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Psych Up Live
Thursday at 11 AM Pacific
January 3rd 2019: Can a Parent Help Their Child or Teen With Overeating?

Childhood and teen obesity has grown to epidemic proportions in the US. In this episode, Dr. Maidenberg draws upon her new book "Free Your Child From Overeating: 53 Mind-Body Strategies For Lifelong Health" to offer strategies that begin with the recognition of thoughts and feelings in overeating and draw upon, CBT, Mindfulness and Acceptance therapy to address overeating. Recognizing the dynamics of teens and kids, She exemplifies how to motivate youngsters and inform them by identifying emotional eating with acronyms like HALT-Happy, Angry, Anxious, Lonely or Tired) or using the Mindful Ch

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Featured Guest



Michelle P. Maidenberg, Ph.D., MPH

Michelle P. Maidenberg, Ph.D., MPH, LCSW-R is a psychologist and the author of "Free Your Child From Overeating: 53 Mind-Body Strategies For Lifelong Health."

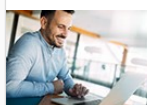
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