

PROFESSIONAL CERTIFICATION IN

The Solution[®] Method

www.thesolutionmethod.org



The Solution[®] Method

The Solution Method is a brain-based program that offers clinicians an innovative and powerful tool for treating a range of stress-related problems including obesity, substance abuse, depression, and relationship problems. The method uses developmental skills training (DST) to retrain the brain to be resilient to stress and to experience high levels of natural pleasure.

We welcome clinicians and educators to join us for two days of learning the latest in neuroscience and stress and to participate in workshops on personal skill enhancement and core clinical skills of the method. For clinicians, after the conference, choose your clinical specialty — weight loss, addictive behavior, stress management, depression, or relationship problems — complete brief distance learning and become certified in the method.

Praise for The Method

"I marvel at how quickly Solution Skills can change a life."

Anne Brown, Ph.D., Certified Solution Provider
Atlanta Center for Cognitive Therapy

"Provides New Hope to Overweight Americans"

Shape Up America!

"The Solution Method is the missing link in addiction treatment."

Elizabeth Shella, MA, LPC, CRC,
Certified Solution Provider Cleveland Clinic

"One of the 10 Top Medical Advances of the Year."

Health Magazine

Choose a Specialty:

ADULT OBESITY

PEDIATRIC OBESITY

ADDICTIVE BEHAVIOR

DEPRESSION

STRESS MANAGEMENT

COUPLES TRAINING

Distance Learning Package

Enjoy the convenience of distance learning!

Select a Location:

San Francisco - September 10-11, 2007

University of California, San Francisco

Chicago - October 1-2, 2007

University of Illinois-Chicago

San Diego - October 18-19, 2007

University of San Diego

Los Angeles - October 22-23, 2007

University of California, Los Angeles

Gainesville - January 14-15, 2008

University of Florida, Gainesville

New York - March 17-18, 2008

New York University

Sacramento - March 24-25, 2008

University of California, Davis

Charlottesville - March 27-28, 2008

University of Virginia

Portland - April 7-8, 2008

Oregon Health & Sciences University

San Bernardino - April 21-22, 2008

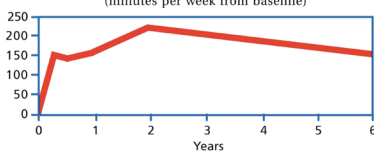
Loma Linda University

Method Effectiveness

6 Year Trends*

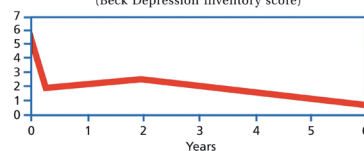
Increased Exercise

(minutes per week from baseline)



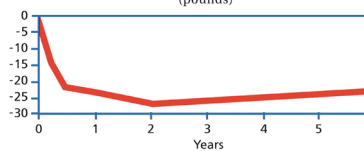
Less Depression

(Beck Depression Inventory score)



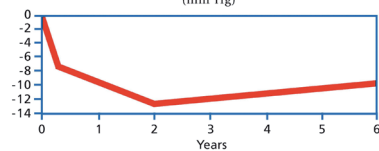
Weight Loss

(pounds)



Improved Blood Pressure

(mm Hg)



* for more complete information, including a new study on all the common excesses and life rewards, please visit our website



www.thesolutionmethod.org

Conference Schedule

Day 1: The Science of the Method & Personal Skills Workshop

- 8:00 a.m. Onsite Registration (Space Available)
- 8:15 a.m. Welcome and Introduction, Charles E. Irwin, Jr., M.D.
- 8:30 a.m. An Overview of Developmental Skills Training, Laurel M. Mellin, M.A., R.D.
- 9:00 a.m. **UNDERSTANDING EMERGING SCIENCE**
The Neurobiology of Stress and The Solution Method, Igor Mitrovic, M.D. (Keynote Address)
The Wiring of Attachment and the Stress of Dyadic Dysregulation, L. Mellin, M.A., R.D.
Neuroplasticity: Retraining the Brain, Lindsey Fish de Peña, M.D.
Depression and Stress, Stuart J. Eisendrath, M.D.
Stress and Eating for Reward, Elissa Epel, Ph.D.
The Role of Stress in an Allostatic Model of Addiction, Lori Karan, M.D.
The Efficacy of the Method: A Review of Current Research, Rheinila Fernandes, M.D.
Synthesis of the Science and Future Directions
- 12:45 p.m. **LUNCH**
- 1:45 p.m. **PERSONAL SKILLS ENHANCEMENT WORKSHOP**
Enhancing Joy: The Sanctuary Tool and the Feelings Check
Blocking the Stress Response: Emotional Housecleaning
Decreasing Allostatic Load: The "Cycle Tool" Workshop
Retraining Implicit Memory: The "Grinding In" Process
Tools for Quieting Cravings and Unstoppable Drives
- 4:00 p.m. **ADJOURN**

