

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 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 or call 715-855-5260.

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 Central)

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



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Emotional Eating,
Chronic Dieting,
Bingeing and
Body Image

What Every Clinician Needs to Know

- Lafayette, LA • Wednesday, October 23, 2019
- Baton Rouge, LA • Thursday, October 24, 2019
- Live Video Webcast • Thursday, October 24, 2019
- Metairie, LA • Friday, October 25, 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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