

Department of Psychology

Brown Bag Discussion

Treating Eating Disorders, with an ACT Perspective

Rhonda Overberger, LPC, LMFT

Licensed Professional Counselor and Licensed Marriage and Family Therapist



Learn about treating eating disorders and incorporating Acceptance and Commitment Therapy (ACT). Rhonda Overberger is a licensed family therapist in Kalamazoo. Since 2008, she has been treating individuals with eating disorders and their families using Maudsley Family-based Therapy. This nutritional restoration protocol is commonly referred to as FBT, and is the gold-standard, evidence-based ED treatment developed 16 years by Dr. James Lock and Dr. Daniel Le Grange. Rhonda uses FBT to coach parents to treat their kids at home combined with exposure therapy and Acceptance & Commitment Therapy. Rhonda attended FBT training with Drs. Lock & Le Grange and has attended other Maudsley conferences and workshops. FBT is a standard protocol at top rated medical centers throughout the world, however it continues to be difficult to access experienced local therapists, which is why Rhonda, in addition to helping local families, does long-distance coaching with families from other states.

Friday, Oct. 28, 2016

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11:30 a.m.