

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

Objectives

1. Express 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. Identify how to 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.

Questions? Call customer service at 800-844-8260

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Disordered Eating Behaviors

Identify and Treat the Underlying Trauma



SACRAMENTO, CA
Wednesday
August 7, 2019

OAKLAND, CA
Thursday
August 8, 2019

PALO ALTO, CA
Friday
August 9, 2019

Disordered Eating Behaviors

Identify and Treat the Underlying Trauma



- Trauma-informed strategies to accelerate recovery in disordered eating
- Overcome the common “blocks” that prevent disordered eating recovery
- Identify and diagnose non-DSM 5® disordered eating

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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 diagnose and treat non-DSM-5® disordered eating
- Interventions for reducing trauma symptomology related to disordered eating behaviors
- Evidence-based strategies 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!

Speaker

Lori Kucharski, MA, LMFT, LPC, CEDS, has practiced therapy since 2004 in a variety of settings: private clinical practice, supervision, training/consultation, and teaching graduate courses. She is completing her PhD dissertation on trauma-informed education. She is a clinical member and approved supervisor for the AAMFT and a certified therapist, approved consultant, and training provider through EMDRIA. As the regional coordinator for the regional EMDRIA and Trauma Recovery Networks, she specializes in complex trauma, disordered eating, and attachment. She has presented and trained on disordered eating and trauma since 2011 and advocates for body positivity, holistic wellness in trauma recovery, and disordered eating awareness.

Speaker Disclosures

Financial: Lori Kucharski maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Lori Kucharski is a member and Consultant/Trainer for EMDRIA/TRN/HAP. She does not receive compensation.

Target Audience

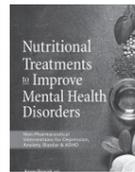
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Nutritional Treatments to Improve Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

By Anne Procyk, ND

A biology-based approach to think more holistically about assessment, diagnosis and treatment of mental health issues. Strategies include correcting vitamin and mineral deficiencies that contribute to mental health symptoms; eating the right food to optimize focus and performance; tools to improve sleep; and tips to identify common hormonal imbalances misdiagnosed as mental illness. Case studies and handouts.



RETHiNK Card Deck Mindful Conversation Starters

56 Questions to Encourage Compassion, Shift Perspective & Build Connection

By Theo Koffler, Mindfulness Without Borders

Whether you’re at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them.

Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.



PESI Inc. is proud to offer this seminar (at these locations only) **free of charge** (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

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.

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Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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.

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