

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*

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!

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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.

Learning Objectives
can be viewed at
pesi.com/webcast/84363

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Disordered Eating

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

Live Interactive Webinar
Tuesday, February 16, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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Join us online, for this live training!

Disordered Eating

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

- Discover brain based interventions of lasting recovery across the entire disordered eating spectrum, from emotional eating to ED diagnoses
- Move the client from shame to empowerment at the start of treatment
- Empower clients to release harsh self-criticism and the “once I’m _____ enough” narrative

FEATURING: **Ann Saffi Biasseti, Ph.D., LCSWR, CIAYT**

a psychotherapist, author and speaker with over 27 years of experience in the treatment of disordered eating

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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!

Target Audience:

Counselors • Social Workers • Marriage & Family Therapists • Psychologists • Addiction Counselors
Case Managers • Registered Dietitians & Dietetic Technicians • Nurses • Occupational Therapists
Occupational Therapy Assistants • Physicians • Other Mental Health Professionals



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Meet Your 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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Dietitians, Marriage and Family Therapists, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physicians, Psychologists, Social Workers**

For specific credit approvals and details, visit www.pesi.com/webcast/84363

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This course has been approved by PESI, Inc., as a NAAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAAADAC 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.

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NASW: This activity is pending approval from the National Association of Social Workers.

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\$219.99 tuition

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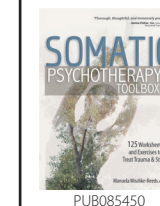
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Recommended Reading:

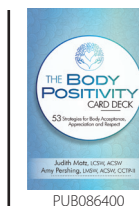


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