



Eating Disorders
Treatment Center, LLC



iaedp-Tucson Chapter

International Association of Eating Disorder Professionals Foundation

Presents

Holly A. Finlay, MA, LPCC, CEDS, CSP

Treating Body Image Distortion: A Sensorimotor Approach

Date: Wednesday, April 26, 2017

Time: 7:45am - 8:15am Check In, Breakfast & Networking
8:15am - 11:30am Announcements & Presentation

Location: Plaza Arboleda Conference Center
2502 N. Dodge Blvd, Tucson, AZ 85716
(520) 618-8881

Registration: <http://tucsoniaedp.com/events>

Contact: tucsoniaedp@gmail.com

IAEDP Members: \$30 **Non-Members:** \$35
Students: \$10 **At the door:** \$40



Holly A. Finlay, MA, LPCC, CEDS, CSP
President iaedp™ Foundation

This beginning level presentation is designed to help you:

1. Describe Body Image Distortion
2. Explain the difference between top-down and bottom-up processing
3. Identify 2-3 methods used to explore using bottom-up therapy

DESCRIPTION: People with eating disorders often articulate their emotions solely in terms of bodily perceptions including, “fat, bloated, and weighed down.” Sensorimotor Psychotherapy(SP) invites the body into treatment. Exploring these physical sensations provides another window into deeper unresolved issues while helping clients learn to decipher the true meaning of the language of their bodies. This workshop provides SP basics and experiential exercises for immediate use with clients.

Holly Finlay, MA, LPCC, CEDS, CSP, Fellow of iaedp, has been in practice in Albuquerque, New Mexico for 24 years. She is a Licensed Professional Clinical Counselor and a Certified Eating Disorders Specialist. Holly is the current President for the iaedp Foundation of which Tucson is an affiliate chapter. She is the Founder and Clinical Director of the Eating Disorders Treatment Center (EDTC) in Albuquerque providing outpatient treatment for children, adolescents, and adults. Holly studied under Pat Ogden, PhD, founder and director of the *Sensorimotor Psychotherapy Institute*, and received a certification as a Sensorimotor Psychotherapist (CSP). She was also named a *Superwoman of 2016* by *Albuquerque Magazine*, and received a *Woman of Influence Award* in 2015 from *Albuquerque's Business First Organization*. She is the President of the *Albuquerque Aril and Iris Society* and resides with her family in Albuquerque, NM.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and any other helping profession with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

3 Continuing Education Credits available: RN as required by the California Board of Registered Nursing. Approval #CEP 12719. Psychologists - This program is co-sponsored by Sierra Tucson and iaedp-Tucson. Sierra Tucson is approved by the American Psychological Association to sponsor continuing education for psychologists; Sierra Tucson maintains responsibility for this program and its content. Participants must be present for the entire presentation and complete the evaluation in order to obtain a CE certificate.

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