A Mindful Approach to Treating Overeating, Binge Eating and Weight Concerns

Outline

“I Want To Lose Weight”
The difference between Binge Eating Disorder, compulsive eating and emotional overeating DSM-5 and Binge Eating Disorder (BED) – why it matters
The backdrop of diet culture
Is the relationship between dieting and BED keeping your client stuck?
How genetics, evolution and adaptation affect your client's weight

Avoiding The Diet-Binge Trap
5 predictable patterns clients must understand to break free
Why food restrictions almost guarantee your client will regain weight
Shame about food and body size – what every therapist needs to know.

6 Steps to Developing A Healthy and Satisfying Relationship With Food
Why attuned/intuitive eating is the antidote to diet failure
How to help clients to distinguish physical hunger from other hungers
Deciding what to eat: aka “making the match”
Challenging the problem of good/bad thinking
Learning to AIM (attention, attention, mindfulness)
Overcoming 4 common obstacles

Overcoming Emotional Overeating
Why food is a common form of affect regulation
Understanding clients’ translation of feelings into language of food and weight
How compassion reduces overeating
Mindfulness practices and visualizations for emotional calming
Beyond Clinical Practice
What to teach children to prevent eating problems and promote body confidence
Becoming a change agent to dismantle diet culture – it’s easier than you think!
Connecting to non-diet/body positive resources

Cultivating a Healthy Body Image
Ending negative body talk
Challenging internalized weight stigma
Clothes, scales and mirrors
Living in the present
 Applying Hanson's Buddha Brain practice: Taking In The Good

Weight, Health, and Stigma
The 5 principles of Health At Every Size® (HAES) Paradigm
Why BMI is the wrong way to determine health (and may actually cause harm)
Debunk myths about weight and health – a look at the evidence
Discover the obesity paradox
Exercise: self-care or punishment?
The impact weight stigma for higher weight clients
Examine attitudes toward thin and fat
How therapists (inadvertently) may contribute to fat-shaming
Weight & intersecting identities

Objectives

1. Communicate the 5 common patterns of the diet-binge cycle.
2. Teach the 3 steps of attuned/intuitive eating as the antidote to diet failure.
3. Analyze the connection between overeating and emotional regulation.
4. Implement at least 3 strategies to promote a healthy body image.
5. Debate how the principles of Health At Every Size ® (HAES) help clients build self-care behaviors.
6. Assess how internalized weight stigma affects both professionals and clients.

Register now! pesi.com/express/56194
Judith Matz, LCSW
Higher weight clients, as you discover your own attitudes toward body size in a safe and supportive
trap and learn an approach that will put them in charge of their eating – no more relying on willpower!
In this comprehensive one-day seminar I will teach you how to help your clients avoid the diet-binge
You may even struggle with eating and weight concerns yourself.
many of your clients are likely to experience angst about their eating and/or weight, which can affect
•  Do you believe that if your clients understand the underlying reasons why they overeat then they'll
•  Concern about weight for
•  Relationship with food
•  Diagnosis of Binge Eating Disorder
•  Shame about eating patterns and body image

The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain
By Donald Altman, MA, LPC
Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal
Diets and Our Demons:  A Mindful Approach to Treating Overeating, Binge Eating

Speakers Designed Especially for
Counselors • Social Workers • Psychotherapists • Marriage & Family Therapists • Nurses • Addictions Counselors
Occupational Therapists • Case Managers • Other Mental Health Professionals

Register now! pesi.com/express/56194

**Tax   __________
TOTAL  __________

1. Check tuition:
Tuition with Seminar Manual $199.99
Tuition with Seminar Manual $199.99
DIETARY PRODUCT PLANS
How to Register:
ONLINE pesi.com/express/56194
1 Please complete entire form to notify you of seminar changes
Phone: 800-844-8260
FAX 800-554-9775
Mail: PESI PO Box 1000
Eau Claire, WI 54702-1000

Mail Code: _______________________________

Questions? Call Customer Service: 800-844-8260

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a
new topic idea, please contact Claire Zittel at czittel@pesi.com or call 715.855.8194.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

If you watch the preview video on this brochure or by calling 800-844-8260.

3 Check tuition:

Telephone registration postmarked 3 weeks prior to seminar date $219.99 standard

4 Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID.

Purchasing orders welcome (attach copy).
Check enclosed payable to PESI, Inc.
**Mail order customers only:** Signature ____________________________________________
Card # _____________________________________
Expiration Date __/___
*
Refund or cancellation policy: Full refunds will be given for cancellations received at least 2 weeks prior to the event.

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

Dietary needs: We would be happy to accommodate your dietary needs; please complete the dietary needs section of this form to notify us of your needs. For more information, please contact our Customer Service Dept. at 800-844-8260.

3 Check tuition:

900-844-8260. Alternatively, you may call 800-844-8260 to register your seminar credit. 

Enclose a current student or military ID to receive the appropriate discount. The student ID or military ID must be provided at time of enrollment. 

We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

If you are interested in being our registration M-F 7:00-6:00 Central Time for space availability if registering
4 Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID.

Purchasing orders welcome (attach copy).
Check enclosed payable to PESI, Inc.
**Mail order customers only:** Signature ____________________________________________
Card # _____________________________________
Expiration Date __/___
*
Refund or cancellation policy: Full refunds will be given for cancellations received at least 2 weeks prior to the event.

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

Dietary needs: We would be happy to accommodate your dietary needs; please complete the dietary needs section of this form to notify us of your needs. For more information, please contact our Customer Service Dept. at 800-844-8260.

3 Check tuition:

900-844-8260. Alternatively, you may call 800-844-8260 to register your seminar credit. 

Enclose a current student or military ID to receive the appropriate discount. The student ID or military ID must be provided at time of enrollment. 

We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

Dietary needs: We would be happy to accommodate your dietary needs; please complete the dietary needs section of this form to notify us of your needs. For more information, please contact our Customer Service Dept. at 800-844-8260.

3 Check tuition:

900-844-8260. Alternatively, you may call 800-844-8260 to register your seminar credit. 

Enclose a current student or military ID to receive the appropriate discount. The student ID or military ID must be provided at time of enrollment. 

We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

Dietary needs: We would be happy to accommodate your dietary needs; please complete the dietary needs section of this form to notify us of your needs. For more information, please contact our Customer Service Dept. at 800-844-8260.

3 Check tuition:

900-844-8260. Alternatively, you may call 800-844-8260 to register your seminar credit. 

Enclose a current student or military ID to receive the appropriate discount. The student ID or military ID must be provided at time of enrollment. 

We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

You'll receive a certificate of attendance for partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial attendance will be sent within 30 days following the event. For those in states requiring CEUs, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in states requiring CEUs, please have credit card available when completing the registration form. We would be happy to accommodate your ADA needs; please see the seminar information for ADA needs:

Dietary needs: We would be happy to accommodate your dietary needs; please complete the dietary needs section of this form to notify us of your needs. For more information, please contact our Customer Service Dept. at 800-844-8260.