



*illuminating Relevant Clinical Issues
& Networking with Colleagues*

THE MANY FACES OF EATING DISORDERS

Eating disorders have become an increasingly common and tragic part of American society in recent decades, with an estimated 11 million Americans currently suffering from an eating disorder. Join us at the next Clinical Connections for a workshop featuring Rebecca Cooper, GSEP alum and founder of Rebecca's House, an eating disorder treatment facility in Orange County. Some of the questions Rebecca will address at this event include:

- What percentage of people on a diet progress to an eating disorder?
- What disorder has the highest mortality rate of any mental illness?
- What eating disorder client is more likely to abuse substances?
- Why does dieting lead to eating disorders?
- What is the most common food addiction?
- What is the best question to ask to confirm the presence of an eating disorder?

Friday, March 5th, 2010
7:00-9:00 PM, 3rd Floor, Room 324/326
Networking Begins at 8:30 PM
Pepperdine University - Irvine Graduate Campus



Rebecca Cooper, LMFT, CCH, CEDS is a California licensed therapist, Certified Eating Disorder Specialist, Board Certified Professional Counselor, Certified Clinical Hypnotherapist, international speaker, business owner, and author. She has counseled hundreds of patients struggling with issues pertaining to dieting, obesity, anorexia, bulimia, addictions, and disordered eating. Currently, her business Rebecca's House Eating Disorder Treatment Programs™ in Orange County, California, provides outpatient clinical therapy to those suffering from eating disorders. She is the author of *Diets Don't Work®*, the *Diets Don't Work® Workbook*, *Guided Imagery CDs*, and instructional DVD's. Cooper created the *Diets Don't Work Structured Program®* after she started working with clients who suffered from severe yo-yo dieting. With her understanding that the dieting was a mere surface reflection of a far larger issue, Cooper began an investigation of client thought patterns that triggered disordered eating. A native of West Virginia, Cooper received her Master's Degree in Clinical Psychology from Pepperdine University.

If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval! This is a FREE event! Please RSVP to Kathleen Wenger at psyprofdev@pepperdine.edu.