



Peak House presents the second annual Peak House Speaks
with support from VCC

Substance misuse and disordered eating team up to takeover the lives of young women. What to do about it?

This talk will offer ideas about how to work with young persons struggling with both substance misuse and disordered eating practices. We'll look at how these two problems often show up and play off of the other, the promises the problems offer, the tactics and strategies they use to keep themselves alive in a young persons life, and ways that young persons can begin to find freedom from these problems. It will offer ideas to collaborate and engage with 'insiders' (the young persons struggling with these problems) honouring the solutions and insider knowledge they possess which can assist them in finding freedom from these problems. Young persons voices and ideas for solutions will be presented through transcript throughout the workshop.

Thursday, October 7, 2010

6:30pm to 9:00pm

Doors and registration at 6:00pm

Auditorium at VCC downtown campus
250 West Pender
(near Stadium SkyTrain Station)

To pre-register contact Peak House at
(604) 253-2187 or peakhouse@telus.net

*Cost: \$40 (students \$35)

Payment by cash or cheque at door

*Proceeds go to Peak House, a residential treatment
centre for youth challenging the effects of substance
misuse in their lives.



Voices from the Community Series

Christine Dennstedt, PhD



Christine Dennstedt, PhD, is a registered clinical counsellor living and working in Squamish, BC. She has worked in a variety of settings including as a Family Therapist at Peak House working with young people and assisting them in finding freedom from drugs and alcohol and as a Counsellor at Vista, a residential program for women struggling with eating disorders. She teaches in the Vancouver Community College Counselling Skills program, has presented at the Therapeutic Conversations conferences and has also co-published a chapter in the book *Therapy from the Outside In*. Christine recently completed her PhD dissertation for the Taos/Tilburg program on the subject of substance misuse and disordered eating practices.