

## Outline

### Get to Know Binge Eating Disorder (BED)

5 damaging myths about BED and the recovery process  
What makes treatment of BED unique from other eating disorders  
Why treatment often fails  
Current research: Gains, limitations, risks  
Why weight has nothing to do with it  
Is BED an addiction?  
Key tenets of weight-neutral recovery

### Complex Trauma and Binge Eating

The neurobiological legacy of trauma in binge eating  
Fragmentation of the self: the role of dissociation in BED  
How trauma activates the binge/diet cycle  
Saving "Self": the role of binge eating in managing danger  
Attachment ruptures, social anxiety and the binge cycle  
A body-shaming culture's impact on trauma narratives

### Assessment & Treatment Planning

5 must-ask intake questions  
What to look/listen for to identify BED  
DSM-5<sup>®</sup> criteria  
How to gather food history information  
Ruling out co-occurring medical issues  
Common co-morbidities: depression, anxiety, personality disorders  
Screening for trauma 100% of the time  
Why the initial goal is not to stop bingeing

### Clinical Strategies for Processing Trauma and Stopping the Binge Cycle

Why a "do-no-harm, strengths-based" approach is critical with BED clients  
Psychoeducation – initially and throughout treatment  
P.O.W.R process for trauma activation, finding the "window of tolerance"  
The nuanced parallel process of each treatment piece

## Objectives

1. Articulate the critical role of traumatic experiences in the development of Binge Eating Disorder (BED).
2. Teach clients about the neurological impact of binge eating on "fight/flight/freeze" activation.
3. Identify the critical steps and strategies of "Attuned Eating and Movement" in BED recovery.
4. Provide psychoeducation to help clients understand the role of binge eating from a strengths-based perspective.
5. Implement strategies to help clients identify and challenge internalized weight stigma and challenge external body shaming cultural milieu using advocacy and community building.
6. Implement clinical strategies for processing entrenched body shame narratives in clients, family systems and in the cultural milieu.

#### Target Audience:

Counselors • Social Workers • Psychiatrists  
Marriage & Family Therapists • Psychologists  
Addiction Counselors • Case Managers  
Registered Dietitians & Dietetic Technicians  
Nurses • Mental Health Professionals

### IFS-Informed Recovery Strategies

Stepping into Self  
Identify fragmented "parts"  
Develop compassionate curiosity toward the "parts"  
Build affect tolerance

### Attuned Eating and Movement: Stepping into the Body

What the data tells us about behavioral weight loss/dieting  
5 steps of attuned eating to teach your clients  
The body as a wise ally, not broken or wrong  
Using the body as the best source of information  
Teaching clients to know when the trauma narrative has been triggered  
Attuned movement v. "exercise"

### Reinventing Body Image: Help Clients Feel at Home in Their Bodies

The truth about weight and health  
Cultural narrative about weight and worthiness  
The healing power of Health at Every Size<sup>®</sup> (HAES)  
Help clients shift from "body as billboard" to "body as home"  
How the clinician's body image impacts treatment

### Building Resiliency to Relapse

4 A's: Awareness, analysis, action, accountability  
Finding community that aligns with your recovery  
Resources for weight-neutral medical/nutritional care  
Collaborative care with prescribers

### Clinical Considerations

Doing your own work: Modeling body acceptance  
Navigating countertransference/bias  
Multicultural considerations - Gender, race/ethnicity, sexual orientation

#### 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.

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# Binge Eating Disorder

## Clinical Interventions to Treat Underlying Trauma, Body Shame, and the Binge/Diet Cycle

**Orland Park, IL**  
Monday, November 4, 2019

**Naperville, IL**  
Tuesday, November 5, 2019

**Schaumburg, IL**  
Wednesday, November 6, 2019



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# Binge Eating Disorder

## Clinical Interventions to Treat Underlying Trauma, Body Shame, and the Binge/Diet Cycle

- Transform your client's relationship with food, weight and body image
- Learn common myths about BED that lead to misdiagnosis
- Discover the critical connection between early trauma and binge eating behaviors
- Gain essential trauma-informed, "do no harm" strategies specific to BED treatment

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# Binge Eating Disorder

Clinical Interventions to Treat Underlying Trauma, Body Shame, and the Binge/Diet Cycle

Body shaming comments. Lengthy dieting history. Shame associated with food choices. Black and white rules around eating. Talking frequently about weight loss/gain – or evading the issues completely. Does your client have disordered eating or binge eating disorder?

