

Understanding and Treating Eating Disorders

Eating disorders have always been a popular topic in the media, but it is important to understand how these disorders are affecting children and adolescents today. The age of onset for eating disorders has become younger and can alter a child's physical, mental, and social health dramatically if it is not identified and treated at an early age. This course will address the spectrum of eating disorders from anorexia to morbid obesity and cover the following areas:

- *How to determine the differences between anorexia, bulimia, hyperphagia, night eating syndrome, and emotional eating;*
- *Understand how eating disorders are developed and what can be done to assist children, adolescents, and adults in developing a healthy body image; and*
- *Determine how the relationship to food can be either a healthy or destructive one and what can be done to make healthy changes.*

Friday, July 31, 2009

2:00 p.m. – 5:00 p.m.

Fee \$30.00 (payable at the door)*

Presented by: Wanda Holloway, PsyD

Registration required.

The Professional Series provides an educational experience uniquely designed to enrich both your personal and professional life. Led by highly qualified instructors, these classes are structured to provoke thought, explore potential, develop skills, stimulate growth, and promote understanding. The instructors utilize various teaching techniques and aids. Learning takes place in a relaxed, informal atmosphere. UNLESS OTHERWISE NOTED IN THE ANNOUNCEMENT, all classes meet at Burrell Behavioral Health, 1300 Bradford Parkway, in Springfield, Missouri - Children's Center Theater.

Burrell Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Burrell maintains responsibility for the programs and their contents.

To register for any classes, or if you have any questions regarding the educational offerings available at Burrell Behavioral Health, contact our Education and Training Department at
(417) 269-7288.

*Attendance fee is waived for all Burrell/Cox employees with proper identification. Students with proper identification will receive a 50% discount.