

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

Objectives

- 1) Articulate different clinical presentations regarding emotional eating, Binge Eating Disorder, disordered eating and weight concerns.
- 2) Determine 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) Analyze the impact of personal bias and weight stigma on clients both within and outside of the treatment setting.
- 7) Evaluate the body of research related to the Health At Every Size framework as it relates to weight and health, and promoting positive, sustainable behaviors.

FREE PRINTABLE!

Food-Diary Worksheet and Clinical Checklist

Get yours today at www.pesi.com/cmhimppworksheets

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

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

Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

Live Interactive Webinar
Wednesday, August 18, 2021

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



REGISTER NOW: pesi.com/webcast/85453

Join us online, for this live training!

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

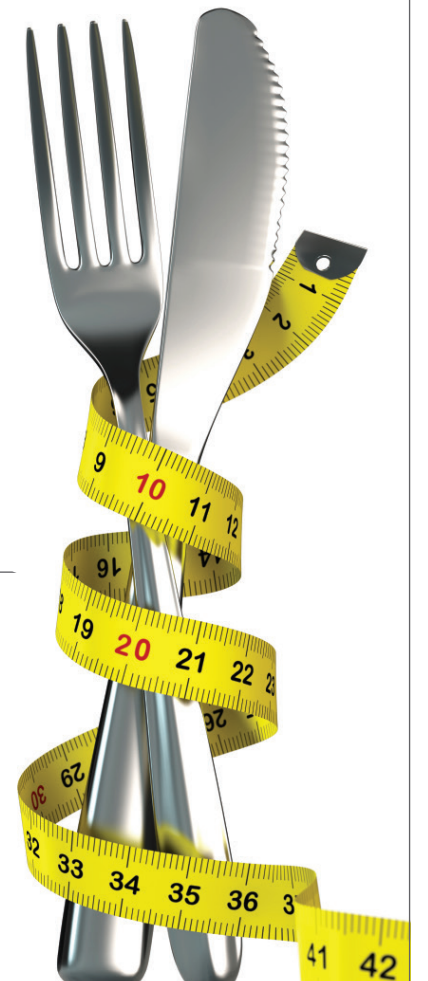
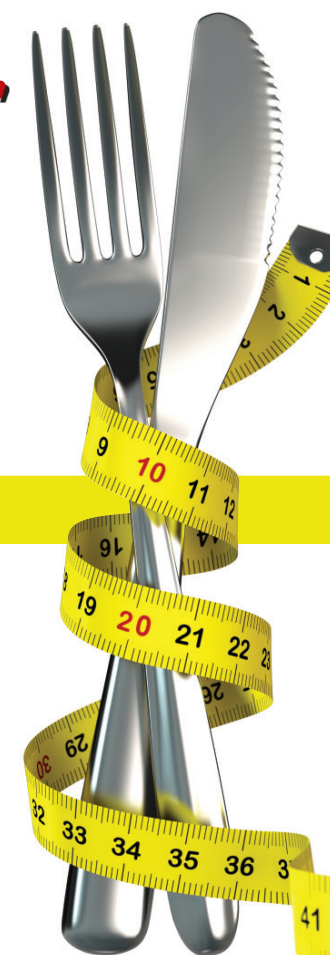
Live Interactive Webinar
Wednesday
August 18, 2021

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



REGISTER NOW: pesi.com/webcast/85453

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979



Emotional Eating, Chronic Dieting, Bingeing and Body Image

"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."

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!

Live Webinar Schedule (Times listed in Pacific)

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.

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

**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at www.pesi.com/info!

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

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 **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

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

Meet Your Speaker

Judith Matz, LCSW, is co-author of the *Body Positivity Card Deck* and 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).


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, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/85453


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.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

 PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This program is Approved by the National Association of Social Workers (Approval #886759332-5380) for 6.0 Social Work continuing education contact hours.

 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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical 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.

 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 6.0 CPEUs 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.

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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to 6.25 CE Hours for one low price!

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85453

Live Interactive Webinar (Option 1)

August 18, 2021 PWZ85452
\$219.99 tuition
8am Pacific time
Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS054335
Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

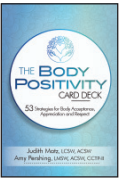
DVD (Option 3)

\$219.99 RNV054335
DVD Experience:

- Self-study CE certificate available

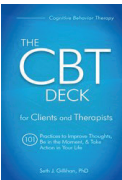
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



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



The CBT Deck
101 Practices to Improve Thoughts, Be in the Moment, & Take Action in Your Life
Seth J. Gillihan, Ph.D.
~~\$19.99~~ **\$14.99***

PUB086105

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER
Phone: 800-844-8260
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.
QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info
TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

