### About the Director



Judith Matz, LCSW, is co-author of The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care (Sourcebooks, 2006) and Beyond a Shadow

of a Diet: The Therapist's Guide to Treating Compulsive Eating (Brunner-Routledge, 2004). Judith earned her Master's degree in Social Work from the University of Michigan in 1980 and completed a Fellowship at Michael Reese Hospital where she trained in Eating Disorders. She is a frequent presenter at local and national conferences. She has been in private practice since 1986.

The Chicago Center for Overcoming Overeating, Inc. was formed in 1993 to help people resolve overeating and weight issues. Descriptions of the Center's work have appeared in major publications both locally and nationally. The Chicago Center for Overcoming Overeating, Inc. is affiliated with the National Center for Overcoming Overeating, founded by Carol Munter and Jane Hirschmann, authors of Overcoming Overeating (Fawcett Columbine, 1989), and When Women Stop Hating Their Bodies (Fawcett Columbine, 1995).

Look for these books by Judith Matz, LCSW:

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care (2006)

www.dietsurvivors.com

Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating (2004) www.beyondashadowofadiet.com



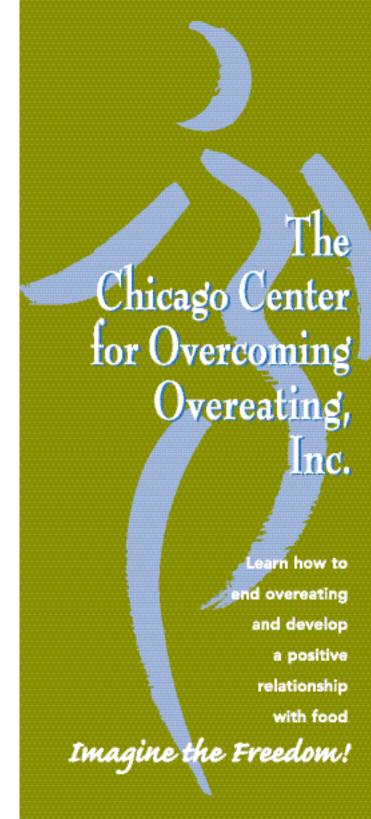
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North Shore location: 5225 Old Orchard Road Suite 6 Skokie, IL 60077



### Does this describe you?

You eat when you are not hungry.

You often have negative thoughts about your body.

You spend a lot of time waiting to be "thin enough."

You use food for emotional comfort.

You know diets don't work, but don't know what to do instead.

# Imagine the Freedom!

## The Overcoming Overeating Approach

Overcoming Overeating is a comprehensive program for ending problems with food and weight. This gentle approach ends overeating without diets, rigid programs or rules. Instead, trained professionals work with you to implement step by step guidelines at a pace that is right for you. When you use Overcoming Overeating you will:

- understand and break the cycle of yo-yo dieting
- identify and eat from physiological hunger
- feel calm around all food
- build a positive body image
- find new ways to manage feelings without food

#### Services to Individuals

**Overcoming Overeating Groups** 

**Individual Counseling** 

Workshops

Services to Organizations and Professionals

**Consultation and Training** 

**Customized In-House Programs** 

Speaker's Bureau

Early Intervention with Children

**Lectures to Schools and Parent Organizations** 

**Consultation to Parents** 

**Workshops and Seminars** 

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