

## Outline

### The Nervous System Intake Reduce Shame and Open Self-Compassion

Redefining the term emotional eating  
Why somatic interventions are imperative in breaking the cycle of disordered eating - and the state of the research on them  
Polyvagal understanding of the autonomic nervous system  
Embodiment tools for clients  
Mapping the embodied states of the clinician's own nervous system

A trauma-informed, embodied understanding of emotional and disordered eating

Case Examples and Practices:

- Feet, spine and seat
- Fluid breath
- 3-stage breath
- Release breath

### What Happens in My Body, Happens in My Brain

#### How Embodiment Heals

The role of the limbic system  
Interoceptive awareness as the missing link  
Impact of the nervous system on hunger and fullness cues and eating behaviors  
How to help clients develop body literacy

Case Examples and Practices:

- Body scan for body literacy
- Brain-based interoceptive awareness

### Co-Regulation: Relationship Matters! How the Therapist's Nervous System Impacts Clients

Neuroception according to polyvagal theory  
Embody neuroception in a session  
Somatic tracking and intervention  
Keys to building nervous system window of tolerance for eating-related behavior change

Case Examples and Practices:

- Embodying safety and protection
- Somatic tracking demonstration

### The Intersection of Culture and Disembodiment: Systems that Dysregulate and Their Impact on Body Image

Embodiment and body image  
Oppressive systems that cause dysregulation  
Diet culture and media/marketing  
Body image, nervous system, and emotions  
Case Examples and Practices:

- The way you were born
- In this moment, with these feelings

### Embodying Self-Compassion Self-Compassion as Essential to Emotion Regulation

The three components of self-compassion  
The power of self-compassion to balance, heal and repair emotional eating  
Developing self-compassion when there is none to be found

How self-compassion decreases objectification and body shame

Help clients develop body forgiveness

Case Examples and Practices:

- Embodying dysregulation with compassion
- Body forgiveness

### When Emotional Eating is Really Eating Disorder And Other Clinical Considerations

Key diagnostic questions and assessments  
When do clients need an eating disorder specialist or a higher level of care?

How to integrate treatment strategies and approaches - what does it mean to be somatically-informed?

Countertransference issues

Impact of the therapist's own relationship with body, body image, food, and eating

Limitations of the research and potential risks

#### Live Webinar Schedule

(Times listed in Pacific)

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. Conduct psychoeducation about the nervous system and oppression-related cultural factors.
2. Employ body literacy skills to improve clients' interoceptive awareness.
3. Apply somatic and nervous system tracking in session to improve emotion regulation.
4. Utilize the skill of somatic tracking for co-regulation.
5. Describe the three components of self-compassion and utilize self-compassion skills to reduce shame.
6. Differentiate between emotional eating and a clinical eating disorder to determine appropriate level of care.

### Free Materials for Your Clinical Toolbox: Guides for Somatic Practice

- Behavior Follows State Worksheet
- Nervous System Intake Questionnaire
- Body Forgiveness Practice
- And more!

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# Emotional — AND — Disordered Eating

Trauma-Informed Clinical  
Tools to Heal Your Clients'  
Relationship with Food and Body



Featuring

**Ann Saffi Biasetti, PhD, LCSWR, CEDS, CIAYT**  
Eating Disorder Specialist, Somatic Therapist,  
and Mindful Self-Compassion Teacher

- Somatic interventions to reconnect clients with the wisdom of their bodies
- Restore healthy body image and disempower the toxic influence of diet culture
- Recognize when to treat and when to refer out

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Trauma-Informed Clinical Tools to Heal Your  
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Live Interactive Webinar  
Monday, January 30, 2023

**BONUS!** – Registration includes FREE on-demand access for 3 months.

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# Emotional AND Disordered Eating

When your clients struggle with eating, your first move as a therapist may be to develop plans for specific behavioral changes - a list of things clients can do instead of reaching for the fork or limiting food intake.

**But these efforts won't work over the long term.** Emotional eating – and the eating disorders it can become – is rooted in nervous system dysregulation and disembodiment that behavior change strategies alone won't shift.

**The body needs to be included for treatment to be effective.** Without it, disembodiment will continue, keeping your clients stuck in the cycle of disordered eating and losing hope in your work with them.

Join Ann Saffi Biasetti, PhD, LCSWR, CEDS, specialist in eating disorders and somatic psychotherapy, for this in-depth training where you'll discover how to integrate the body in treatment in a way that fosters **real change in your clients' relationships with food and their bodies!**

Packed with practical interventions, this comprehensive seminar will provide you with strategies to:

- Shift from shame to empowerment from the very beginning of treatment
- Calm the nervous system and regulate emotions without turning to food
- Help clients re-establish body cues for hunger and fullness
- Replace the harsh inner critic with self-compassion

**Register today** to help clients manage what is happening on the inside to build resilience, improve emotion regulation, and establish a new compassionate and forgiving relationship with their body!

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## Meet Your Expert



**Ann Saffi Biasetti, PhD, LCSWR, CEDS, CIAYT**, is a practicing clinician

for over 30 years specializing in somatic psychotherapy. She is an eating disorder specialist, certified mindfulness teacher, Mindful Self-Compassion (MSC) teacher, and Certified Yoga Therapist (C-IAYT). Dr. Biasetti teaches in the Self-Compassion in Psychotherapy (SCIP) program, where she shares her expertise in somatic self-compassionate interventions for eating disorders recovery and serves as consultation leader. She has led well-received retreats at Kripalu and Shambhala Mountain Center and has led professional training workshops through her Befriending Your Body (BFYB) certification program for eating disorder recovery. She is the author of *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating* and *The Awakening Self-Compassion Card Deck: 52 Practices for Self-Care, Healing and Growth*. Dr. Biasetti maintains a private practice in Saratoga Springs, NY.

Speaker Disclosure:

Financial: Dr. Andreana Saffi Biasetti maintains a private practice. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Andreana Saffi Biasetti is a member of the Polyvagal Institute, the Academy for Eating Disorders, the International Yoga Therapy Association, and the Yoga Alliance.

**Here's What Your Colleagues are Saying about Ann Saffi Biasetti**

*"Amazing! Ann was so engaging and informative - I feel like I will forever be a better therapist after this training."*  
 – Aimee L., Social Worker

*"I am very much appreciating and loving the accompanying handouts. I can already imagine how I will use them in my practice!"*  
 – Emily M., Counselor

*"Inspiring!"*  
 – Alfonso O., Psychologist

*"I absolutely loved this training and find it extremely helpful in my practice! Thank you!"*  
 – Stacey K., MFT



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## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Dietitians, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

Psychologists: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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.

### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88182>.

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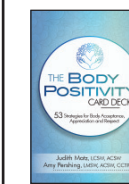
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## Recommended Reading:



PUB086400

**The Body Positivity Card Deck**  
 53 Strategies for Body Acceptance, Appreciation and Respect

Judith Matz, LCSW  
 Amy Pershing, LMSW, ACSW  
~~\$16.99~~ **\$12.99\***



PUB087190

**The Making Peace with Food Card Deck:** 59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in Eating

Judith Matz, LCSW, ACSW  
 Christy Harrison, MPH, RD, CEDS  
~~\$16.99~~ **\$12.99\***

\*Discount Included with purchase of the Webinar

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