



Department of Human Services
Human Services Institute
Professional Development Seminars

**“Eating Psychology:
Dimensions & Energy of Food and Thought”**

Date: Thursday, April 16, 2020

Course times: 9:30 am – 12:30 pm

Location: One Bergen County Plaza • Room 460 • Hackensack, NJ 07601

About the Course:

This workshop will examine the complex relationship that we have with food and teach principles that support healing disordered eating.

Participants will learn to identify disordered eating habits and take a holistic approach toward establishing a healthy relationship with food.

About the Instructor:

Nicolette Cothron, MA, CEPC (Certified Eating Psychology Coach) and owner of Health Emersion in Westwood, NJ. Nicolette is on the forefront of the Mind Body Nutrition and Eating Psychology field which advances the practice of clinical nutrition by exploring the psychophysiology of how thoughts, feelings, and beliefs impact nutritional metabolism and health.

Who Should Attend:

This intermediate level workshop is for Social Workers and therapists who work with individuals with disordered eating.

Course Objectives:

- Identify disordered eating and describe a holistic approach toward establishing a healthy relationship with food.
- Define the psychology of eating
- Describe various concepts that support healing from unhealthy eating habits.

Course Outline:

9:30 AM – 10:30 AM – Introduction to Eating Psychology, disordered eating and our relationship with food.

10:30 AM – 11:30 AM – Dimensions of Eating Psychology and Mind Body Nutrition

11:30 AM – 12:00 PM – Spirituality, Energy of Food and Thought. Case studies.

12:00 PM – 12:30 PM – Discussion of case studies and question and answer

**The cost is \$40.00 per person. No refunds are available.
Make check payable to: "County of Bergen"**

Send registration to:

Terry Cannon
Department of Human Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #40 Course #1792 from 05/03/2018 to 05/03/2020. Social workers will receive the following type and number of credit(s): General Social Work Practice 3

To receive a certificate (for CEs):

Participant must pay the fee, attend entire workshop, sign in, sign out, *and* complete an evaluation. Certificates will be distributed at the conclusion of the workshop.

If you have any questions or concerns, or need special accommodations, please call (201) 336-7425.

For additional information, please visit

www.co.bergen.nj.us/hsi