Three times more common than all other eating disorders combined, Binge Eating Disorder is pervasive across gender, race, sexual orientation, and socioeconomic status throughout the United States. And given that 80% of clients with BED also have a history of trauma, you need to know how to assess and treat this disorder regardless of your clinical specialty.

If you're doing trauma work, you may already have clients with BED. Are you prepared?

Join Amy Pershing, LMSW, ACSW, author, psychotherapist and expert on BED, as she introduces a comprehensive, evidence-based toolkit of successful interventions that:

- Transform your client's relationship with food, weight, and body image
- Incorporate the critical connection between early trauma and binge eating behaviors
- Help process trauma narratives and somatic activations that fuel binge eating
- Integrate the crucial strategies of "Attuned Eating and Movement"
- Connect your client with weight-neutral nutritionists and medical providers

Don't miss this unique opportunity to help your clients make peace with food and their bodies!

Sign up today!

## Speaker

**Amy Pershing, LMSW, ACSW**, founder of the Bodywise® Binge Eating Disorder Recovery Program and clinical director of The Center for Eating Disorders in Ann Arbor, MI, has over 30 years of clinical experience and serves as a consultant and trainer for clinicians treating BED nationwide. A founding member and past chair of the Binge Eating Disorder Association (BEDA) and recipient of the association's 2016 Pioneer in Clinical Advocacy Award, Amy is a sought after international lecturer, keynote speaker and author. She is the author of *Binge Eating Disorder: The Journey to Recovery and Beyond* (Routledge/Taylor and Francis, 2018) and has authored several articles, chapters and tv/radio/podcast segments on BED recovery, relapse prevention, weight stigma, and Attuned Eating and Movement (AEM). She is the creator of "Hungerwise™", a comprehensive outpatient treatment program for ending chronic dieting and weight cycling, offered jointly with St. Joseph Mercy Health System in Michigan and nationally online. In addition, Amy maintains a private practice in Ann Arbor, MI.

Based upon her wealth of knowledge and experience, Amy has developed a comprehensive treatment approach for BED that is strengths-based, incorporating Internal Family Systems, somatic trauma techniques, Attuned Eating and Movement (AEM), and a "health at every size" philosophy. Having recovered herself, Amy offers a compelling perspective to treatment that makes her both accessible and relatable for both professionals and clients alike.

Speaker Disclosure:

Financial: Amy Pershing is the founder of Bodywise. She is the clinical director of the Center for Eating Disorders. Ms. Pershing receives a speaking honorarium from PESI, Inc.

Non-financial: Amy Pershing has no relevant non-financial relationship to disclose.

**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.

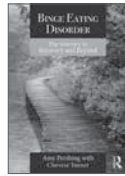
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**FREE Materials for Your Clinical Toolbox!**

- ✓ BED assessment questions
- ✓ Food and movement assessment
- ✓ P.O.W.R. process to derail a binge
- ✓ Building Your Body "User's Manual" handout
- ✓ And more!

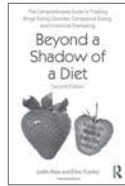
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### Binge Eating Disorder: The Journey to Recovery and Beyond

By Amy Pershing, LMSW, ACSW **YOUR PRESENTER!**

*Binge Eating Disorder*, written by a clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminates the experience of BED from the patient perspective while also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery.



### 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 & 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.

## Questions? Call customer service at 800-844-8260



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.*

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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 professions 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.

**ILLINOIS ADDICTION COUNSELORS:** This course has been submitted to the IAODAPCA for review.

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**REGISTERED DIETITIANS & DIETETIC TECHNICIANS:** 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.



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BINGE EATING DISORDER: CLINICAL INTERVENTIONS TO TREAT UNDERLYING TRAUMA, BODY SHAME, AND THE BINGE/DIET CYCLE

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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.

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