

## 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 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  
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. **Limited seats available; advance online registration required.**

## Objectives

- 1) Articulate different clinical presentations regarding emotional eating, Binge Eating Disorder, disordered eating and weight concerns.
- 2) Examine the impact of diet culture on disordered eating patterns and body image issues that present in clinical treatment.
- 3) Teach clients how to implement the three essential steps of attuned eating to replace disordered eating patterns, including binge eating.
- 4) Provide psychoeducation for clients regarding the process of translating emotional issues into eating and weight loss focus that results in shame.
- 5) Implement strategies to help clients regulate emotional distress without turning to food and to cultivate a positive body image.
- 6) Identify the impact of personal bias and weight stigma on clients both within and outside of the treatment setting.
- 7) Examine the body of research related to the Health At Every Size framework as it relates to weight and health, and promoting positive, sustainable behaviors.

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](mailto:ksample@pesi.com) or call 715-855-5260.

**FREE**

**Cognitive Behavioral Therapy (CBT) for Anxiety**

**CE Seminar & Worksheet**

John Ludgate, PhD

[pesi.com/CBTWorksheet](http://pesi.com/CBTWorksheet)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

**Bring any training in-house!**

Convenient • Cost-Effective • Customizable

for more information visit [www.pesi.com/inhouse](http://www.pesi.com/inhouse)

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# Emotional Eating, Chronic Dieting, Bingeing and Body Image

## What Every Clinician Needs to Know

Towson, MD • Monday, August 19, 2019

Ellicott City, MD • Tuesday, August 20, 2019

Greenbelt, MD • Wednesday, August 21, 2019



REGISTER NOW! [pesi.com/express/72411](http://pesi.com/express/72411)



# 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



Towson, MD

Monday, August 19, 2019

Ellicott City, MD

Tuesday, August 20, 2019

Greenbelt, MD

Wednesday, August 21, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW!  
[pesi.com/express/72411](http://pesi.com/express/72411)

# 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. Trapped 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

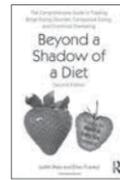
Judith Matz, LCSW, is the co-author of two books on the topics of eating and weight struggles. *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating* has been called "the new bible" on this topic for professionals. *The Diet 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).

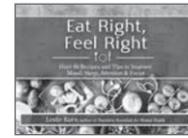
## \*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### **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](mailto: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.

**ADDICTION 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.

**Counselors (NBCC):** Emotional Eating, Chronic Dieting, Bingeing and Body Image: What Every Clinician Needs to Know has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3315. PESI is offering this activity for 6.5 clock hours of continuing education credit.

**DISTRICT OF COLUMBIA 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.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**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 6.0CPEUs 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.

**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](http://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.

Questions? Call customer service at 800-844-8260

**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.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**DISTRICT OF COLUMBIA PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/72411](http://www.pesi.com/events/detail/72411).

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

EMOTIONAL EATING, CHRONIC DIETING, BINGEING AND BODY IMAGE: WHAT EVERY CLINICIAN NEEDS TO KNOW

### ONLINE

[pesi.com/express/72411](http://pesi.com/express/72411)

### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

PESI, Inc.  
PO BOX 1000  
Eau Claire, WI  
54702-1000

### 2 Check location: (make copy of locations)

**TOWSON, MD**  
**August 19, 2019**   
Sheraton Baltimore North  
903 Dulaney Valley Rd • 21204  
(410) 321-7400

**ELLICOTT CITY, MD**  
**August 20, 2019**   
Turf Valley Resort & Conference Center  
2700 Turf Valley Rd • 21042  
(410) 465-1500

**GREENBELT, MD**  
**August 21, 2019**   
Crowne Plaza Greenbelt-Washington DC  
6400 Ivy Lane • 20770  
(301) 441-3700

PLEASE RETURN ENTIRE REGISTRATION FORM

**REGISTER NOW**  
[pesi.com/express/72411](http://pesi.com/express/72411)

### 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. *Limited seats available; advance online registration required.*
- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
- 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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

FOR OFFICE USE ONLY  
Fed ID # 26-3896894  
© 2019 PESI, Inc.

### 1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

**Mail Code:** \_\_\_\_\_  
See mail code box on address panel on reverse side

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

### 3 Check tuition:

Tuition with seminar manual

**\$199.99** - choose one of the options below: —OR—

- 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

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

### CAN'T ATTEND THE SEMINAR?

**Emotional Eating, Chronic Dieting, Bingeing and Body Image: What Every Clinician Needs to Know**

\_\_\_ **Seminar on DVD\*** (Video) \$199.99 (RNV054335)

\_\_\_ **Seminar on CD\*** (Audio) \$169.99 (RNA054335)

\_\_\_ **Beyond a Shadow of a Diet** book\* \$44.95 (SAM085115)

\_\_\_ **Eat Right, Feel Right** book\* \$19.99 (PUB084920)

CE hours and approvals on products may differ from live CE approvals. Product total \$ \_\_\_\_\_

\*Shipping is \$6.95 first item + \$2.00 each add'l item. \*\*Shipping \_\_\_\_\_

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR. Subtotal \_\_\_\_\_ \*\*Tax \_\_\_\_\_ TOTAL \_\_\_\_\_