

Outline

Embodiment: *Setting the Stage for Self-Compassion and Recovery*

What is embodiment and why does it matter?
Why somatic interventions are the missing piece of sustained recovery
The “mind-body divide” in Western culture
Changing our perception of what sustainable recovery looks like

Experiential Strategy: *Breath Inside the Body*

The Neuroscience Behind ED: *Why Brain-Based Interventions Are Imperative to Recovery*

What happens in the eating disordered brain?
Understanding interoceptive awareness (IA)
The link between the nervous system, embodied cognition and emotional regulation
Reduce shame and blame with accurate psychoeducation

Experiential Strategy: *Interoceptive Awareness (IA) Practice of Emotional Containment*

Self-Compassion: *“How Do I Take Care of Myself When I Hate Myself?”*

The three components of self-compassion
Delivery is everything when it comes to self-compassion!
Developing self-compassion when there is none to be found

Moving from compassion to action

Strategies to help your client:

- Reframe the recovery process as both nonlinear and continuous
- Embrace themselves in a kinder, gentler way
- Release the shame/blame cycle
- Soothe the inner critic
- Learn to re-parent themselves

Experiential Strategy: *Connecting with Another, Connecting with Self*

Objectives

1. Determine the neurobiological impact of chronic disordered eating patterns on the brain for purposes of providing accurate and effective psychoeducation to clients.
2. Develop evidence based somatic interventions for reducing negative self-talk and poor body image in clients with disordered eating.
3. Integrate self-compassion and somatic interventions into existing treatment approaches, including CBT and DBT.
4. Utilize mindfulness-based interventions to help clients manage emotional dysregulation and food/body image triggers.
5. Appraise and manage potential countertransference issues that may arise during treatment with clients with disordered eating.
6. Evaluate the empirical literature around self-compassion and somatic interventions for disordered eating recovery.



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.*

Mindfulness and Emotional Regulation: *Feel it, Label it, Attend to it*

What if your client can't handle what they become aware of?
Stay in the moment, contain the moment, move on from the moment

Strategies to help your client:

- Stay in the moment, regardless of how it feels
- Build distress tolerance and emotional regulation
- Manage body image triggers
- Cope with challenging moments

Experiential Strategies: *Two Wings of a Bird; Compassionate Teacher*

Clinical Considerations

Integrating somatic interventions into existing frameworks (CBT, DBT, etc)

Does my client need a specialist or higher level of care?

Countertransference issues; when to seek supervision

Limitations of the research and potential risks

FREE Materials for Your Clinical Toolbox!

Guides for Somatic Practice

- ✓ Noticing 10 Things
- ✓ Developing a Real Relationship with the Body
- ✓ Finding and Feeling Containment
- ✓ And more!

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.

Don't Miss!
**LIVE VIDEO
WEBCAST**

TUESDAY
July 28, 2020

REGISTER ONLINE
pesi.com/webcast/77814

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

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

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

DISORDERED EATING

Somatic, Self-Compassion, and Mindfulness Interventions for Lasting Recovery

Woburn, MA
Monday
July 27, 2020

Dedham, MA
Tuesday
July 28, 2020

Live Webcast
Tuesday
July 28, 2020

REGISTER NOW! pesi.com/express/77738



DISORDERED EATING

Somatic, Self-Compassion, and Mindfulness Interventions for Lasting Recovery

- Discover the missing pieces of lasting recovery across the entire disordered eating spectrum, from emotional eating to ED diagnoses
- Shift the focus from shame to empowerment at the start of treatment
- Empower clients to release harsh self-criticism and the “once I’m ___ enough” narrative
- Discover why brain-based interventions are crucial to overcoming binge eating, chronic dieting, restriction, and other compensatory behaviors

Woburn, MA
Monday
July 27, 2020

Dedham, MA
Tuesday
July 28, 2020

Live Webcast
Tuesday
July 28, 2020



REGISTER NOW! pesi.com/express/77738

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

DISORDERED EATING

Somatic, Self-Compassion, and Mindfulness Interventions for Lasting Recovery

Overeating. Emotional eating. Chronic dieting. Binge eating. Restriction. Compensatory behaviors.

Regardless of where your clients fall on the disordered eating spectrum, they all share the same **painful cyclical experience of unrelenting self-criticism, negative body image, unhealthy behavior, and shame.** And while great strides have been made in ED treatment, the recovery rate is still only 50%.

Join Dr. Ann Saffi Biasseti, Somatic Psychotherapist and ED specialist, for this in-depth training where you'll discover how to help clients **re-connect with their long-neglected bodies, let go of the "not ___ enough" narrative, and learn to embrace, befriend, and listen to the internal wisdom of their bodies.**

Packed with practical interventions based in somatic psychotherapy, self-compassion, and mindfulness, this comprehensive seminar will shift your perspective and provide you with strategies that:

- Shift the focus from shame to empowerment from the very start of treatment
- Are evidenced-based and can easily be integrated into what you're already doing
- Replace the harsh inner critic with self-compassion and curiosity
- Help clients re-establish bodily cues for hunger, fullness, and sensory awareness
- Calm the nervous system and regulate emotions in triggering situations

This training is a must-attend for clinicians treating any form of disordered eating, eating disorders and/or body image disturbance – sign up today!

