (310) 552-5338

Katie Corrigan at [katie\\_corrigan1@hotmail.com](mailto:katie_corrigan1@hotmail.com) or (323) 904-3157

Provider PCE 2600. Course meets qualifications for 2 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Refund Policy: Registrants who do not attend or fail to request a refund one week prior to scheduled event will be charged full fee. A \$20 charge will be applied to denied credit cards charges.