

## 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.

### **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!

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# 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

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# 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

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# 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](http://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)

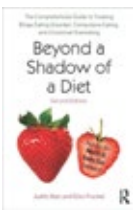
- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (on your own)
- 4:00** Program ends

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.



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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](mailto: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.

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**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.

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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, 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.

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**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.

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