

READY TO
MAKE A
CHANGE?

Do you have difficulty...?

- Losing weight
- Maintaining weight loss
- Resisting cravings
- Making time for regular exercise
- Avoiding emotional eating
- Staying motivated
- Maintaining healthy choices

Would you like to...?

- Change thinking patterns
- Cope with emotions without using food
- Change behavior patterns
- Achieve long-term weight loss success

Participants will learn a variety of skills and strategies including:

- Mindfulness skills versus mindless eating
- Behavior change and planning
- Changing thought patterns to deal with motivation and sabotaging thoughts
- Self-monitoring relaxation skills
- Problem solving skills
- Coping with challenges and special situations
- Maintaining skills

4425 Randolph Road, Suite 411
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Take It Off! Keep It Off!



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Holly Savoy, PhD
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Sara Ellett, PhD
Licensed Psychologist

A COGNITIVE – BEHAVIORAL
PROGRAM FOR
WEIGHT LOSS AND
WEIGHT MAINTENANCE

The Group Leaders:

Nona Patterson, Ph.D. is a licensed psychologist who has over 18 years of experience helping adults and adolescents resolve problems, improve relationships and achieve important life goals. Dr. Patterson earned her doctorate in Clinical Psychology from the California School of Professional Psychology. She is an Associate Member of the American Society for Bariatric Surgery and has received advanced training in the area of bariatric assessment and treatment.

Holly Bielstein Savoy, Ph.D. is a licensed psychologist with over 9 years experience helping people with a wide range of emotional and life issues. Dr. Savoy earned her Ph.D. in Counseling Psychology from the University of Missouri-Columbia. She completed her internship at the University of Illinois-Chicago Psychiatry Department, with a concentration in Women's Mental Health. Dr. Savoy is the current President of the Mecklenburg Psychological Association.

Melissa Miller, Psy.D. is a licensed psychologist who specializes in eating disorders and women's issues. Dr. Miller earned her doctorate in Clinical Psychology from the University of Denver Graduate School of Professional Psychology. During her internship and post-doctorate year she focused on eating disorders and body image issues in Chicago, IL and Charlotte, NC.

Sara Ellett, Ph.D. is a licensed psychologist with over 15 years of experience. Dr. Ellett works with adults, emphasizing enhancement of problem-solving skills and development of effective coping strategies for dealing with life stresses. Dr. Ellett earned her doctorate at the University of Kansas and completed her clinical internship at the University of North Carolina-Chapel Hill Medical School.

The Program:

The Take it Off / Keep It Off Program consists of two, 8 week workshops. Each workshop led by 2 doctoral level clinical psychologists and will be limited to 10 participants.

Take It Off is 8 -week workshop during which participants identify problem areas; learn to identify thoughts, feelings, and behaviors associated with eating and weight loss difficulties; and learn new cognitive, behavioral, and mindfulness skills.

Keep it Off is an 8 week advanced workshop that builds on what was learned during the Take It Off workshop. Participants continue to refine cognitive, behavioral, and mindfulness skills; address the relationship between food and feelings; and explore body image and self-esteem. Please see group leader for information on registration for this workshop.

This program is not a diet or food plan. This program is based on cognitive – behavioral treatment approaches, including mindfulness skills, which have been found to be one of the most effective treatments for long-term weight loss. Unlike other programs, this program integrates skill building and life style changes with effective weight loss strategies. In addition to addressing weight issues, this program will also enhance self-esteem as well as provide social support and encouragement to participants.

Cost:

The Workshop is \$320.00 per 8-week group session, 50% due at time of registration with the balance due at the first group session. Spaces are limited, register as soon as possible.

Note: This program is not intended for individuals with substance abuse problems or compulsive behavior problems. It is recommended that participants with these issues are enrolled in individual therapy (either prior to or concurrent with participation in group) to address underlying issues associated with these patterns, while using the group to learn healthy lifestyle skills.

Registration Form

<i>Sign up for Take It Off:</i>	<i>Time</i>
<input type="checkbox"/> Noon session	12:00-1:00 pm
<input type="checkbox"/> Evening Session	5:45- 7:00 pm

Name

Address

City State Zip Code

Phone

Method of Payment:
(50% due at registration and 50% due at first meeting)

- Please charge my credit card \$160.00 (50%)**
 Please charge my credit card \$320.00 (100%)
- Check enclosed MasterCard
- Cash (do not mail) Visa

Credit Card Number: Exp. Date

Signature

MAIL TO: HOLLY SAVOY

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