Day 2 - Bringing These Skills to Others

- 8:15 a.m. **CLINICAL SKILLS FOR BRAIN RETRAINING**
Environment, Hormones and Behavior, Robert H. Lustig, MD
Workshop on Clinical Skills in Solution Group Training
Independent Dyadic Practice: Safety and Effectiveness
Internet Support: Integrating it into your Practice
High Risk Participants: Coaching Strategy Workshop
Techniques for Self-Nurturing as you Nurture Others
- 12:00 p.m. **LUNCH**
- 1:15 p.m. **YOUR SPECIALTY AND THE SOLUTION METHOD**
Depression: Changing the Happiness Set Point
Who Isn't Stressed? Brief Training in Stress Management
Freedom from Substances, Elizabeth Shella, MA, LPC, CRC
Solution Skills for Couples: A Simple, Effective Approach
Treating Adult Obesity by Retraining the Brain
Pediatric Obesity: The Limbic Triangle, Michele Mietus-Snyder, M.D.
The YES Internet Assessment: The Canadian Experience
Rewiring the Family System: The SHAPEDOWN Program
Integrating Solution Training into Your Practice
- 4:00 p.m. **ADJOURN**

UCSF Course Faculty

Igor Mitrovic MD, Associate Adjunct Professor of Physiology, Director of Professional School Education, Department of Physiology, Scientific Director, The Institute for Health Solutions (Keynote Speaker)

Laurel Mellin MA, RD, Associate Clinical Professor of Family and Community Medicine and Pediatrics, School of Medicine, UCSF, Director, The Institute for Health Solutions

Rheinila Fernandes MD, Clinical Fellow at Harvard University, Psychiatry Resident Physician, Cambridge Hospital

Lindsey Fish de Peña MD, Clinical Research Fellow, The Institute for Health Solutions

Lori Karan MD, Research Physician, Drug Dependence Research Center, UCSF

Stuart J. Eisendrath MD, Professor of Clinical Psychiatry, Director of Clinical Services, Langley Porter Psychiatric Hospital and Clinics, Director, Depression Center at Langley Porter, UCSF

Charles E. Irwin, Jr. MD, Professor and Vice Chairman of Pediatrics, Director, Division of Adolescent Medicine, UCSF

Elissa Epel PhD, Assistant Professor, Department of Psychiatry, School of Medicine, UCSF

Robert H. Lustig, Professor of Clinical Pediatrics, Division of Endocrinology, UCSF

Michelle Mietus-Snyder MD, Assistant Professor, Departments of Physiological Nursing and Pediatric Medicine, UCSF

Elizabeth Shella, MA, LPC, CRC, Rehabilitation Counselor, Department of Physical Medicine & Rehabilitation, Cleveland Clinic, Certified Solution Provider

Courses at locations other than San Francisco will be facilitated by Laurel Mellin with video talks from several of the UCSF course speakers. Additional facilitation will be provided by one or more of the following individuals: Deanne Hamilton, MS, RD; Judy Zehr, LPC, MHRM; Peggy Ernster, RN, LPC; Sandi Kaplan, MS, RD; Anne Brown, PhD; Dave Ingebritsen, PhD LCPC; Jill Shaffer, RD; Mary Killian, RD, LD/N; Neala Ausmus, LCPC, RD; Candy Cumming, MS, RD; Cynthia Moore, MS, RD; Nancy Bates, Dr.PH, RD, CHES; Kathy James, DNSc, NP; Andrea Wenger-Hess, MS, RD; Sylvia Cramer, PhD; Teri Webb, PhD; Jackie Placidi, MSW; and Alia Witt, MFT.

