



## ESSENTIAL THERAPY TRAINING

*A Training Company for Therapists run by Therapists*

### **Treatment of Eating Disorders Conference: February 10th & 11th 2022**

### **Course Descriptions & Learning Objectives**



## **Day One: 10<sup>th</sup> February 2022**

**Session One: 11:30 - 13:00 GMT**

### **Kristene Doyle: Rational Emotive Behavior Therapy for the Assessment and Treatment of Eating Disorders**

#### Course Description:

Eating disorders are often misunderstood by both the public as well as medical and mental health professionals. Misconceptions about what underlies an eating disorder can lead to more deleterious consequences than the disorder itself. It is important to develop a strong case conceptualization that is idiosyncratic to the individual struggling with an eating disorder.

This workshop will explore the challenges associated with working with individuals with eating disorders and strategies to address those obstacles. Suggestions for building and maintaining a strong therapeutic alliance with individuals with eating disorders will be addressed, as this is crucial in carrying out the necessary work for progress. Interventions for assessment of core irrational beliefs evidenced in eating disorders as well as clinical cognitive and behavioral strategies to reconstruct the maladaptive beliefs that maintain this clinical problem will be discussed. Special emphasis on Unconditional Self-Acceptance versus Self-Esteem will be made as it relates to treatment planning. Various homework assignments tailored to specific eating disorders will be discussed.

#### Learning Objectives:

Participants will learn to:

- Identify and explain the core irrational beliefs held by individuals with eating disorders
- Demonstrate at least three clinical strategies of challenging clients' irrational beliefs
- Describe the full rational alternatives to replace the irrational beliefs
- Identify obstacles to treatment and utilize REBT strategies to address the obstacles
- Collaboratively plan homework assignments specifically targeting individual clients

### Short Biography:

Kristene A. Doyle, Ph.D., Sc.D. is the Director of the Albert Ellis Institute (AEI). She is a licensed clinical psychologist and a Diplomate in Rational-Emotive & Cognitive-Behavior Therapy (RE & CBT). Dr. Doyle has treated individuals with eating disorders for over 25 years utilizing Rational-Emotive & Cognitive Behavior Therapy (RE & CBT).

Dr. Doyle conducts workshops and professional trainings throughout the world. With a distinguished international presence, Dr. Doyle has influenced the growth and practice of RE & CBT in countries spanning several continents including South America, Europe, Asia and Africa. Dr. Doyle is co-author of A Practitioner's Guide to Rational Emotive Behavior Therapy, 3rd edition. She is co-editor of The Journal of Rational-Emotive & Cognitive-Behavior Therapy. Dr. Doyle is appointed as Full Adjunct Professor at St. John's University in both the Clinical Psychology and School Psychology Doctoral Programs, where she has taught for 22 years. She is also Full Adjunct Professor serving as a supervising psychologist at Teachers College, Columbia University.

**- Break -**

**Session Two: 13:15 - 14:45 GMT**

**Pavel Somov: Mindful Emotional Eating - a Humanistic, Harm Reduction Paradigm Shift**

### Course Description:

The workshop provides an overview of an original therapeutic approach for addressing emotional overeating. Somov offers a provocative clinical thesis: emotional eating is not a problem, it is emotional overeating that is a problem; or, stated differently: emotional eating is not a problem, mindless emotional eating is a problem. This unique approach is grounded in harm-reduction psychology and utilizes mindfulness-based and metacognitive clinical know-how. The approach is more than just a humanistic "cultural permission" to eat emotionally - it is an experiential curriculum designed to prevent shame-triggered relapses, to help clients recognize that emotional eating is a legitimate and intuitive form of self-care, and to position clients to "leverage more coping per calorie."

