

DO YOU KNOW THE DIFFERENCE BETWEEN A GROWTH MINDSET VS. FIXED MINDSET?



FREE PARENT LEARNING OPPORTUNITY

Join us on Monday, February 25, 2019 at 7:00 pm in the KBES Large Group Room

RSVP to kapruzzi@nazarethasd.org

-Door prizes-

When students believe they can get smarter, they understand that effort makes them stronger. Come learn how simple changes in the way you praise your child can make them into more successful students.

CHANGE YOUR WORDS...
CHANGE YOUR MIND

Presented by Dr. Ellie Benner, a Licensed Psychologist in Pennsylvania. She earned her Doctoral degree in Clinical Psychology with a concentration in Health Psychology from LaSalle University. Dr. Benner completed her Post-Doctoral Residency in Cognitive-Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) at Center for Integrated Behavioral Health. She completed her APA-accredited pre-doctoral internship at the Johns Hopkins University Counseling Center in Baltimore, Maryland, where she assisted with policy and program development changes to eating disorder assessment and treatment services, and developed specialized programming for athletes at risk for disordered eating. Dr. Benner currently works in private practice, where she specializes in the treatment of eating disorders, emotional eating, and anxiety disorders in adolescents and young adults. She has received training and experience providing CBT-Enhanced (CBT-E) for adults with eating disorders in a variety of outpatient settings and particularly enjoys working with adolescents and athletes struggling with anxiety and disordered eating. During her pre-doctoral training, she completed specialized training in Family-Based Treatment for Anorexia at the Children's Hospital of Philadelphia, which has become her true passion. She completed her doctoral dissertation on eating disorders in college students and has co-presented staff trainings on recognizing and responding to students with eating disorders in high school and university settings. Dr. Benner has also received training and experience providing CBT and Exposure and Response Prevention for anxiety disorders and Obsessive-Compulsive Disorder.