Learning Objectives: Participants will be able: 1) to describe the new conceptual model of stress and developmental skills training; 2) to describe the five homeostatic/allostatic states and to use the five corresponding skills; 3) to describe specific clinical techniques and core developmental skills in clinical applications for weight loss, stress management, depression, relationship intimacy, and addictive behaviors.

Certification: To become certified (Provider Level 1), complete this course, then order the 12-hour distance learning program for a specific specialty program: weight loss, depression, stress management, relationship training, or addictive behavior. Fees are \$295 for the first course; \$195 for each additional course. For complete information on professional certification, visit www.thesolutionmethod.org (The Solution Method) and www.childobesity.com (The SHAPEDOWN Program). This course is sponsored by The Institute for Health Solutions, a California non-profit, 501(c)(3), organization.

The Accreditation: The Institute for Health Solutions is an American Psychological Association (APA)-Approved Sponsor of continuing education for psychologists. The IHS maintains the responsibility for this program. Psychologists will receive 12 hours of continuing education credit (CEU) for this program. This course meets the qualifications for 13 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Application for approval of the National Board of Certified Counselors has been filed. The Institute for Health Solutions is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) will receive 12 continuing professional education units (CPEUs) for completion of this program/material. Other health professionals may receive credit for this program based on its approval by these organizations. Graduate students at UCSF enroll in FCM 170.01A for 1 unit of academic credit. Faculty and students from other universities at which these courses are presented may receive course credit. Please contact The Institute for Health Solutions for additional information.

Cancellation: We accept cancellations and make full refunds until two (2) weeks prior to the conference. After that time, enrollees are subject to a \$100 cancellation fee. If a course is cancelled, full refunds will be made.

**Special appreciation to UCSF's Center for Health and Community (CHC),
Center for Obesity Assessment, Study and Treatment (COAST)
and The Whitman Institute.**

Space is limited. Specific information about course location will be emailed to you one month prior to the course offering.

Food, beverages, and parking are not included.

Visit our website
to learn more about becoming a Solution Provider.

www.thesolutionmethod.org/health



On the site you will find samples of Clinical Sessions and much more!

Questions? Call: 415.457.3331

Visit: www.thesolutionmethod.org

E-mail: support@thesolutionmethod.org

Registration

UCSF COURSE: Please enroll me in this on-site course: Introduction to Certification in The Solution Method in San Francisco on September 10-11, 2007. Tuition: \$175, if registration received by August 15, 2007. \$195, if registration received after August 15, 2007. Complementary for UCSF Faculty and Students.

ADDITIONAL ON-SITE COURSES: Please enroll me in this on-site course: Introduction to Certification in The Solution Method. The sessions will be facilitated by Laurel Mellin and will include videotaped presentations by other several other speakers. Tuition: \$175, if registration is received 30 or more days prior to conference. \$195, if registration received fewer than 60 days prior to conference.

Location: Chicago, October 1-2, 2007 San Diego, October 18-19, 2007
Los Angeles, October 22-23, 2007 Gainesville, January 14-15, 2008
New York, March 17-18, 2008 Sacramento, March 24-25, 2008
Charlottesville, March 27-28, 2008 Portland, April 7-8, 2008
San Bernardino, April 21-22, 2008

DISTANCE LEARNING: Please send me the Distance Learning Introduction to Certification in The Solution Method. Included continuing education credit and a 12-hour DVD of the conference. Initial shipping date: October 1, 2007.

Tuition: \$175 for pre-release orders received prior to September 15, 2007.
\$195 for orders received after September 15, 2007.

Name _____

Address _____

Affiliation _____

City/State/Zip _____

Daytime phone _____

Cell phone _____

E-mail _____

Discipline:

Licensed Mental Health Professional

Registered/Licensed Dietitian

Physician

Nurse

Addiction Counselor

Health Educator

Other: _____

Payment method: Check/Money order (payable to I.H.S.)

Visa

MasterCard

Card Number: _____

Expiration Date: _____ (mm/yy)

Signature _____