

## 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) Analyze 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) Demonstrate to clients how to implement the three essential steps of attuned eating to replace disordered eating patterns, including binge eating.
- 4) Develop psychoeducation for clients regarding the process of translating emotional issues into eating and weight loss focus that results in shame.
- 5) Integrate 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.

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# Emotional Eating, Chronic Dieting, Bingeing and Body Image

What Every Clinician Needs to Know

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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

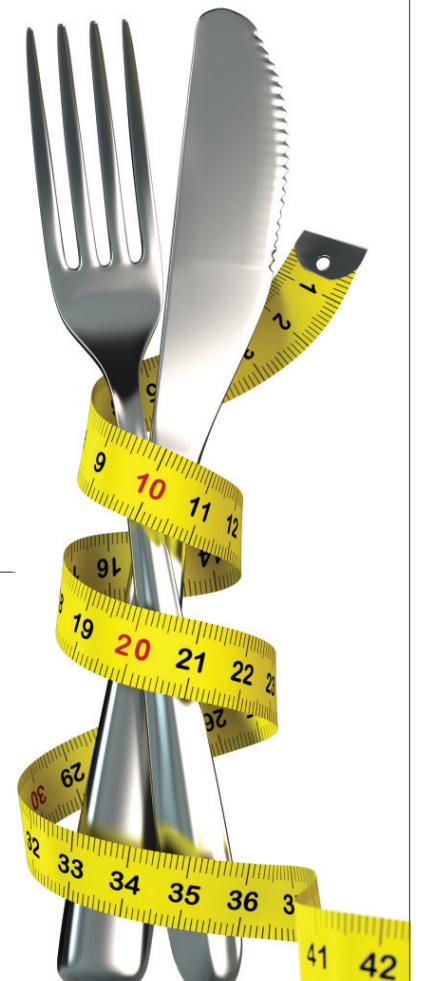
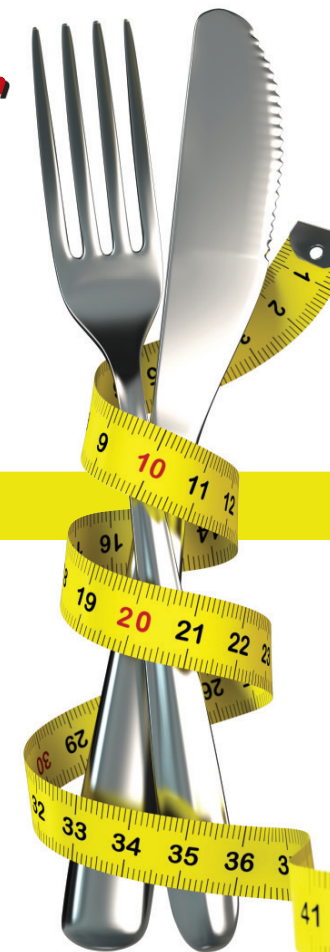
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# Emotional Eating, Chronic Dieting, Bingeing and Body Image

"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 Central)

**9:00** Program begins  
**11:50-1:00** Lunch Break  
**5:00** 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 • Physicians  
Addiction Counselors • Case Managers • Registered Dietitians & Dietetic Technicians  
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# Meet Your Speaker

**Judith Matz, LCSW, ACSW**, is co-author of *The Making Peace with Food Card Deck* and *The Body Positivity Card Deck* as well as 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, LCSW is the director of The Chicago Center for Overcoming Overeating, Inc. She maintains a private practice. Judith is a published author and receives royalties. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Judith Matz, LCSW is a member of the National Association of Social Workers, National Eating Disorder Association and Association for Size Diversity and Health.


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**CPE Accredited Provider** 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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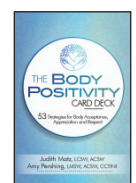
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**Recommended Reading:**

***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  
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