### Learning Objectives:

1. Attendees will learn how to articulate a harm-reduction philosophy to managing emotional eating and how to address clients' potential abstinence-informed objections.
2. Attendees will learn to differentiate mindful (effective) emotional eating from mindless (ineffective) emotional eating and binge-eating.
3. Attendees will learn how to help their clients make emotional eating more mindful, and, thus, more effective with the help of mindfulness and pattern interruption.
4. Attendees will learn how to utilize metacognition-based craving control strategies to prevent mindless emotional overeating lapses.
5. Attendees will learn how to utilize acceptance-based strategies to neutralize abstinence-based perfectionism and to facilitate habit formation as well as to prevent relapses.

### Short Biography:

Pavel Somov, Ph.D., is a licensed psychologist with over 20 years of clinical experience and has worked and trained in a variety of clinical settings (community mental health centers, psychiatric hospitals, college counseling centers, correctional setting, behavioral medicine/pain clinic settings, VAs).

Dr. Somov has lectured domestically and internationally on the topics of mindful eating, perfectionism, anger management, and mindfulness applications for addressing worry, dysthymia, insomnia and substance use. His work has been discussed in a variety of interviews and print publications including Martha Stewart's Body + Soul Magazine and Oprah Winfrey's O Magazine.

A member of the Advisory Board of the London Mindfulness Center (UK), he is the author of Anger Management Jumpstart: A 4-Session Mindfulness Path to Compassion and Change (PESI, 2013), Mindful Emotional Eating: Mindfulness Skills To Control Cravings, Eat in Moderation and Optimize Coping (PESI, 2015), Reinventing the Meal (New Harbinger, 2012), Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need to Control (New Harbinger, 2010), and The Lotus Effect (New Harbinger, 2010). His essays and blogs have appeared on Huffington Post, PsychCentral.com, Intent.com, Psychology Today online and he has appeared on Sirius Radio's "Fully Alive".

**- Lunch -**

## **Session Three: 15:45 - 17:15 GMT**

### **Harriet Parsons: Working with People with Eating Disorders: Lessons Learned**

#### Course Description:

In this presentation, Harriet will discuss lessons learned during her career working and supporting people with eating disorders and their families. Originally trained as a psychoanalytic psychotherapist, Harriet has spent the last twenty years working in private practice and with Ireland's National Eating Disorders Association, Bodywhys. During this time, Harriet has been trained in many different evidence-based treatment approaches used within private and public services for people with eating disorders, e.g., CBT-E, FBT. Navigating these approaches, supporting families as they care for their loved ones, under and over 18 years old, has taught Harriet much about the difficult and complex recovery journey that people experience. And we must not forget that there are those that struggle to recover, those who experience an enduring eating disorder.

Our mistakes are our greatest teachers, and Harriet will reflect on the many and varied experiences she has had when working with people with these destructive disorders. Harriet will discuss how her approach and thinking has developed from working one to one with clients with eating disorders and providing support to carers. What helps and what doesn't? How can one navigate the clinical work and provide support therapeutically while ensuring the integrity of the subjective experience that is at the heart of psychoanalytic work? Harriet will think these questions through and provide participants with lots of food for thought.

#### Learning Objectives:

- Participants will be challenged to think through what we are trying to achieve working with client group
- Participants will gain an understanding of the various approaches used when working with people with eating disorders
- Participants will learn some of what not to do to improve their confidence working in this area

- Participants will be able to think through their role and how they can keep their important position when working as part of a wider team and support network

### Short Biography:

Harriet is a fully accredited psychoanalytic psychotherapist. She holds an MSc. in Psychoanalytic Psychotherapy from St. Vincent's Hospital School of Psychotherapy / University College Dublin, Ireland, an MA in Addiction Studies from Dublin Business School, and a BA (psychology) from DBS.

