

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 Mountain)

9:00 Program begins

12:50-2:00 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.

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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, August 11, 2023

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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

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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 the founder of the popular *Your Life in Process* podcast and is the former co-founder and co-host of the *Psychologists Off the Clock* podcast where she has interviewed over hundreds of 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: Diana Hill maintains a private practice and is a guest teacher for Insight LA Online Meditation Community. She is the co-host and co-founder of a podcast, Your Life in Process. 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: 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

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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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