

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

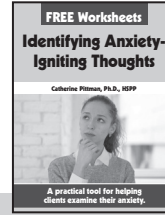
Considerations for individual vs. group treatment

Limitations of the research and potential risks

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Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

Live Interactive Webinar Monday, April 25, 2022

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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

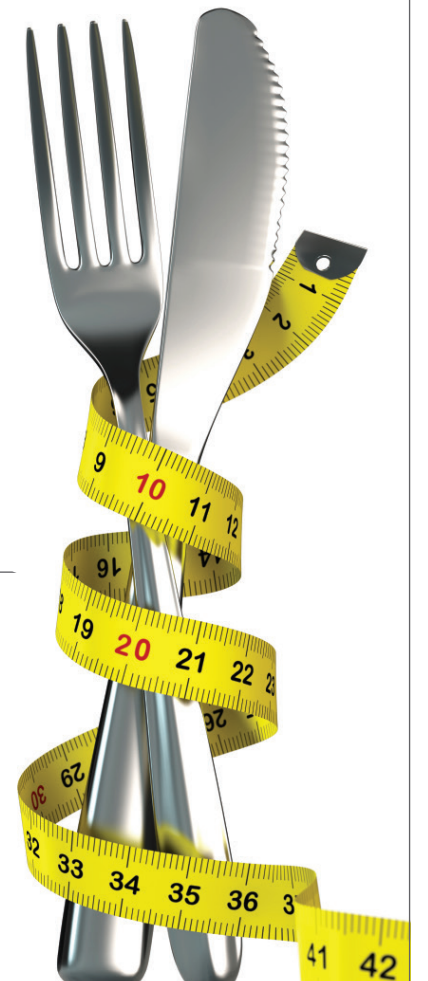
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979



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 Eastern)

8:00	Program begins	
11:50-1:00	Lunch Break	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.
4:00	Program ends	

Target Audience:

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

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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: **Counselors, Dietitians, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/86851


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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast, passing the online post-test (80% passing score), and completing the evaluation. 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 # 886759332-5369) for 6.0 Social Work continuing education contact hours.

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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 6.0CPEUs 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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*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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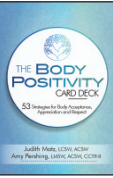
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DVD Experience:


- Self-study CE certificate available

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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 Making Peace with Food Card Deck
59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in Eating
Christy Harrison, MPH, RD, CEDS
Judith Matz, LCSW
~~\$16.99~~ **\$12.99***
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