Having worked as a telephone counsellor with the Dublin Rape Crisis Centre, Harriet joined BODYWHYS: The Eating Disorders Association of Ireland in 2005 and has worked with the organisation ever since. Currently Harriet is the Training and Development Manager, working to provide the support component by Bodywhys to the HSE National Clinical Programme for Eating Disorders. In 2014, Harriet developed a 4-week family support programme – the PiLaR programme, which has been run nationally approx. 8 times per year. In addition to this, Harriet gives frequent training to many professional groups, GPs, psychiatrists, youth workers, foster carers, social care workers and others. Harriet also regularly lectures at 3rd level on the subject of eating disorders in UCD, UCC, TCD School of Nursing and Midwifery. Harriet is also a regular media spokesperson on the subject of eating disorders for the organisation.

Harriet is a member of the Irish Council of Psychotherapy (ICP), and is a registered practitioner with APPI (The Association for Psychoanalysis and Psychotherapy in Ireland). She was Chairperson of APPI from 2014-2016 and is currently a member of the Editorial board of the APPI journal *Lacunae*.

**- Break -**

**Q&A with all three speakers: 17:30 - 18:30 GMT**

**END OF THE DAY**

## **Day Two: 11<sup>th</sup> February 2022**

### **Session One: 11:30 - 13:00 GMT**

#### **Charlece Bishop: Black Families and Body Image: The Need for a Holistic Understanding When Treating Individuals**

##### Course Description:

Extensive studies focus on body image and the consequences for mental health. Unfortunately, a scarcity of research examined body image within the context of Black families' experiences. Issues surrounding body images among Black people must be understood within the broader historical, social, cultural, and familial experiences in which they exist. Too often, therapists focus on treating Black people who struggle with body image without this thorough understanding of the unique experiences of Black families. For example, how do particular Black families think about body image and how is this passed from one generation to the next? Moreover, how have oppressive structures shaped ideas about the Black body? Centuries of enslavement fractured Black family life through forced separation and other violent means. Through forced separation and the use of physical features (height, weight, body size, skin complexion, etc.) this determined one's value. Slavery would create a structure that deemed the Black body as property to be owned, controlled, and devalued. This presentation centers the history of and role of the Black family as an integral part in understanding how one might begin to approach treating body image issues among Black clients.

##### Learning Objectives:

- Participants will understand historical and cultural roles of the Black family when offering therapy to Black clients faced with body image issues
- Participants will understand social media's role on body image within Black families

- Participants will learn about psychoeducational tools and techniques as these relate to conducting therapy with Black families

### Short Biography:

Charlece "Charlie" Bishop is a Licensed Marriage and Family Therapist (LMFT) with a passion to help create change in you. She has worked with clients transitioning into corporate America, relational or marital issues, anxiety, depression, and issues with self-esteem. Charlie has a passion for eating disorders and aims to bring awareness to the Black community.

Charlie provides a safe space for you to be vulnerable while learning skills to create change. She believes that change comes in the form of desire and dedication met with thoughts and emotions. Charlie's clients often enter therapy for the first time confused, and unsure how to handle life. Charlie teaches how to manage and cope with chaos, process childhood memories, and work through uncomfortable emotions.

### **Education and Memberships:**

University of Alabama - Masters of Human Development and Family Studies

University of South Alabama - Bachelors of Science (Psychology)

Zeta Phi Beta Sorority, Incorporated - Member

American Association of Marriage and Family Therapy - Member

Alabama Marriage and Family Therapy Network - Member

Couples and Intimate Relationships Network - Member

International Association of Eating Disorder Professionals - Member

African-American Eating Disorders Professional Committee

**- Break -**

**Session Two: 13:15 - 14:45 GMT**

**Rebecca Clegg: Using The Body To Heal The Mind: A Case For The Use of Somatic Interventions in the Treatment of Eating Disorders**



### Course Description:

Eating disorders are complex and multifaceted, involving the mind, the body, and the soul. In this session, we will explore **why and how** involving somatic and “bottom-up” approaches to healing is extremely beneficial when treating eating disorders based on a trauma and polyvagal theory informed model of recovery.

We will begin with a general overview of somatic therapy and expand on how a bottom-up approach differs from traditional cognitive or “talk” (bottom-down) psychotherapy. In exploring the efficacy of a bottom-up approach for the treatment of eating disorders, we will unpack the role that trauma plays in eating disorder behaviors and how somatic interventions are a valuable addition to addressing the trauma (and subsequent nervous system or embodied) beneath the behavior.

