

## 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

### 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 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.

**Target Audience:** Counselors • Social Workers  
Marriage & Family Therapists • Psychologists  
Addiction Counselors • Case Managers  
Registered Dietitians & Dietetic Technicians • Nurses  
and other Mental Health Professionals



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.**

**FREE** Worksheets

### Trauma Treatment Toolbox for Teens



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# Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

Ann Arbor, MI • Monday, May 18, 2020

Lansing, MI • Tuesday, May 19, 2020

Sterling Heights, MI • Wednesday, May 20, 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

Ann Arbor, MI

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## 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.

# Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

"I'm too fat." "I'm on a diet." "Today is a cheat day."  
"Once I lose weight, I'll be happier."  
"My eating is out of control."

**Packed with practical tips and backed by research, this comprehensive 1 day seminar will teach you how to:**

- Identify issues related to food, weight and body image in your very first session
- Utilize CBT, mindfulness and attuned eating strategies to transform shame into empowerment
- Discover personal bias and attitudes that may be counterproductive to the therapeutic process
- Help clients develop a healthy framework that ends out of control eating and is not subject to fad diets
- Learn why clients get stuck in the diet/ binge cycle and how to finally break it

This kind of language runs rampant in our society and has no doubt made its way to your office. Clients who struggle with weight and food issues get caught in a vortex of shame, preoccupation and hopelessness. Trapped between the rigidity of dieting and the chaos of overeating, every day can be an emotional battle that may exacerbate or even result in low self-worth, eating disorders, anxiety or depression.

Treatment of these issues is more than a matter of weight loss or self-control. In fact, many times these very interventions do more harm than good!

Join Judith Matz as she shows you how to help your clients identify the shame that is woven into the diet-binge cycle, challenge unhelpful thoughts and feelings, and repair dysfunctional relationships with food – no willpower necessary!

Sign up today!

"This might be one of the best workshops I've ever attended. The content was a relevant paradigm shift with realistic and applicable approaches. The interventions will be utilized – I cannot wait to employ them with my clients. Thank you!"

Rachel, social worker

## Speaker

Judith Matz, LCSW, is the co-author of two books on the topics of eating and weight struggles. *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating* has been called "the new bible" on this topic for professionals. *The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care* was a #1 bestseller on Amazon and a favorite resource for therapists to use with clients. She is also the author of *Amanda's Big Dream*, a children's book that helps kids to pursue their dreams – at any size!

Judith has a private practice in Skokie, IL, where she focuses her work with clients who want to get off the diet/binge rollercoaster and learn to feel at home in their bodies. Through her individual counseling, groups, workshops, presentations and books, Judith has helped thousands of people to develop self-care skills that increase physical, emotional and spiritual wellbeing without a focus on the pursuit of weight loss. Through educational programs, she is dedicated to helping people end the preoccupation with food and weight. Judith received her MSW at University of Michigan, and earned her post-graduate certificate at Michael Reese Hospital in Chicago, where she trained in the treatment of eating disorders.

Judith is a frequent contributor to the *Psychotherapy Networker* magazine and a popular speaker at national conferences. Descriptions of her work have appeared in the media including *The New York Times*, *LA Times*, *Allure*, *Fitness*, *Self*, *Shape*, *Today's Dietitian*, *Diabetes Self-Management*, *NBC News Chicago*, *Huffington Post Live*, and she appears in the documentary *America The Beautiful 2*.

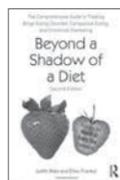
### Speaker Disclosures:

Financial: Judith Matz is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Judith Matz is a member of the Association for Size Diversity and Health (ASDAH).

**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](mailto:ksample@pesi.com) or call 715-855-5260.

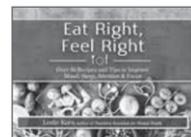
## \*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating, 2nd Edition**

By Judith Matz, MSW, LCSW **YOUR PRESENTER!** & 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.



**Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus**

By Leslie Korn, PhD, MPH, LMHC

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. *Eat Right, Feel Right* teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

## 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 [cepesi@pesi.com](mailto: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 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.

**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.

**Michigan Addiction Counselors:** This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

**Counselors (NBCC):** Emotional Eating, Chronic Dieting, Bingeing and Body Image: What Every Clinician Needs to Know has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3315. PESI is offering this activity for 6.5 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 6.0CPEUs 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.



**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](http://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.

**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.

**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.

**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.

**Michigan Psychologists:** CE credit is available. This course consists of 6.25 continuing education credit hours for Michigan Psychologists. The Michigan Department of Licensing and Regulatory Affairs, Psychology-General Rules, Rule 83 confirms acceptance of continuing education programs relevant to psychology from providers approved by another state or provincial board of psychology. PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents.

**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.

PLEASE RETURN ENTIRE REGISTRATION FORM

## REGISTRATION FORM

### EMOTIONAL EATING, CHRONIC DIETING, BINGEING AND BODY IMAGE: WHAT EVERY CLINICIAN NEEDS TO KNOW

**SAVE TIME! Express Register Online: [pesi.com/express/80857](http://pesi.com/express/80857)**

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



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**3 Select Tuition**

**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**

**\$47.95\*** *Beyond a Shadow of a Diet* book (SAM085115)

**\$19.99\*** *Eat Right, Feel Right* book (PUB084920)

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

**4 Select Payment Method**

**All registrations must be prepaid.**

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

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto: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](http://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](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

### OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.

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Phone: 800-844-8260

Online: [pesi.com/express/80857](http://pesi.com/express/80857)

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**Emotional Eating, Chronic Dieting, Bingeing and Body Image: What Every Clinician Needs to Know**

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