

Outline

The Spectrum of Overeating: From Emotional Eating to Binge Eating Disorder (BED)

- Toxic context of diet culture and weight stigma
- Key facts about the role of trauma and dissociation
- Why food addiction is a myth
- Common triggers to bingeing, including therapy and therapists
- Client voices – what a binge is really like

Assessment: The Right Questions to Get Underneath Eating-Related Shame

- 5 must-ask intake questions and how to gather food history information
- Understand clients’ eating behaviors
- Assess mental health comorbidities and co-occurring medical issues
- Connection between binge eating and body image
- Key tenets of weight-neutral recovery

Clinical Strategies to Address Deprivation Mentality and Stop the Diet-Binge Cycle

- The truth about the relationship between weight and health
- Challenge cultural messages regarding weight stigma and fat phobia
- Integrate Health at Every Size (HAES) into your practice
- The body as wise ally: Using the body as the best source of information
- 5 steps of attuned eating
- Attuned movement versus exercise

Effective Interventions: Why You Can Treat BED, Even If You Are Not An Eating Disorders Specialist

- Why a do-no-harm, strengths-based approach is critical
- How threats to foundational safety create core beliefs supporting eating disorders
- Teach clients to know when the trauma narrative has been triggered
- Help clients step into “Self” with IFS-informed recovery strategies
- Work directly with fragmented parts to stop the binge-diet cycle
- Best practice somatic interventions
- Reinvent body image to help clients feel at home in their bodies
- Help clients develop connections that build resilience and align with recovery

Clinical Considerations

- Impact on treatment of the clinician’s relationship with food and body image
- Tips for modeling body acceptance, respect, and love in your practice
- Multicultural issues – gender, race/ethnicity, sexual orientation, socioeconomic status, and more
- Form collaborative relationships with other treating professionals
- Resources for weight-neutral medical/nutritional care
- Limitations of the research and potential risks

Here’s What Your Colleagues Are Saying:

★★★★★
“Excellent speaker! Left me feeling grateful and excited to put this information to use for myself and my clients.” – Leticia C, SW

★★★★★
“Learned a lot and I have been an eating disorder specialist for over 20 years.”
– Lynn S, Psychologist

★★★★★
“Enjoyed this course! So directly useful in my clinical practice!” – Susan K, Counselor

★★★★★
“Loved it! Very informative, focusing on...the systemic problem and shame... and also treatment.”
– Laurie M, MFT

★★★★★
“She was fantastic!” – Patrice F, Advanced Practice Nurse

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TRAUMA-RELATED EMOTIONAL EATING

Effective Interventions for Chronic Overeating and Binge Eating Disorder

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Friday, October 28, 2022

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TRAUMA-RELATED EMOTIONAL EATING

Effective Interventions for Chronic Overeating and Binge Eating Disorder

Featuring **Amy Pershing, LMSW, ACSW**
Renowned clinician, trainer, and author of *Binge Eating Disorder: The Journey to Recovery and Beyond*

- Never miss a hidden eating disorder again
- Target trauma-related beliefs contributing to eating disorders
- Counteract diet culture and weight stigma

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Trauma-Related Emotional Eating

Trauma creates fertile ground for issues with food.

When does emotional eating become disordered eating? And when does disordered eating become an eating disorder?

Most clinicians are not aware of the overlap between trauma, emotional eating, and eating disorders, missing **key interventions that relieve clients’ suffering**.

Your clients may be struggling at mealtimes – and if you aren’t asking about their relationship with food, you may unintentionally be reinforcing their shame.

Really – given the high rates of co-occurrence – if you’re **doing trauma work, you likely already have clients with disordered eating, including Binge Eating Disorder (BED)**, the most common and most underdiagnosed eating disorder.

Not an eating disorders specialist? You can still treat BED! Amy Pershing, LMSW, ACSW, expert BED psychotherapist, will share with you a **comprehensive, evidence-based toolkit of successful interventions** that will:

- Transform your client’s relationship with food, weight, and body image
- Approach trauma and binge eating disorder from an IFS-informed framework, somatic interventions, and more
- Integrate the crucial strategies of attuned eating and movement
- Root your practice in the tenets of weight-neutral recovery

Don’t let trauma continue to wreak havoc on your clients’ experience of eating. **Register now to help your traumatized clients forge a peaceful relationship with food.**

Objectives

1. Analyze the relationships between stress, trauma, diet culture, weight stigma, and emotional eating.
2. Utilize trauma-informed assessment questions to gather information about clients’ food history and body image to inform the clinician’s choice of treatment interventions.
3. Appraise the relationship between weight and health to help clients identify and challenge internalized weight stigma and body shame.
4. Analyze the role of dissociation and identity fragmentation in BED.
5. Employ IFS-informed strategies to assist clients with building affect tolerance and developing self-compassion.
6. Develop two strategies for navigating counter transference and clinician bias.



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Meet Your Speaker



Amy Pershing, LMSW, ACSW, is the founding director of Bodywise, the first BED-specific treatment program in the United States. She is also the vice president of the Center for Eating Disorders in Ann Arbor, and the co-founder of Pershing Consulting, LLC, which offers training to clinicians treating BED worldwide. Amy is also the creator of “Hungerwise™,” a 9-week online program for ending chronic dieting and weight cycling.

Based on 30 years of clinical experience, Amy has pioneered a treatment approach for BED that is strengths-based, incorporating Internal Family Systems and somatic trauma techniques. Her approach also integrates “attuned” eating and movement and a “health at every size” philosophy. Amy lectures and teaches internationally on the treatment of BED for professional and lay communities; she has been featured on radio, podcast, and television programs in the US and abroad speaking about BED treatment and recovery, relapse prevention, weight stigma, and attuned eating and movement. Amy is also the past chair of the Binge Eating Disorder Association, and the winner of BEDA’s Pioneer in Clinical Advocacy award. She serves on the board of directors of the Body Freedom Project, and is the author of the book *Binge Eating Disorder: The Journey to Recovery and Beyond* (Taylor and Francis, 2019) and co-author of *The Body Positivity Card Deck: 53 Strategies for Body Acceptance, Appreciation and Respect* (PESI Publishing, 2020).

Speaker Disclosure:
Financial: Amy Pershing is the founding director of Bodywise and the Vice President of The Center for Eating Disorders. She is an author with Routledge Publishing and Receives royalties. Ms. Pershing receives a speaking honorarium, book royalties, and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Amy Pershing is a member of the National Association of Social Workers, the Academy for Eating Disorders, and the Academy of Certified Social Workers. She is a founding board member of the Eating Disorders Action Network and is the membership chair for the Eating Disorders Professional League of Michigan.

Live Webinar Schedule
(Times listed in Eastern)

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


CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**


For specific credit approvals and details, visit pesi.com/webcast/87674

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, 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.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: | <https://rehab.pesi.com/events/detail/87674>.

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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.

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

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\$219.99 tuition

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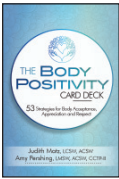
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Recommended Reading:

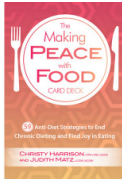


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53 Strategies for Body Acceptance, Appreciation and Respect

Judith Matz, LCSW, ACSW
Amy Pershing, LMSW, ACSW

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The Making Peace with Food Card Deck: 59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in Eating

Judith Matz, LCSW, ACSW
Christy Harrison, MPH, RD, CEDS

~~\$16.99~~ **\$14.99***

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