



CENTRE FOR PSYCHOLOGY  
AND EMOTIONAL HEALTH



GREENBERG  
INSTITUTE of  
EMOTION  
FOCUSED  
THERAPY

## **EXPAND YOUR PRACTICE**

# **WORKING WITH NEGATIVE BODY IMAGE, CHRONIC DIETING, AND EMOTIONAL EATING: AN EMOTION FOCUSED APPROACH**



with Dr. Amanda Stillar, Ph.D., Psychologist

**Date:** February 26th and 27th, 2025

**Time:** 11:00AM (EST) – 2:15PM (EST) *Eastern Standard Time*

**Format:** Live via ZOOM

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## How many of your clients have an unhealthy relationship with food or negative body image?

Clients often present to therapy with concerns related to unhealthy eating habits or a preoccupation with their appearance. This might include behaviors such as emotional eating, chronic dieting, bingeing, purging, or distress related to body shape, size, or weight. These issues may be the main reason for seeking therapy or they may surface during the therapeutic process. Clients are typically unaware of how these unhealthy and problematic behaviors are connected to deeper, underlying emotional issues.

Often, therapists do not fully understand and consequently do not assess these concerns, despite their significant impact on clients' presenting problems, health, and emotional well-being. In this workshop, you will learn to identify and assess the deeper emotional issues that drive superficial unhealthy behaviours using an emotion-focused and trauma-informed perspective. You will learn emotion-focused interventions to help clients increase emotional awareness, improve emotional self-efficacy, resolve emotional processing difficulties, and address the deeper wounds beneath unhealthy eating patterns and body image concerns.

## CE CREDITS

Ontario Psychological Association (OPA) – 5.5 Credits

Medical Psychotherapy Association of Canada (MDPAC) – 5.5 Credits

Ontario Association of Mental Health Practitioners (OAMHP) – 5.5 Credits

*Participation in this workshop allows OAMHP members to apply 5.5 hours (CECs) towards their required continuing education hours. OAMHP's review of the general content of this workshop recognizes the learning objectives meet and support the criteria (1) for best known practice in continuing education and (2) for educational requirements for mental health professionals.*



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## RATES

Regular Admission: \$220 (+ applicable taxes)

Student Rate: \$150 (+ applicable taxes)

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Dr. Amanda Stillar, is a Registered Psychologist who specializes in Emotion-focused Therapy for individuals, couples, and families. Dr. Stillar has been working with EFT in these various contexts for the past 11 years. Dr. Stillar co-owns the Alberta Wellness Center for Eating Disorders, which is a private treatment center for eating disorders rooted in the Emotion-focused Family Therapy model and serves the province of Alberta with 4 locations. She also operates a private practice clinic, Stillar Psychological, that offers counselling and assessment services with two locations in Edmonton, Alberta.

Dr. Stillar is a Certified Supervisor and Trainer in Emotion-focused Family Therapy (EFFT). She supervises graduate students, social workers, provisional psychologists and Registered Psychologists throughout Alberta. Dr. Stillar has been delivering EFFT clinician trainings throughout Alberta for the past five years. In addition to her clinical work, Dr. Stillar has contributed to the evidence-base for EFFT by co-authoring 10 EFFT focused publications to date.

Additionally, Dr. Stillar is a Certified Supervisor and Trainer in Emotion-focused Skills Training (EFST) and a Certified Supervisor for Emotion-focused Therapy for individuals (EFT), with over 500 hours of formal EFST and EFT training combined.

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