

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

Health at Every Size (HAES) and intuitive eating as non-diet paradigms to transform relationship with food

Tools to facilitate respect, love, and nurturance for self

Reframing your approach as the clinician

Trauma-informed tactics for each stage of counselling

Objectives

1. Build 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. 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.

Trauma specific evaluation of intake procedure: what NOT to say/do

Goal: process and treat trauma and dissociation

How to determine the appropriate order of interventions

Strategies for avoiding re-traumatization and overwhelm

EMDR to assist with stabilization

IFS techniques to address clients' internal states

How to evaluate the window of tolerance

Incorporation of polyvagal theory

Attachment-focused work: self and others

Art and sand tray interventions

Journaling and logging

Put it all into Action: Implementation Considerations

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

Limitations of the research and potential risks

Live Webinar Schedule
(Times listed in Eastern)

9:00 Program begins


12:50-2:00 Lunch Break

5:00 Program ends

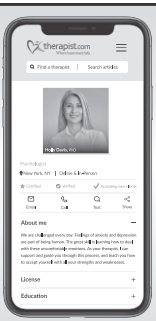
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Disordered Eating Behaviors

Identify and Treat the Underlying Trauma

LIVE Interactive Webinar
Wednesday, October 4, 2023

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Disordered Eating Behaviors

Identify and Treat the Underlying Trauma




Featuring
Lori Kucharski, PhD, LMFT, LPC, CEDS-S
Certified Eating Disorder Specialist/Supervisor and Complex Trauma and Body Image Expert

- Top strategies for common non-DSM-5® eating issues
- The latest interventions from EMDR, IFS, Polyvagal Theory, and more!
- Non-diet, body-positive paradigm to shift clients' relationship with food

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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 heathier.”

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.

Non-DSM-5® disordered eating is more common than most clinicians realize, and these 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.

Whether you specialize in eating disorders or not, now you can learn to assess and treat disordered eating from a trauma-informed, body-positive lens for improved outcomes! Lori Kucharski, PhD, LMFT-S, LPC, CEDS-S will guide you step-by-step through the skills and essential treatment techniques you need for every stage of therapy, including:

- Tools to sensitively and effectively gather accurate information about your clients’ disordered eating behaviors
- Interventions from EMDR, Polyvagal Theory, and more
- Insights from non-diet, body-positive paradigms to reframe clients’ damaging relationship with food

Sign up today to help your clients resolve their traumas and release unhealthy disordered eating behaviors with this powerful non-diet paradigm!


Here’s What Your Colleagues Are Saying:

★★★★★
“Lori is incredibly articulate and knowledgeable in this subject! I love how thorough she was.”
– Janeen O., Counselor

“5 stars! I would highly recommend this training to my colleagues!”
– Jessica J., Social Worker

“Lori was one of the best presenters I have ever seen. Excellent seminar!”
– Lolly C., Marriage & Family Therapist

“Great training with lots of helpful info!
I appreciated the density of the material and the concise presentation!”
– Heidi W, Psychologist



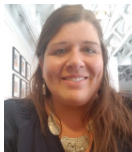
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Meet Your Speaker



Lori Kucharski, PhD, LMFT-S, LPC, CEDS-S, is a licensed therapist practicing since 2004 in residential treatment facilities, crisis and outpatient mental health, and private practice. She owns and operates a training, consulting, supervision, and clinical practice. She is a Certified EMDR Therapist, Approved Consultant, and Training/Credit Provider as well as an AAMFT-Approved Supervisor, a Certified Eating Disorders Specialist/Supervisor, and the EMDR regional network coordinator for Colorado Springs, CO. She taught MFT and Counseling courses in graduate programs and specializes in complex trauma, attachment, disordered eating, dissociation, and body image with all ages from a systems perspective. She presents locally and nationally on these topics and advocates for ending social and cultural stigma and discrimination around body size, ability, and appearance.

Speaker Disclosure:
Financial: Dr. Lori Kucharski has an employment relationship with the EMDR Center of the Pikes Peak Region. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Lori Kucharski is a member of the American Association for Marriage and Family Therapy, Colorado Association for Marriage and Family Therapy, EMDRIA, International Association of Eating Disorder Professionals, International Society for the Study of Trauma and Dissociation, Association for Size Diversity and Health, and the American Mental Health Counselors Association. She services as co-chair on the Trauma Recovery Network Advisory Council.

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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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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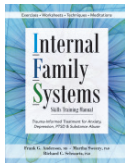
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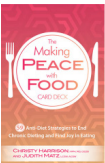


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