

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® 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

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® (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

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

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.

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Binge Eating
Disorder

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

Sharonville, OH
Wednesday, January 29, 2020

Cleveland, OH
Friday, January 31, 2020

Columbus, OH
Thursday, January 30, 2020

Live Video Webcast
Friday, January 31, 2020



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Binge Eating
Disorder

Clinical Interventions to Treat
Underlying Trauma, Body Shame,
and the Diet/Binge 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 Diet/Binge 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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- ✓ Food and movement assessment
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- ✓ 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.**

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 31, 2020, 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/76313

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" 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 laws and 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.

Addition 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 their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Ohio Chemical Dependency Professionals: This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

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.

Kentucky Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/76282.

Ohio Counselors: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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, 2019 through June 30, 2022. 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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Kentucky Marriage & Family Therapists: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

Ohio Marriage & Family Therapists: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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Psychiatrists

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Ohio Psychologists: PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. 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.

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Ohio Social Workers: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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