We will discuss case studies where somatic interventions are applied to eating disorder behaviors as well as demonstrate experientially specific interventions that can be used in session with clients. This session will provide multiple somatic interventions attendees can begin to implement with clients as soon as they return to the office.

### Learning Objectives:

- Overview of somatic therapies and the concept of “bottom up” healing
- Establish why this approach is important in the treatment of eating disorders and trauma
- Provide overview of multiple somatic interventions attendees can begin to implement with ED client
- Provide case study that exemplifies somatic intervention

### Short Biography:

**Becca Clegg** is an Atlanta, Georgia based psychotherapist, author and speaker specializing in the treatment of women in recovery from eating disorders & body image issues. She is also a certified eating disorder specialist and supervisor (CEDS-S) through iaedp, The International Association of Eating Disorder Professionals, and dedicates part of her

practice to training new clinicians in the field of eating disorder treatment as they pursue specialist certification.

Becca is the Clinical Director of Authentic Living; a private practice specializing in the treatment of women in recovery from eating disorders & body image issues. In addition to her clinical practice, Becca is also a writer and speaker, and presents nationally, educating families, clients and clinicians on the treatment of trauma, eating disorders and body image issues. She is the author of the book, *Ending the Diet Mindset: Reclaim a Balanced Relationship with Food & Body Image*, and the host of *The Inner Alchemy Podcast*, which educates its listeners on the vast array of healing modalities available for self-development and recovery. She holds workshops and retreats, and offers online programs for both clients and professionals, all of which can be found on her website, [www.rebeccaclegg.com](http://www.rebeccaclegg.com)

**- Lunch -**

**Session Three: 15:45 - 17:15 GMT**

**Jenny Jordan: Specialist Supportive Clinical Management (SSCM) for Anorexia Nervosa**

Course Description:

Specialist Supportive Clinical Management (SSCM) is a psychotherapy with a growing body of evidence in the treatment of anorexia nervosa. It was originally developed as an active pragmatic control treatment for more specialised therapies in a clinical trial for anorexia nervosa but is now included as a bone fide therapy in a number of treatment guidelines.

SSCM has two distinct components: clinical management, which involves alleviation of the symptoms of anorexia nervosa, particularly focusing on weight gain via resumption of normal eating; and a supportive psychotherapeutic approach to issues identified by the patient as important, including life issues that may impact on the eating disorder.

This presentation will include an overview of SSCM: its origins in clinical

management and supportive psychotherapy and an outline of existing research with SSCM. Key therapeutic strategies will be described, and common and distinct features highlighted. Current and possible future applications of SSCM will be discussed.

Learning objectives:

After this presentation, participants will be aware of:

1. The origins of SSCM
2. Evidence so far
3. SSCM framework and core strategies
4. Distinct and shared factors

Short Biography:

Jenny Jordan is an Associate Professor in the Department of Psychological Medicine, University of Otago, Christchurch, New Zealand where she undertakes research and teaching on postgraduate mental health and addiction papers. She also works as a clinical psychologist for the Canterbury District Health Board Specialist Mental Health Clinical Research Unit in psychotherapy research studies and in an outpatient alcohol and drug service. Her clinical research activities include comparative psychotherapy trials for mental health disorders, with a focus on factors influencing psychotherapy outcomes. She leads the Costs of Eating Disorders in New Zealand collaboration and co-leads the New Zealand arm of the EDGI study, the international genetics of eating disorders consortium. She has been an investigator and therapist on two randomised controlled trials for eating disorders: the original trial where SSCM was utilised for anorexia nervosa, and a trial of cognitive therapies for bulimia nervosa or binge eating disorder.

**- Break -**

**Q&A with all three speakers: 17:30 - 18:30 GMT**

**END OF THE DAY**