Speaker

Ann Saffi Biasseti, Ph.D., LCSWR, CIAYT, is a psychotherapist, author and speaker with over 27 years of experience in the treatment of disordered eating. Currently in private practice in Saratoga Springs, NY, Dr. Biasseti is also the owner of An Embodied Life yoga therapy training center where she trains yoga teachers in the practice of restorative yoga and embodiment. A specialist in somatic psychotherapy and eating disorder recovery, Dr. Biasseti is the founder and creator of the *Befriending Your Body Program (BFYB)*, an 8-week holistic program teaching the skills of embodiment and self-compassion for eating disorder recovery. Ann is a Certified Yoga Therapist (CIAYT) and a Certified Mindfulness and Self-Compassion teacher through the Institute for Meditation and Psychotherapy (IMP) and the Mindful Self-Compassion (MSC) program. A sought-after speaker and trainer, Ann has presented at national eating disorder conferences as well as in school systems educating mental health clinicians, teachers, and parents on assessment, interventions and eating disorder prevention. Her first book, *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating* (Shambhala, 2018) has received outstanding reviews from consumers and colleagues alike. Ann has been featured on several podcasts discussing eating disorder recovery, embodiment training and self-compassion skills, and she is an ongoing contributing author and featured presenter to Recovery Warriors, a top online eating disorder resource. Please visit www.anembodiedlife.com for more information about Ann.

Speaker Disclosures:

Financial: Ann Saffi Biasseti is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-Financial: Ann Saffi Biasseti is a Co-Chair Member of AED (Academy of Eating Disorders) and Co-Chair member of the Somatic Special Interest Group.

Seminar and Webcast Schedule (Times in Eastern)

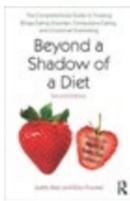
- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (on your own)
- 4:00** Program ends

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 • Occupational Therapists
- Occupational Therapy Assistants
- Other Mental Health Professionals

RELATED PRODUCTS [Save by including with your 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, 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. The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating. Next, they offer step-by-step guidelines to help clients end the diet mentality and learn an internally-based approach known as attuned eating. 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.



Binge Eating Disorder: The Journey to Recovery and Beyond

By Amy Pershing, LMSW, ACSW & Chevese Turner

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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.



Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and 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 or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 28, 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/77814

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 cepsi@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.

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 all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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.

MASSACHUSETTS COUNSELORS: CE credit is available. This program has been approved for 6.0 Category I MAHICA/MMCEP hours for re-licensure, in accordance with 262 CMR. Expires: 03/23/2021. Full attendance is required; no partial credits will be offered for partial attendance.

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 6.0CPEUs 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.

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.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This activity has been certified by NEAFAS on behalf of the Massachusetts Board of Registration of Allied Mental Health & Human Services Professions, for LMFT professional continuing education. Full attendance at this activity qualifies for 6.0 contact hours.

NURSES, NURSE PRACTITIONERS, AND 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.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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.

REGISTRATION FORM

DISORDERED EATING: SOMATIC, SELF-COMPASSION, AND MINDFULNESS INTERVENTIONS FOR LASTING RECOVERY

SAVE TIME! Express Register Online: pesi.com/express/77738

1 Please complete entire form if sending by mail *please print legibly* ©2020

*E-mail address _____ ***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____

***Required for event updates**
By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

2 Select Location (make copy for your records)

WOBURN, MA • July 27, 2020 (77738W0B)
Hilton Boston/Woburn
2 Forbes Rd • 01801
(781) 932-0999

DEDHAM, MA • July 28, 2020 (77738DE0)
Hilton at Dedham Place
25 Allied Dr • 02026
(781) 329-7900

LIVE WEBCAST • July 28, 2020 (PLW77738)
Broadcast LIVE to your computer!

3 Select Tuition

ON-SITE TUITION including seminar manual

\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$249.99 standard

ADD-ON PRODUCTS—Save on Shipping!—Products Distributed at Seminar

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

\$31.95* Binge Eating Disorder book (SAM086200)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

\$219.99 registration (+ tax in HI, NM)

4 Select Payment Method

All registrations must be prepaid.

- Check enclosed payable to **PESI, Inc.**
- Purchase order enclosed (Fed ID # 26-3896894)

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

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

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

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar 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 for availability and job description, first come, first serve.

• **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 (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/express/77738

CAN'T ATTEND THE SEMINAR?

Disordered Eating: Somatic, Self-Compassion, and Mindfulness Interventions for Lasting Recovery

— Online Digital Seminar*
\$219.99 (PO5055690) - Email required -
— Seminar on DVD**
\$219.99 (RN0055690)

Product total	_____
Shipping - \$6.95 (DVD only)	_____
Subtotal	_____
Tax	_____
TOTAL	_____

*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

**For DVD orders, add applicable tax except in AK, DE, MT, NH, OR.

CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.

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