

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
Working with different eating styles (vegetarian, health concerns, etc.)
Learning to AIM (attunement, 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
Case studies
Individual vs. group treatment considerations

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
Neff's 3 steps of self-compassion

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

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

Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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.



Applications of the Adult Attachment Interview

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Diets & Our Demons

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

Woburn, MA
Wednesday
September 13, 2017

Waltham, MA
Thursday
September 14, 2017

Dedham, MA
Friday
September 15, 2017



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Diets & Our Demons

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

- Help your clients avoid the diet/binge trap
- From shame to empowerment
- Transform your client's relationship with food & body
- Implement the 3 steps of attuned/intuitive eating
- Strategies to overcome emotional overeating
- Binge Eating Disorder and Obesity
- Impact of Weight Stigma



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Diets and Our Demons: A Mindful Approach to Treating Overeating, Binge Eating and Weight Concerns

- Are you unintentionally contributing to the shame (and failure) that many clients experience who struggle with food and weight?
- Do you view the pursuit of weight loss as positive self-care?
- Do you believe that if your clients understand the underlying reasons why they overeat then they'll be able to control this behavior?

These are some of the assumptions I made when I first began to treat eating and weight issues. If you're like me, you didn't receive training on this topic. Even if you don't specialize in eating disorders, many of your clients are likely to experience angst about their eating and/or weight, which can affect other issues including anxiety and depression.

You may even struggle with eating and weight concerns yourself.

In this comprehensive one-day seminar I will teach you how to help your clients avoid the diet-binge trap and learn an approach that will put them in charge of their eating – no more relying on willpower!

You will also learn transformational strategies and up-to-date research to address challenges facing higher weight clients, as you discover your own attitudes toward body size in a safe and supportive environment.

This seminar is a must attend if you work with clients who experience any of the following:

- **History of unsuccessful dieting**
- **Concern about weight for appearance or health**
- **Unsatisfying or unhealthy relationship with food**
- **Diagnosis of Binge Eating Disorder**
- **Shame about eating patterns and body image**

Judith Matz, LCSW



is the co-author of two books on the topics of eating and weight struggles. *Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating* has been called "the new bible" on this topic for professionals. *The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care* was a #1 bestseller on Amazon and a favorite resource for therapists to use with clients. She is also the author of *Amanda's Big Dream*, a children's book that helps kids to pursue their dreams – at any size!

Judith has a private practice in Skokie, IL where she focuses her work with clients who want to get off the diet/binge rollercoaster and learn to feel at home in their bodies. Through her individual counseling, groups, workshops, presentations and books, Judith has helped thousands of people to develop self-care skills that increase physical, emotional and spiritual wellbeing without a focus on the pursuit of weight loss. Through educational programs, she is dedicated to helping people end the preoccupation with food and weight. Judith received her MSW at University of Michigan, and earned her post-graduate certificate at Michael Reese Hospital in Chicago, where she trained in the treatment of eating disorders.

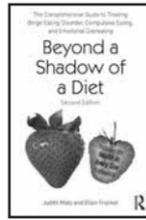
Judith is a frequent contributor to the *Psychotherapy Networker* magazine and a popular speaker at national conferences. Descriptions of her work have appeared in the media including the New York Times, LA Times, Allure, Fitness, Self, Shape, Today's Dietitian, Diabetes Self-Management, NBC News Chicago, Huffington Post Live, and she appears in the documentary *America The Beautiful 2*.

Speaker Disclosure:
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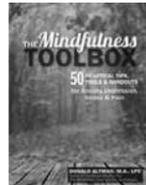


Beyond a Shadow of a Diet

The Therapist's Guide to Treating Compulsive Eating Disorders

By Judith Matz, MSW, LCSW **Your Speaker**
and Ellen Frankel, LCSW

The authors introduce the new research related to health, weight, fitness and diet failure, and then discuss a treatment method which advocates eating as guided by physiological signal: eating when you are hungry and stopping when you are full. The book offers tools for therapists to recognize compulsive eating patterns, use their training to address underlying psychological difficulties, and implement therapeutic principles for healing.



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 for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

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How to Register: DIETS AND OUR DEMONS: A MINDFUL APPROACH TO TREATING OVEREATING, BINGE EATING AND WEIGHT CONCERNS

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___ Seminar on CD* (audio) \$169.99 (RNAOXXXX)

___ *Beyond a Shadow of a Diet* book* \$45.00 (SAM085115)

___ *The Mindfulness Toolbox** \$29.99 (PUB082210)

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