

# The Body in Psychotherapy and Psychoanalysis & Change Your *Eating*, Change Your *Life*

A Workshop for Mental Health Professionals and Fourth Annual Public Lecture

Saturday February 26, 2005

The UNC Friday Center, Chapel Hill, North Carolina

10am–1pm: The Body in Psychotherapy and Psychoanalysis

3pm–5pm: Change Your Eating, Change Your Life (open to the public)

**Distinguished Speaker** Susie Orbach, PhD  
The North Carolina Psychoanalytic Foundation is pleased to present celebrated psychoanalyst and writer, Susie Orbach, PhD.

### Morning Workshop for Mental Health Professionals

During the 10am–1pm morning session, Dr. Orbach will discuss the body in psychotherapy:

- The body has a psychological and developmental history. Dr. Orbach will speak about the body as the location of desire, including the ways in which desire, as it is met or unmet in early relationships, leads to a fundamental sense of self and a prevailing style of attachment to others.
- Problems with the body, which encompass eating disorders, sexual difficulties, body hatred and mistreatment of the body, are rooted in relationships and express psychic pain.
- The therapist also has a body! Patients may wish to touch or be held by the therapist. Dr. Orbach will demonstrate how therapists may work with patient's wishes and with their own countertransference reactions, including bodily responses, as a path to achieving a deeper understanding of the patient's experience.

### Fourth Annual Public Lecture

The 3-5 pm lecture, *Change Your Eating, Change Your Life: Transforming Your Emotional Relationship With Food*, is open to the general public, nutritionists, mental health and healthcare professionals. During this session, Dr. Orbach will discuss the ways in which food can be used to meet emotional needs and present a practical set of techniques to learn to eat when we are hungry, stop when we are full, and become aware of ways to meet our emotional needs directly.

### Learning Objectives

Upon completion of this 5-hour program, participants should be able to:

- Discuss how bodily symptoms may develop in response to failures in early relationships and how these symptoms are perpetuated by internal object relationships.
- Describe the challenges and opportunities that countertransference creates for understanding and working with patients.
- Identify the five keys to restoring a healthy relationship with food.

**Full Day Workshop** for mental health professionals \$125  
Morning Session 10am–1pm (*The Body in Psychotherapy*)  
Lunch on your own in Chapel Hill  
Afternoon Session 3–5pm (*Change Your Eating*)  
**Registration Deadline: February 18, 2005**

### Fourth Annual Public Lecture 3–5pm

*Change Your Eating, Change Your Life*, open to the public. Tickets: \$15 by **February 18**; \$20 at the door.

**Donor Reception** additional \$100 tax-deductible contribution per person. Join Susie Orbach for a private reception from 5:30 to 7:30pm at the Aurora Restaurant in Chapel Hill. Proceeds will support the Foundation's community outreach efforts and future public lectures. Please reserve your tickets for the reception by **February 18, 2005**.

### CME and CE Credits

Psychologists and Physicians attending 100% of the program will receive credit for 5 continuing education contact hours. Letters of attendance will be provided to other mental health professionals.

This activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The American Psychoanalytic Association and the North Carolina Psychoanalytic Foundation. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. The American Psychoanalytic Association designates this educational activity for a maximum of 5 hours in category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. Disclosure information is on record indicating that participating faculty members have no significant financial relationships to disclose. This program is co-sponsored by the North Carolina Psychoanalytic Society and the North Carolina Psychoanalytic Foundation. The North Carolina Psychoanalytic Society is approved by the American Psychological Association to offer continuing education for psychologists. The North Carolina Psychoanalytic Society maintains responsibility for the program.

### Directions

The Friday Center is located approximately three miles east of the UNC-Chapel Hill campus, on the south side of Highway 54. The Center is near Interstate 40 (from Raleigh, I-40 exit 273A; from Greensboro, I-40 exit 273). For map, visit [www.fridaycenter.unc.edu](http://www.fridaycenter.unc.edu).

### Information

For more information or to receive additional copies of this brochure, email [info@ncpsychoanalysis.org](mailto:info@ncpsychoanalysis.org) or call **(919) 847-2323**. Tickets purchased in advance will be held at the registration desk. For lecture information and registration form, visit [www.ncpsychoanalysis.org](http://www.ncpsychoanalysis.org).

## PLEASE POST

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**Fees** (Please complete one form per person)

\_\_\_\_\_ Full Day Workshop (10am–5pm): \$125 (includes CE/CME)

\_\_\_\_\_ Public Lecture only (3–5pm): \$15 (\$20 at the door)

\_\_\_\_\_ Donor Reception: \$100

\_\_\_\_\_ **TOTAL**

### Deadline

To guarantee space, registration must be received by **February 18, 2005**.

Call **(919) 847-2323** to check space availability after deadline. Tickets purchased in advance will be held at the registration desk. A full refund will be given if requested by **February 21**.

Name & Degree: \_\_\_\_\_

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Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Occupation: \_\_\_\_\_

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The North Carolina Psychoanalytic Foundation  
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Saturday, February 26, 2005  
10:00am-5:00pm  
The Friday Center, UNC Chapel Hill

[www.ncpsychoanalysis.org](http://www.ncpsychoanalysis.org)


North Carolina Psychoanalytic Foundation presents

# The Body in Psychotherapy

A Workshop for Mental Health Professionals  
&  
Change Your *Eating*, Change Your *Life*

Fourth Annual Public Lecture (open to the general public)

Saturday, February 26, 2005 The UNC Friday Center, Chapel Hill, NC



Susie Orbach, PhD, is an internationally renowned expert on eating disorders and women's psychology and the critically acclaimed author of *Fat Is a Feminist Issue*, *Hunger Strike* and *On Eating*. During the afternoon public lecture, Dr. Orbach will explore strategies for changing our relationship with food that go beyond the latest weight-loss fads. She will discuss the ways in which food can be used to meet emotional needs, leaving us vulnerable to eat when we are not hungry or to become dangerously deaf to the body's hunger, as in anorexia. Food becomes dangerous, a source of guilt, fear and unhappiness, while diets provide only temporary solutions because they ignore our emotional relationship with food. Dr. Orbach will teach practical and effective techniques to transform eating that hurts into eating that nourishes and calms.

Space is Limited Register Early

Tickets will be held at the Registration Desk.

Return this form with payment by **February 18** to:

North Carolina Psychoanalytic Foundation  
7474 Creedmoor Road #107  
Raleigh, NC 27613

Please make checks payable to:  
North Carolina Psychoanalytic Foundation

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