

FREE

Mind-Body Health Workshops for the Public

*Sponsored by the
Pennsylvania Psychological Association*



June 16 and 17, 2010

**Hilton Harrisburg
Leland Room
One North Second Street
Harrisburg, Pennsylvania**

For a healthy mind and body . . .

talk to a Psychologist.

FREE

Mind-Body Health Workshops for the Public

The Pennsylvania Psychological Association has designed a series of FREE “Mind-Body Health” workshops for the public, June 16 and 17, 2010, in the Leland Room of the Hilton Harrisburg.

Psychologists are highly trained to help people cope more effectively with life problems. It is our hope that these workshops will help you make healthier choices in your life and in the lives of the ones you love.

For more information about mind-body health, please visit the American Psychological Association’s online Consumer Help Center at: <http://www.apahelpcenter.org> or the Pennsylvania Psychological Association’s Web site, <http://www.papsy.org> or <http://www.psychologycanhelp.com>.

Please join us at the Hilton Harrisburg!

Workshop # 1:

Losing Weight: Diets Don't Work, What Does?

Wednesday, June 16, 9:30 a.m.-10:30 a.m.

Do you vow every morning to eat better, only to overeat at night? Have you tried countless diets only to gain back every pound you lost? Find out what you can do to succeed, once and for all. It's not about will power!

The instructor will be Dea Silbertrust, Ph.D., J.D., a licensed psychologist in Bala Cynwyd.

Workshop # 2:

Parenting Manual: Tips to Building Healthy Relationships with Your Child

Wednesday, June 16, 11:00 a.m.-12:00 p.m.

Don't you sometimes wish that kids arrived in this world with a “What to do if . . .” manual? Parenting certainly has its challenges. In this workshop you will learn simple, but effective techniques for reducing conflict and building a healthy, long-lasting relationship with your child.

The instructors will be from the Center for Autism and Developmental Disabilities at Philhaven Hospital: Melissa Brown, Psy.D., licensed psychologist, and Stephanie Dobroski, MSW, licensed clinical social worker.

Workshop # 3:

Does My Child Have Asperger's Disorder?

Wednesday, June 16, 12:30 p.m.-1:30 p.m.

How can I tell if my child has Asperger's Disorder? Is there treatment available for this condition? Get answers to these questions and more, in this practical nuts-and-bolts approach to identifying and dealing with Asperger's Disorder. Learn what you can do and where to get help.

The instructor will be Vincent Morello, Ph.D., a licensed psychologist at the Pathway School in Norristown.

Workshop # 4:

Sugar and Spice: A Program to Combat Female Bullying

Wednesday, June 16, 2:00 p.m.-3:00 p.m.

Female bullying is a serious problem in our schools. But there IS something you can do about it. Come and learn effective ways to help your own child, as well as how you can help your school address girl on girl aggression.

The instructor will be Kaila Dickstein, Psy.D., a certified school psychologist in Bala Cynwyd.

Workshop # 5:

The Happiest Marriage in the World: A Recipe

Wednesday, June 16, 3:30 p.m.-4:30 p.m.

Join couples expert, Dr. Judith Coche, as she "cooks up" a recipe for you to achieve the happiest marriage in the world. She will blend the latest and best in psychology about happiness with the best of marital expertise.

The instructor will be Judith Coche, Ph.D., a licensed psychologist and founder of the Coche Center in Philadelphia, a practice specializing in building relationships.

Workshop # 6:

Early Warning Signs of Violent Behavior

Wednesday, June 16, 5:00 p.m.-6:00 p.m.

Can you tell when someone is ready to explode? It is not always possible to predict behavior that may lead to violence. Learn how to recognize early warning signs of aggressive or violent behavior in both children and adults.

The instructor will be Cathy Petchel, M.A., a licensed psychologist in McMurray.

Workshop # 7:

Coping with Stress 5 Minutes at a Time

Wednesday, June 16, 6:30 p.m.-7:30 p.m.

Are you stressed out, frazzled, worn out by worry? Does life seem too hectic for you to do anything about it? Come to this workshop and learn effective, practical, and easy ways to deal with stress “5 minutes at a time”!

The instructor will be Gerald O'Brien, Ph.D., a licensed psychologist at the Anxiety & Agoraphobia Treatment Center in Bala Cynwyd.

Workshop # 8:

Mental Health & Aging: What Is Normal, What Is Not?

