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Continuing education credit is awarded to participants only after the self-assessments have been returned to BALBOA PUBLISHING at the above address.

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# Advanced Clinical Education in Child and Adolescent Obesity

**Convenient DVD Program**  
**Earn up to 46 hours of Continuing Education**



Join the national effort  
to improve the health and well-being  
of obese children and adolescents.

**Gain sensitive, effective and marketable skills.**



**THE CENTER FOR  
CHILD OBESITY**

## CHILD AND ADOLESCENT OBESITY

**PROBLEM** - Child obesity is a major national health problem. Family-based care has demonstrated remarkable effectiveness, yet remains unavailable in most communities, primarily due to an insufficiency of providers. Most obese children still receive no meaningful care for their condition.

**RESPONSE** - Balboa Publishing, through its SHAPEDOWN Pediatric Obesity Program and JUST FOR KIDS! Obesity Prevention Program supports child and adolescent obesity specialists worldwide. This training is an integral part of that support.

**TRAINING** - Training is based on a model of care in which a provider with interdisciplinary skills functions within an interdisciplinary team of consultants. The provider conducts biopsychosocial assessments that aid the child and family in clarifying the etiology and consequences of the problem. The care plan is individualized, targeting the medical, affective, behavioral and interactional contributors. Family-based group and individual treatments are offered.

### INTRODUCTORY COURSE

**INTRODUCTION TO CHILD AND ADOLESCENT OBESITY** This 6-hour course overviews the biopsychosocial, family-based approach to child and adolescent obesity and is a prerequisite to the advanced courses.

### ADVANCED COURSES

**ADVANCED CLINICAL CHILD AND ADOLESCENT OBESITY** These courses deepen technical knowledge and enhance clinical skills in the assessment and treatment of child and adolescent obesity. More than 100 videotapes of patient encounters - group and the exceptional faculty create a stimulating, interactive training experience.

### CREDIT

The courses have been approved for continuing education hours as follows: Introductory Course: 6 hrs, Advanced Course 1: 13 hrs, Advanced Course 2: 14 hrs, Advanced Course 3: 13 hrs.

### CERTIFICATE

Participants completing the three advanced courses receive from the University of California, San Francisco, a Continuing Education Certificate, suitable for framing, recognizing completion of Advanced Clinical Education in Child and Adolescent Obesity.

The American Dietetic Association has approved this program for 40 hours of continuing education credit. Nursing continuing education credit of 40 hours has been accepted by the California Board of Registered Nursing, provider number BRN 00181. Psychologists, social workers and others may receive continuing education credit for this program upon their submission of the completion certificate awarded at course completion to the state boards of their professional organizations.

The computerized assessment, Y.E.S., and the pediatric obesity intervention, SHAPEDOWN, both developed at the University of California, San Francisco, are used as models in this training. These models can be adapted to other programs.



### COURSE 1 - The Obese Child, Adolescent and Family

A Model of Child and Adolescent Obesity Care  
The Biological Determinants of Obesity in Children and Adolescents  
The Psychological Development of Food Problems in Children and Adults  
Family Exercise Demonstration  
The Cultural and Social Meanings of Obesity in the Young  
Families As Systems: Patterns of Function and Dysfunction  
The Family's Emotional Life: Communication  
Family Communication Workshop  
Food and Fat: Role and Patterns in Your Family of Origin

Laurel M. Mellin, M.A., R.D.  
Susan Johnson, MD.  
Jane Rachel Kaplan, Ph.D.  
Marla Hughes, M.S.  
Margaret McKenzie, Ph.D., R.N.  
Carl Greenberg, M.S.  
John Gray, Ph.D.  
John Gray, Ph.D.  
Laurel M. Mellin, MA., R.D.

### COURSE 2 - Biopsychosocial Assessment of Obese Children and Adolescents

Delivering a Biopsychosocial Assessment of Child or Adolescent Obesity  
Assessment Methods Workshop: Anthropometrics and Fitness Testing  
Common Medical Problems of the Obese Child and Adolescent  
Endocrinology  
Pulmonary  
Disabilities  
Family Drawings Workshop  
Common Psychosocial Problems of the Obese Child and Adolescent  
Substance Abuse  
Sexual/Physical Abuse  
Suicide  
Biopsychosocial Assessments: Case Analysis

Laurel M. Mellin, MA., RD.  
Marla Hughes, M.S.

John T. Smith  
Mary Malloy, M.D.

Orthopedics  
Cardiology

Felix Conte, M.D.  
Judy Palmer, M.D.  
Lucy Crain, M.D.

Mary Crittenden, Ph.D.  
Judith Wallerstein, Ph.D.  
Lynne Ponton, M.D.  
Laurel M. Mellin, M.A., R.D.

Learning Dis.  
Divorce  
Personality Dis.

### COURSE 3 - Family-based Treatment of Child and Adolescent Obesity

Treating the Obese Child or Adolescent: An Overview  
Techniques in Family Counseling: Scenarios and Role Plays  
Counseling Strategies with Difficult Encounters  
Difficult Encounter Role Plays  
Child Exercise Techniques Demonstration  
Behavioral Therapy Method Workshop: Family System Sensitive Techniques  
Individual Counseling Strategies: Adapting Care to Individual Needs  
Special Issues in Providing Care to the Obese Young

Laurel M. Mellin, M.A., RD.  
Lane Tanner, M.D.  
Velia Frost, L.C.S.W.  
Laurel M. Mellin, M.A., R.D.  
Marla Hughes, M.S.  
Laurel M. Mellin, MA., RD.  
Laurel M. Mellin, MA., RD.

Legal  
Promotion  
Team Process

Abigail English, J.D.  
Laurel M. Mellin, M.A., RD.  
Susan Johnson, M.D.  
Panel of Providers

The Diversity of Pediatric Obesity Providers

### What Advanced Course Participants Say....

"Incredibly well organized and informative."

"Left me knowing more about obesity and about myself."

"It was great! I'm very excited to start our next group with this new knowledge!"

"This is amazing! I acclaim the brilliance, sensitivity and capable way of dispensing information and techniques."

"Opened my eyes to more family dynamics!"

"Thought the instructors were excellent, material thorough and concept exciting."