

# FREE

## Mind-Body Health Workshops for the Public

Because of the success last year of the **Pennsylvania Psychological Association's Mind-Body Health Workshops for the Public** series, the **free** one-hour workshops will once again be offered on June 16 and 17, 2010, 9:30 a.m. to 7:30 p.m., during our Annual Convention at the Hilton Harrisburg. The complete brochure for your patients and clients is available at [www.papsy.org](http://www.papsy.org) or [www.psychologycanhelp.com](http://www.psychologycanhelp.com).

### Wednesday, June 16:

- 9:30 a.m.-10:30 a.m.     *Losing Weight: Diets Don't Work, What Does?*  
Dea Silbertrust, Ph.D., J.D.
- 11:00 a.m.-12:00 p.m.     *Parenting Manual: Tips to Building Healthy Relationships with Your Child*  
Melissa Brown, Psy.D., and Stephanie Dobroski, MSW
- 12:30 p.m.-1:30 p.m.     *Does My Child Have Asperger's Disorder?*  
Vincent Morello, Ph.D.
- 2:00 p.m.-3:00 p.m.     *Sugar and Spice: A Program to Combat Female Bullying*  
Kaila Dickstein, Psy.D.
- 3:30 p.m.-4:30 p.m.     *The Happiest Marriage in the World: A Recipe*  
Judith Coche, Ph.D.
- 5:00 p.m.-6:00 p.m.     *Early Warning Signs of Violent Behavior*  
Cathy Petchel, M.A.
- 6:30 p.m.-7:30 p.m.     *Coping with Stress 5 Minutes at a Time*  
Gerald O'Brien, Ph.D.

### Thursday, June 17:

- 9:30 a.m.-10:30 a.m.     *Mental Health and Aging: What Is Normal, What Is Not?*  
Ann Durshaw, Psy.D.
- 11:00 a.m.-12:00 p.m.     *Promoting Closeness with Your Child When You Have No Time*  
David Palmiter Jr., Ph.D., Tanisha Drummond, M.A., and Alison Paules, B.A.
- 12:30 p.m.-1:30 p.m.     *Resilience: Surviving Stress When It Hits Your Family*  
Judith Blau, Ph.D.
- 2:00 p.m.-3:00 p.m.     *Anxious Children? Tips for Parents*  
Barbara Golden, Psy.D., and Julia Rovinsky, M.S.
- 3:30 p.m.-4:30 p.m.     *Depression and How It Affects You*  
Cathy Petchel, M.A.
- 5:00 p.m.-6:00 p.m.     *The Effects of Combat on Veterans: Understanding and Helping*  
Michael Crabtree, Ph.D., and Mary Schaffer, M.A.
- 6:30 p.m.-7:30 p.m.     *Help! My Kids Are Driving Me Crazy!*  
Robert Reed, Psy.D., and Diane Snyder, M.A.