Thursday, June 17, 9:30 a.m.-10:30 a.m.

Depression, loneliness, anxiety and confusion – are these a normal part of aging? Find out what is normal aging, what possibly isn't, and what you can do about it. There IS hope.

The instructor will be Ann Durshaw, Psy.D., a licensed psychologist in Yardley, specializing in middle-aged through older adults who are experiencing chronic and progressive illnesses.

Workshop # 9:

Promoting Closeness with Your Child When You Have No Time

Thursday, June 17, 11:00 a.m.-12:00 p.m.

Busy families can be close families. Learn a simple weekly strategy for keeping a close relationship with your kids, even if you have a hectic schedule.

The instructors are from Marywood University in Scranton: David Palmiter Jr., Ph.D., professor and director of the Psychological Services Center; Tanisha Drummond, M.A., graduate student; and Alison Paules, B.A., graduate student.

Workshop # 10:

Resilience: Surviving Stress When It Hits Your Family

Thursday, June 17, 12:30 p.m.-1:30 p.m.

Sooner or later a major problem hits every family. Is your family psychologically prepared to deal with it? Learn how to build resilience within yourself and your family, so that you can all grow stronger and better in the face of adversity.

The instructor will be Judith Blau, Ph.D., a licensed psychologist in Doylestown.

Workshop # 11:

Anxious Children? Tips for Parents

Thursday, June 17, 2:00 p.m.-3:00 p.m.

Anxiety problems among children are more common than you may think. Find out some typical causes of anxiety in kids today, and what you can do to help them cope.

The instructor will be from the Philadelphia College of Osteopathic Medicine: Barbara Golden, Psy.D., associate professor and director of clinical services; and Julia Rovinsky, M.S., graduate student.

Workshop # 12:

Depression and How It Affects You

Thursday, June 17, 3:30 p.m.-4:30 p.m.

Are you or someone you know suffering from depression? Does it affect you and your daily life? Learn how moods – especially depressed moods, affect your brain, your mind and memory, your body, your relationships, and your work.

The instructor will be Cathy Petchel, M.A., a licensed psychologist in McMurray.

Workshop # 13:

The Effects of Combat on Veterans: Understanding and Helping

Thursday, June 17, 5:00 p.m.-6:00 p.m.

Are you concerned about your loved one's readjustment to civilian life after a stressful deployment? Learn about key issues and obstacles faced by returning combat veterans. Find out what you can do to help, and how to recognize when professional consultation is needed.

The instructors will be from the Combat Stress Intervention Program at Washington & Jefferson College: Michael Crabtree, Ph.D., professor and principal investigator; and Mary Schaffer, M.A., research associate.

Workshop # 14:

Help! My Kids Are Driving Me Crazy!

Thursday, June 17, 6:30 p.m.-7:30 p.m.

Does your child keep misbehaving despite your best efforts to stop it? Maybe s/he is trying to tell you something. In this workshop, find out what that *something* might be. Learn effective ways to help your child curb unruly behavior, with the added benefit of improving your relationship.

The instructors will be from Carlow University in Pittsburgh: Robert Reed, Psy.D., professor and chair of the Department of Psychology; and Diane Snyder, M.A., graduate student.



Pennsylvania Psychological Association
Free Mind-Body Health Workshops for the Public
June 16 and 17, 2010
Hilton Harrisburg

REGISTRATION FORM

YES, I would like to register for the following **FREE** Mind-Body Health Workshops.

List workshop numbers: _____

Name _____

Company (optional) _____

Address _____

City/State/Zip _____

Telephone (daytime) _____

E-mail _____

Send completed form by June 10, 2010, to:

Pennsylvania Psychological Association

416 Forster Street • Harrisburg, PA 17102-1748

telephone 717-232-3817 • fax 717-232-7294

www.papsy.org

The Pennsylvania Psychological Association publishes a **FREE** e-Newsletter, *Psychological News You Can Use*, which provides information to the general public about what psychologists are doing and provides timely articles that cover parenting issues, tips for the workplace, summaries of new research, mental health news, addiction treatments, and much more. Simply print your e-mail address on the line below and we will have the E-Newsletter sent to you.

You will never see an ad in our E-Newsletters and your e-mail address will not be shared with any other organization. If you find our E-Newsletter helpful, please tell your friends. They can subscribe on our Web site: www.papsy.org. We hope you will enjoy it!

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