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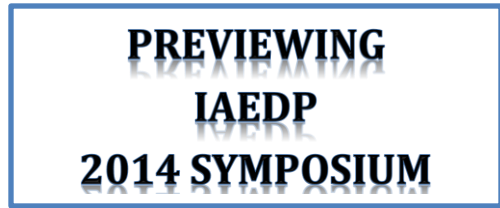
For Immediate Release

**2014 iaedp Symposium Presents New Insight on Neuroscience in the World of
Psychotherapy**

Pekin, ILL. (Dec. 20, 2013) – Neuroscience is the new buzzword in the world of psychotherapy, yet distinguishing between true innovation and mere speculation can be difficult. In a new program at the 2014 iaedp Symposium in St.

Petersburg, Florida (February 26-March 2), keynote speakers, Carolyn Costin, MFt, MA, MEd, CEDS and

Joan Borysenko, PhD, will share their insights on the integration of science, psychotherapy and spirituality.



Brain research can inform therapeutic strategies, but it can also be difficult to translate into useful practices. Experts in their field- Costin, an eating disorder specialist and Dr. Borysenko, world renowned for her work in mind/body connection- will bring years of experience, a wealth of knowledge, and their engaging presence to the 2014 Symposium and put the latest in neuroscience into action, covering topics such as: the brain, body image, eating disorders, addiction, mindfulness, and more.

After a brief overview and introduction, Costin will discuss the most recent findings in neuroscience and mindfulness, followed by an in-depth discussion between both Costin and Dr. Borysenko. Discussion will center on the latest science and mindfulness around eating disorder

treatment and how to incorporate these concepts within the therapeutic setting. Both will share how they utilize these concepts in their practices. Costin specifically will show excerpts of actual therapy sessions, for a "behind closed doors" look at the interaction between therapist and client, providing glimpses into the simple explanation of complex ideas.

Audience questions and challenges will be encouraged. Audience members will be able to ask questions or their own puzzling present cases for feedback from each of the presenters' viewpoints. A Close Up Session will be offered later in the day for a two-hour follow-up presentation offering a more in-depth review of the subject.

About iaedp: Since 1985, the [International Association of Eating Disorders Professionals](#) has provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions.

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