

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

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 & Webcast Schedule (Times Listed in Eastern)

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
and other Mental Health Professionals



PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call 715-855-5260.

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Emotional Eating, Chronic Dieting, Bingeing and Body Image

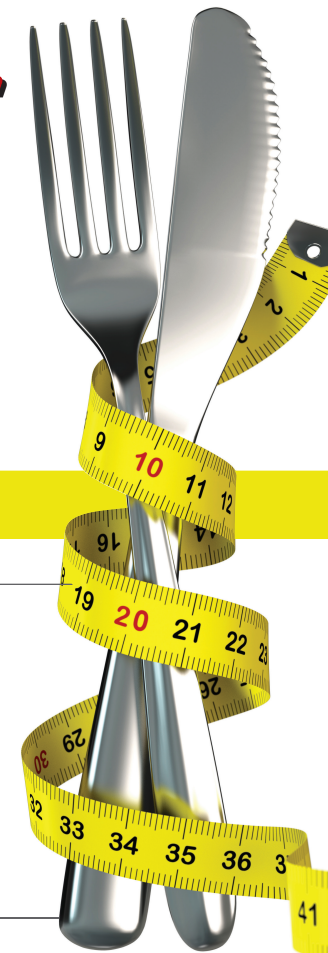
What Every Clinician Needs to Know

Plainview, NY • Monday, April 1, 2019

Flushing, NY • Tuesday, April 2, 2019

Live Video Webcast • Tuesday, April 2, 2019

Manhattan, NY • Wednesday, April 3, 2019



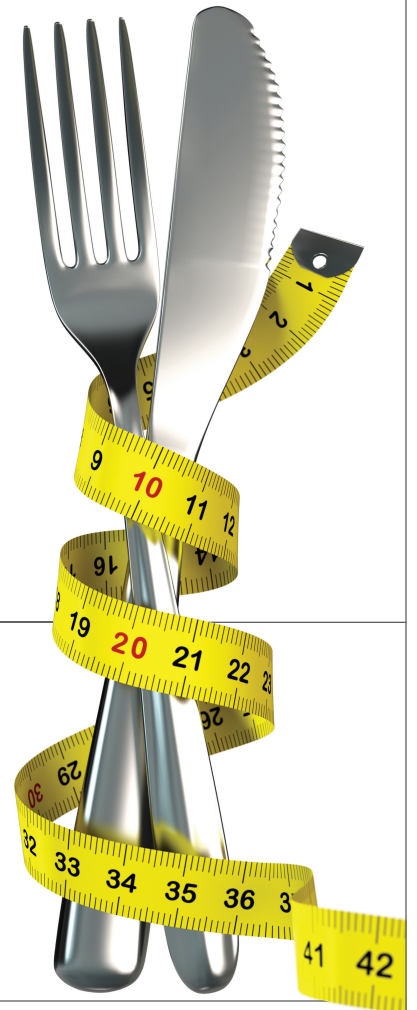
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Emotional Eating, Chronic Dieting, Bingeing and Body Image

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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Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

"I'm too fat." "I'm on a diet." "Today is a cheat day."
"Once I lose weight, I'll be happier."
"My eating is out of control."

Packed with practical tips and backed by research, this comprehensive 1 day seminar will teach you how to:

- Identify issues related to food, weight and body image in your very first session
- Utilize CBT, mindfulness and attuned eating strategies to transform shame into empowerment
- Discover personal bias and attitudes that may be counterproductive to the therapeutic process
- Help clients develop a healthy framework that ends out of control eating and is not subject to fad diets
- Learn why clients get stuck in the diet/ binge cycle and how to finally break it

This kind of language runs rampant in our society and has no doubt made its way to your office. Clients who struggle with weight and food issues get caught in a vortex of shame, preoccupation and hopelessness. Tapped between the rigidity of dieting and the chaos of overeating, every day can be an emotional battle that may exacerbate or even result in low self-worth, eating disorders, anxiety or depression.

Treatment of these issues is more than a matter of weight loss or self-control. In fact, many times these very interventions do more harm than good!

Join Judith Matz as she shows you how to help your clients identify the shame that is woven into the diet-binge cycle, challenge unhelpful thoughts and feelings, and repair dysfunctional relationships with food – no willpower necessary!

Sign up today!

"This might be one of the best workshops I've ever attended. The content was a relevant paradigm shift with realistic and applicable approaches. The interventions will be utilized – I cannot wait to employ them with my clients. Thank you!"
Rachel, social worker

Speaker

Judith Matz, LCSW, is the co-author of two books on the topics of eating and weight struggles. *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating* has been called "the new bible" on this topic for professionals. *The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care* was a #1 bestseller on Amazon and a favorite resource for therapists to use with clients. She is also the author of *Amanda's Big Dream*, a children's book that helps kids to pursue their dreams – at any size!

Judith has a private practice in Skokie, IL, where she focuses her work with clients who want to get off the diet/binge rollercoaster and learn to feel at home in their bodies. Through her individual counseling, groups, workshops, presentations and books, Judith has helped thousands of people to develop self-care skills that increase physical, emotional and spiritual wellbeing without a focus on the pursuit of weight loss. Through educational programs, she is dedicated to helping people end the preoccupation with food and weight. Judith received her MSW at University of Michigan, and earned her post-graduate certificate at Michael Reese Hospital in Chicago, where she trained in the treatment of eating disorders.

Judith is a frequent contributor to the *Psychotherapy Networker* magazine and a popular speaker at national conferences. Descriptions of her work have appeared in the media including *The New York Times*, *LA Times*, *Allure*, *Fitness*, *Self*, *Shape*, *Today's Dietitian*, *Diabetes Self-Management*, *NBC News Chicago*, *Huffington Post Live*, and she appears in the documentary *America The Beautiful 2*.

Speaker Disclosures:
Financial: Judith Matz is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Judith Matz is a member of the Association for Size Diversity and Health (ASDAH).

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on April 2, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/69671

*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating, 2nd Edition

By Judith Matz, MSW, LCSW **YOUR PRESENTER!** & Ellen Frankel, LCSW

Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder, Compulsive Eating or Emotional Overeating. Divided into three sections-The Problem, The Treatment and The Solution-this engaging book contains chapters filled with compelling case examples, visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight.

Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

By Leslie Korn, PhD, MPH, LMHC

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. *Eat Right, Feel Right* teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITIONAL COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NEW JERSEY COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2018 through June 30, 2019. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
 - **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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 - **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.
- Go to www.pesi.com/students or call 800-844-8260 for details.
Advance registration required.
Cannot be combined with other discounts.

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3 Check tuition:

ON-SITE tuition with seminar manual

\$199.99 - choose one of the options below:
 per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date
 \$229.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$44.95*** *Beyond a Shadow of a Diet* book
- \$19.99*** *Eat Right, Feel Right* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

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