

## Outline

### Assessment

- 3 crucial questions to ask at intake
- DSM-5\*: Binge Eating Disorder (BED)
- The difference between BED, disordered eating and emotional overeating
- Sub-clinical disordered eating patterns

### The Root of the Problem

- The backdrop of diet culture
- Why dieting doesn't work and weight is not the problem
- Food as a form of affect regulation
- Shame about food and body size
- Co-morbid mental health conditions

### Moving Clients from Shame to Empowerment: Treatment Strategies that Work

- Cognitive-Behavioral Therapy (CBT)
  - Challenge the problem of good/bad thinking
  - Restructure thoughts to be more curious and less judgmental
  - End negative body talk and challenge internalized weight stigma

### Mindfulness Practices That Promote Emotional Regulation

- Guided visualizations that bring emotional calm
- Diaphragmatic breathing exercise
- Taking in The Good (Hanson's Buddha Brain practice)

### Self-Compassion Skills That Are Essential to Recovery

- How compassion reduces overeating and bingeing
- Allowing for and tolerating emotional experiences
- Neff's 3 steps of self-compassion

## Objectives

1. Articulate the differences in clinical presentation between Binge Eating Disorder, disordered eating and emotional overeating.
2. Examine the relationship between societal "diet culture" and its influence on disordered eating patterns that present in clinical treatment.
3. Utilize CBT-informed interventions to address distorted thinking patterns in order to help clients normalize eating and incorporate positive, sustainable behaviors.
4. Provide psychoeducation for clients regarding the relationship between overeating and emotional regulation skills.
5. Teach clients the three essential steps of attuned eating in order to replace disordered eating patterns, including binge eating.
6. Identify personal bias toward body size and implement *Health at Every Size (HAES)*-informed strategies in the therapeutic relationship.

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- Attuned Eating: The Antidote to Diet Failure
- Implementing the 3 steps of attuned eating
  - Tools to help clients overcome common obstacles
  - Psychological vs. physiological hunger
  - Working with different eating styles (vegetarian, health concerns, etc.)

### The *Health at Every Size (HAES)* Approach

- 5 principles of HAES to apply to your practice immediately
- Debunk myths about weight and health – a look at the evidence
- Become a HAES-informed therapist

### Clinical Considerations

- How therapists may inadvertently contribute to fat-shaming
- Manage issues of countertransference regarding body size
- Considerations for individual vs. group treatment
- Limitations of the Research and Potential Risks

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

**Target Audience:** Counselors • Social Workers  
Marriage & Family Therapists • Psychologists  
Addiction Counselors • Case Managers  
Registered Dietitians & Dietetic Technicians • Nurses  
Occupational Therapists & Occupational Therapy Assistants  
and other Mental Health Professionals



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# Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

**Lynnwood, WA**  
Wednesday, December 12, 2018

**Bellevue, WA**  
Thursday, December 13, 2018

**Tacoma, WA**  
Friday, December 14, 2018



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# Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

- Transform your client's relationship with food
- Shift the focus from shame to empowerment in your very first session
- Gain mindfulness strategies to effectively treat overeating and binge eating disorder
- Disrupt the diet-binge cycle and put clients in charge of their eating
- Become a *Health at Every Size™ (HAES)* informed clinician and reduce weight stigma for clients



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