

What You'll Learn...

Why ACT for Eating and Weight Concerns?  
A New Approach to an Old Problem

Latest research on ACT for eating disorders and weight concerns

Avoidance and control in the development and maintenance of chronic dieting and overeating

Metaphor to illustrate the paradox of control

Creative hopelessness to motivate clients to try something different

Psychological Flexibility (PF) as a new path

ACCEPTANCE-BASED STRATEGIES & EXPERIENTIAL EXERCISES TO BUILD PSYCHOLOGICAL FLEXIBILITY

Being Present:  
Help Clients Live in the Now

How being present relates to eating and weight concerns

Shift clients from “doing something” about their body to “being in” their body

Cultivate beginner’s mind and one-eye-in, one-eye-out skills

Practices for embodied eating and embodied movement

Cognitive Defusion:  
Help Clients Get Space from their “News Feed”

A different approach to preoccupation with food and weight

The paradox of trying to control thoughts about eating and weight

A new metaphor for preoccupation with food and weight

Practices for food rules, shoulds, body comparison, and “what the heck” thoughts

Acceptance:  
Help Clients be Courageous, Willing and Open

What acceptance is and what it is not

How chronic dieting, preoccupation with food, emotional overeating, and over-exercise can serve as experiential avoidance strategies

How to use the experiential avoidance roundabout metaphor with clients

Practices for willingness and curiosity to expand clients’ window of flexibility

Objectives

1. Hypothesize the role that control and experiential avoidance play in the development and maintenance of eating disorder behavior.
2. Demonstrate an experiential exercise to increase acceptance, willingness, and allowing of difficult feelings and cravings.
3. Use strategies such as beginners mind and one-eye-in one-eye-out to increase client’s contact with the present moment.
4. Distinguish the difference between cognitive restructuring and cognitive defusion and be able to apply cognitive defusion strategies with clients.
5. Perform experiential practices such as “the attuned parent” to increase client’s perspective taking and self-compassion.
6. Create clinical strategies such as the choice point model to increase values awareness.
7. Employ clinical strategies such as values-based action plans to guide clients in taking committed action toward their values.

Perspective Taking:  
Help Clients Take in the View

How rigid self-stories about eating and weight limits flexibility and connection

How to identify when a client is stuck in a self-story

Practice flexible perspective taking with clients

Cultivate an “attuned parent’ perspective to increase self-compassion and wise responses with food and weight

CHANGE-BASED STRATEGIES AND EXPERIENTIAL EXERCISES TO BUILD PSYCHOLOGICAL FLEXIBILITY

Values:  
Help Clients Choose Direction

How values are defined in ACT

The role of values in motivating change

How to use the choice point model to increase awareness of values

Committed Action:  
Help Clients Fall on Purpose and Why it Matters

Uncover intrinsic motivation for change with values

Focus on action over outcome while working toward change

Behavioral science to support small, sustainable changes

Create values-based action plans

Integration:  
Practice putting it all together

Case examples

How to use the 6 core processes when clients are off track

The role of therapist PF in supporting client psychological flexibility

Limitations of research and potential risks

**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.

**FREE**

**Polyvagal**

**Worksheet and Video Demonstration**

Get yours today at [pesi.com/1377video](https://pesi.com/1377video)

**Group Training Solutions Made Easy!**

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

[www.pesi.com/inhouse](https://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

Join us online for this live training!

**ACT FOR EATING AND BODY IMAGE CONCERNS**

HELP CLIENTS DROP THE ROPE IN THEIR TUG OF WAR WITH FOOD AND WEIGHT

Live Interactive Webinar  
Friday, May 6, 2022

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



**REGISTER NOW:**  
[pesi.com/webcast/87016](https://pesi.com/webcast/87016)




**REGISTER NOW:**  
[pesi.com/webcast/87016](https://pesi.com/webcast/87016)

Join us online for this live training!

**ACT FOR EATING AND BODY IMAGE CONCERNS**

HELP CLIENTS DROP THE ROPE IN THEIR TUG OF WAR WITH FOOD AND WEIGHT



Featuring Diana Hill, PhD


International ACT Expert, Author of Best-Selling *ACT Daily Journal*, and Co-Founder of Psychologists Off the Clock Podcast

*“Training with Diana is like talking with a good friend who happens to be a world-class therapist.”*


Rick Hanson, PhD, *New York Times* best-selling author and an internationally recognized leading expert on positive neuroplasticity

Live Interactive Webinar  
Friday, May 6, 2022

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



**REGISTER NOW:**  
[pesi.com/webcast/87016](https://pesi.com/webcast/87016)



**REGISTER NOW:**  
[pesi.com/webcast/87016](https://pesi.com/webcast/87016)

A Non-Profit Organization Connecting Knowledge with Need Since 1979

# ACT FOR EATING AND BODY IMAGE CONCERNS

Caught in a tug of war with food and weight, many clients presenting for therapy suffer in their battle with body image and eating.

