

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

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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.

- 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



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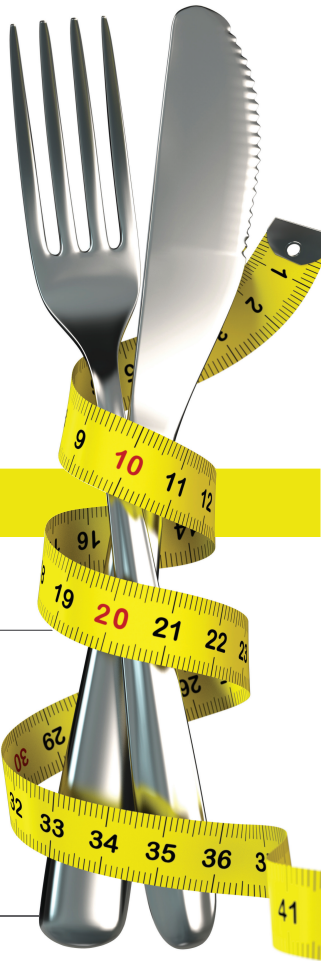
Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

- Macon, GA • Wednesday, March 11, 2020
- Marietta, GA • Thursday, March 12, 2020
- Live Video Webcast • Thursday, March 12, 2020
- Decatur, GA • Friday, March 13, 2020



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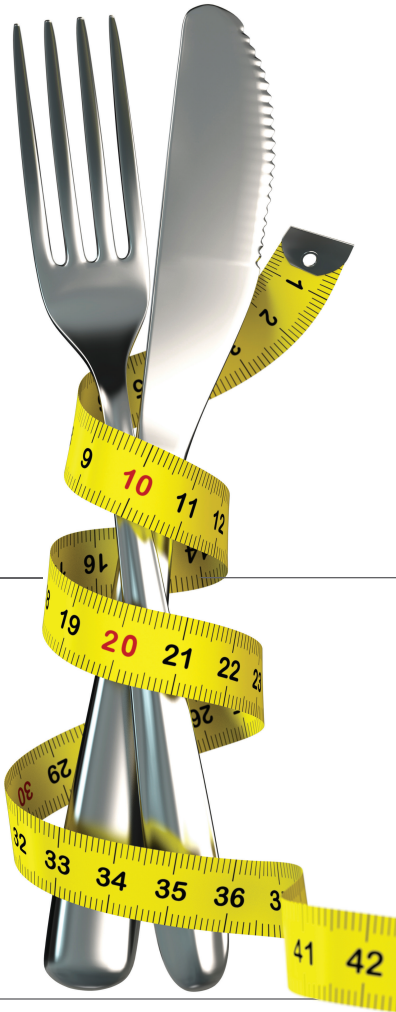


Emotional Eating, Chronic Dieting, Bingeing and Body Image

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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