

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



for more information, contact:

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The
Chicago Center
for Overcoming
Overeating,
Inc.

Learn how to
end overeating
and develop
a positive
relationship
with food

Imagine the Freedom!

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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