

Is Your Shopping Addiction Hiding in the Closet?

Who should register for this workshop?

- Anyone who uses shopping as a quick fix for the blues
- Anyone who spends more than they can afford
- Anyone who feels guilty or ashamed about this behavior
- Anyone whose attempts to change have been unsuccessful
- Anyone whose life would be richer if they weren't shopping so much

What you'll learn

- The difference between healthy and unhealthy shopping
- Why you overshop, how the habit develops, how it can sabotage your life
- Tools and techniques for managing the urge to shop
- Life-enhancing ways of meeting your underlying needs
- Strategies for staying out of debt

Where: The Institute for Contemporary Psychotherapy
1841 Broadway (60th St.), 4th floor, NYC 10023

When: Thursday, February 15, 2007, 7-10pm

To register: Call (212) 333-3444
Or visit www.StoppingOvershopping.com

Presented by April Lane Benson, Ph.D.

Founder, Stopping Overshopping, LLC

Editor, *I Shop, Therefore I Am: Compulsive Buying and the Search for Self*

Sponsored by **The Institute for Contemporary Psychotherapy**

You can never get enough of what you don't really need.

April Lane Benson, Ph.D.



REGISTRATION FORM

Please print this page, fill out the form and send to:
The Institute for Contemporary Psychotherapy 1841 Broadway, 4th Floor, NY, NY 10023

Cost: \$80 (early registration), \$95 (after February 1)

Credit Card (circle one) Visa / Mastercard / American Express

Card Number: _____ Expiration: Month ___ ___ Year ___ ___

Name as shown on card: _____

Signature (REQUIRED) _____

___ **Check Enclosed** Make payable to: **The Institute for Contemporary Psychotherapy**