

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

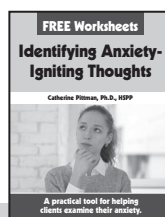
11:50-1:00 Lunch Break

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.

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Disordered Eating

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

Live Interactive Webinar
Thursday, July 29, 2021

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

REGISTER NOW! pesi.com/webcast/85298



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: **Counselors, Social Workers, Marriage & Family Therapists, Psychologists, Addiction Counselors, Occupational Therapists, and Physicians.**

For specific credit approvals and details, visit www.pesi.com/webcast/85298

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.

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This program is Approved by the National Association of Social Workers (Approval #886759332-8924) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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Live Interactive Webinar (Option 1)

July 29, 2021 | PWZ85297

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

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*Live CE is only available when viewed live

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- Learn at your own pace with 24/7 access from your PESI account
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- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

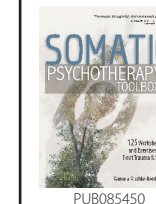
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DVD Experience:

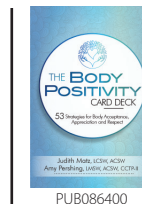
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Somatic Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress
By Manuela Mischke-Reeds, MA, MFT
~~\$34.99~~ **\$24.99***

PUB085450



The Body Positivity Card Deck
53 Strategies for Body Acceptance, Appreciation and Respect
Judith Matz, LCSW
Amy Pershing, LMSW, ACSW
~~\$16.99~~ **\$12.99***

PUB086400

*Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-844-8260

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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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Taxes and shipping apply where applicable, see website for details



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