

Outline

Prepare Yourself for Every Stage of the Therapy Process

Intake Strategies for Successful Therapeutic Intervention

- Looking beyond anorexia, bulimia and bingeing
- Conclusive questions for improving your client intake
- Red flags of disordered eating
- Address common issues that may not be in DSM-5®: Orthorexia, compulsive overeating, diabulimia
- Digging for the roots: is the disordered behavior a result of previous trauma?

Implement Comprehensive Clinical Assessments

- How to choose the right assessment for your client
 - Specific assessments for the spectrum of disordered eating and trauma
 - Additional tools for depression, trauma, or other comorbid conditions
- How and when to use assessments for tracking progress
- Frequency considerations – get what you need without client burnout
- Collaboration within the treatment team

Techniques and Interventions to Transform Your Therapy

- Non-diet paradigm to transform your client's relationship with food
 - Health at Every Size (HAES)
 - Intuitive eating
 - Respect, love and nurturance for self
 - Reframing your approach as the clinician
- Trauma-informed tactics for each stage of counselling

Trauma Specific Evaluation of Intake Procedure: what NOT to say/ do
Process and treat trauma and dissociation

- Determine the appropriate order of interventions
- Avoid re-traumatization
- Therapeutic techniques that assist in stabilization
 - EMDR
 - IFS Mapping: Address the various mindsets of each patient
 - Attachment focused work: Self and others
 - Art and sand tray interventions, journaling/logging
- Therapeutic approaches for stabilization
 - Evaluate the Window of Tolerance
 - Incorporation of Polyvagal theory to increase client stability
 - Prevent overwhelming trauma symptoms

Put it all into Action: Considerations for Implementation into Your Practice

- Overcome common blocks in therapy
- Systemic vs. individual: When to include family/partners
- Self of the therapist exercise: Countertransference, bias
- Case discussions and video demonstrations
- Effective documentation for ongoing treatment
- Risks and limitations

Live Webinar Schedule (Times listed in Central)

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.


Objectives

1. Build a thorough understanding of childhood trauma, attachment, dissociation, and the researched, causal link to disordered eating.
2. Utilize evidence-based, assessment tools and interventions for disordered eating, trauma, and dissociation, as well as spouses/partners and families/caregivers.
3. Examine the history of eating disorder treatment, disordered eating in the United States, and the socio-political/cultural factors involved in disordered eating.
4. Diagnose and treat non-DSM-5® disordered eating.
5. Evaluate personal behaviors or counter-transference that could be impeding treatment efficacy.
6. Apply case studies and conceptualization for incorporating body-positive terminology, awareness and intervention.

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Disordered Eating Behaviors

Identify and Treat the Underlying Trauma

LIVE Interactive Webinar

Tuesday, February 14, 2023

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Disordered Eating Behaviors

Identify and Treat the Underlying Trauma



- Effective intake strategies to catch red flags of disordered eating
- Non-diet, body-positive paradigm to shift clients' relationship with food
- Accelerate recovery and avoid retraumatization in eating disorders treatment

Live Interactive Webinar

Tuesday, February 14, 2023

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Disordered Eating Behaviors

As you perform your typical intake with a new client, you review their eating habits. There are indications of abnormal eating behaviors like yo-yo dieting and restrictive eating. The client guiltily says things like “I know I should eat healthier.”

Your guard is up, but you quickly move along when their problems don’t take the form of a full-blown eating disorder like anorexia or bulimia.

Disordered eating behaviors are frequently hiding something deeper – serving as a coping mechanism for the unresolved trauma that lies beneath. Without addressing the trauma behind the disordered eating your client will fail to find the relief they seek.

Attend this training and learn how to assess and treat disordered eating from a trauma-informed, body positive lens, for improved outcomes!

You’ll get the skills and essential treatment techniques you need for every stage of therapy, including:

- Tools to sensitively and effectively gather accurate information about your clients’ disordered eating behaviors
- Interventions from EMDR, IFS, Polyvagal Theory, and more
- Insights from non-diet, body-positive paradigms to reframe clients’ damaging relationship with food

Sign up today and experience the satisfaction of helping your clients to resolve their traumas and release the unhealthy disordered eating behaviors with this powerful non-diet paradigm!



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 800-726-3888 and we will make it right.

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Meet Your Speaker



Lori Kucharski, PhD, LMFT, LPC, CEDS-S, is a licensed therapist practicing since 2004 in residential treatment facilities, crisis and outpatient mental health, and private practice. She owns and operates a training, consulting, supervision, and clinical practice. Lori is a Certified EMDR Therapist, Approved Consultant, and Training/Credit Provider as well as an AAMFT-Approved Supervisor, a Certified Eating Disorders Specialist/Supervisor, and the EMDR regional network coordinator for Colorado Springs, CO. She taught MFT and counseling courses in graduate programs and specializes in complex trauma, attachment, disordered eating, dissociation, and body image with all ages from a systems perspective. Lori presents locally and nationally on these topics and advocates for ending social and cultural stigma and discrimination around body size, ability, and appearance.

Speaker Disclosure:
Financial: Dr. Lori Kucharski has an employment relationship with the EMDR Center of the Pikes Peak Region. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Lori Kucharski is a member of the American Association for Marriage and Family Therapy, Colorado Association for Marriage and Family Therapy, EMDRIA, International Association of Eating Disorder Professionals, International Society for the Study of Trauma and Dissociation, Association for Size Diversity and Health, and the American Mental Health Counselors Association. She services as co-chair on the Trauma Recovery Network Advisory Council.

Target Audience:

Counselors • Social Workers • Marriage & Family Therapists • Psychologists • Addiction Counselors • Case Managers • Registered Dietitians & Dietetic Technicians • 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, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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 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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February 14, 2023 [PWZ88803]

\$219.99 tuition
8am Central time

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Digital Seminar Experience:

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 - Enjoy lifetime on-demand access
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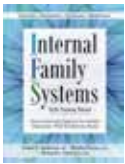
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DVD Experience:

- Self-study CE certificate available
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Recommended Reading:



PUB085175

Internal Family Systems Skills Training Manual
Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

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



PUB087190

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, ACSW

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

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