Entangled in preoccupation about weight loss and feeling stuck in cycles of rigid dieting, the chaos of overeating, shame, and hopelessness clients present with negative self-worth, eating disorders, relationship problems, anxiety, or depression.

But it doesn't have to be this way.

Join Acceptance and Commitment Therapy (ACT) expert and author Diana Hill, PhD, to learn ACT—a fresh, modern and evidence-based approach—for treating eating and weight concerns.

In this experiential training, Dr. Hill will guide you through a new way of conceptualizing eating concerns as an attempt to control or avoid the discomfort of living. You'll learn ACT practices to **help clients build the superpower of psychological flexibility—the skill they need to stay present, open, and free to engage in what matters most to them**, even in the face of life's many obstacles.

Attend and learn...

- Powerful strategies to motivate clients to choose a different path
- Experiential exercises to increase acceptance, willingness, and allowing of difficult feelings and cravings
- "Beginners mind" and "one-eye-in one-eye-out" to increase client's contact with the present moment
- How to apply cognitive defusion strategies with clients
- "The attuned parent" strategy to increase client's perspective taking and self-compassion
- Values-based action plans to guide clients in taking committed action toward their values

Register today to begin your journey with helping clients let go of their struggle with food and weight and direct their energy toward building rich and meaningful lives!

## Target Audience:

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

## PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!



**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](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://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 **Cyndi Cathey** at [ccathey@pesi.com](mailto:ccathey@pesi.com) or call **715-855-5253**.

## Meet Your Speaker

**Diana Hill, PhD**, is a clinical psychologist and co-author of *ACT Daily Journal: Get unstuck and live fully with Acceptance and Commitment Therapy*. Diana currently provides therapy, supervision and online trainings in ACT, an approach she has been practicing for over a decade. She is also the co-founder and co-host of the popular podcast, Psychologists Off the Clock where she has interviewed over 100 experts in evidence-based approaches to living well.

Diana completed her undergraduate work at UC Santa Barbara, majoring in Biopsychology, followed by a PhD in clinical psychology at CU Boulder where she collaborated with Stanford University to research mindfulness and acceptance based approaches for eating disorders. Diana completed her pre-doctoral internship in the eating disorder emphasis area at UC Davis and her post-doctoral fellowship at La Luna Center Intensive Outpatient Program for eating disorders. She went on to serve as the clinical director of La Luna Center, where she helped develop an ACT-based group program. Diana's work with eating and body image concerns integrates values clarification, acceptance and committed action toward meaningful goals. Through all her teachings, Diana encourages clients to build *psychological flexibility* so that they can live more fulfilling lives. She has a knack for unpacking complex, science-based concepts and making them applicable to clinical practice and daily life. Diana practices what she preaches as a mom of two, homesteader, and yoga teacher.

Speaker Disclosure:

Financial: Dr. Diana Hill maintains a private practice. She is the co-host and co-founder of a podcast, Psychologists Off the Clock, which receives sponsorship contributions from Praxis Continuing Education and DiveThru. She is a teacher for Yoga Soup, Insight LA Online Meditation Community, and Mindful Heart Programs. She receives royalties as a published author, and she receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Diana Hill has no relevant non-financial relationships.

*"This was such a tremendous workshop! Dr. Hill provided a thorough training on the ACT core processes and applying them with eating disorder clients. I loved that the workshop involved interactive portions and was experiential... I took so much away from this. Thank you!"*  
— Elizabeth M. LPC

*"Loved it!! Dr. Hill was incredible!! Such helpful material, tools, and presentation!!"*  
— Chantalle E. LPC

## 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, Nurses, and Physicians.**

For specific credit approvals and details, visit [pesi.com/webcast/87016](http://pesi.com/webcast/87016)

### 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.



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.

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

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 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/87016](http://pesi.com/webcast/87016)**

## Live Interactive Webinar (Option 1)

**May 6, 2022** [PWZ87015]

**\$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](http://pesi.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$219.99** [POS058565]

**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](http://www.pesi.com) or call 800-726-3888 to check for availability.

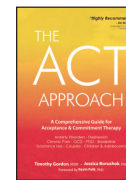
## DVD (Option 3)

**\$219.99** [RNV058565]

**DVD Experience:**

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

## Recommended Reading:



PUB085130

**The ACT Approach: A Comprehensive Guide for Acceptance and Commitment Therapy**

By Timothy Gordon, Jessica Borushok & Kevin Polk

~~\$29.99~~ **\$22.99\***



PUB086400

**The Body Positivity Card Deck**  
53 Strategies for Body Acceptance, Appreciation and Respect

Judith Matz, LCSW  
Amy Pershing, LMSW, ACSW

~~\$16.99~~ **\$12.99\***

*\*Discount Included with purchase of the Webinar*

## OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

**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](http://www.pesi.com/form) or call 800-726-3888

## ADA NEEDS

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

## QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

## TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

