

Our Presenters:

Shan Guisinger, Ph.D.

Shan Guisinger is a clinician with 25 years experience treating eating disorders. She received her Ph.D. from the University of California, Berkeley and completed postdoctoral work at the Yale University Eating Disorders Clinic. In her research and practice, she seeks to understand how biological, psychological, and social factors interact to create or ameliorate emotional problems. Shan has authored articles for *Psychological Review* and *The American Psychologist* on evolution of anorexia nervosa and interpersonal relatedness, and she is at work on a treatment manual for anorexia nervosa.

Carla Cox, Ph.D., R.D., C.D., C.S.S.D.

Carla Cox is a registered dietitian with a practice emphasis in eating disorders, diabetes, and sports nutrition. She has been in clinical practice for over 20 years and was an Adjunct Professor for 14 years at the University of Montana, teaching in the areas of sports nutrition and exercise physiology. Carla has worked collaboratively with Shan since the inception of her practice in the Missoula area. She has a Master's degree in nutrition and a doctorate with an emphasis in exercise physiology. She has worked with athletes with patterns of disordered eating as well as individuals with Type 1 diabetes who purge, often utilizing insulin restriction, a potentially lethal combination.

Steve Bryson, R.N., LCPC

Steve Bryson is a Registered Nurse and Licensed Clinical Professional Counselor with 33 years experience as a mental health clinician. He received his undergraduate degrees in nursing and psychology from the University of South Dakota and his Masters degree from Seattle University. He has experience in direct inpatient and outpatient care and behavioral research at the University of Washington Department of Psychiatry and Behavioral Sciences, as well as direct inpatient care and nursing administration at Montana facilities prior to his current 22-year private practice. Steve is currently developing an inpatient eating disorders treatment facility in Whitefish, Montana that will use evidence-based treatment approaches.

Questions? (406) 243-2367

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The University of Montana

Clinical Psychology Center (MPS002)
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A MIND-BODY APPROACH TO TREATING EATING DISORDERS:

**Full-Day Workshop for
Social Workers, LCPC's,
Psychologists, Nurses,
and Registered Dietitians**

**Friday, September 24, 2010
8:30 a.m. - 4:00 p.m.**

**Double Tree Hotel Missoula
Missoula, Montana**

*Thank you!!! All proceeds from this
workshop will go to support low-fee
mental health treatment at*



The University of Montana
Clinical Psychology Center (CPC)

"EATING DISORDERS" REGISTRATION FORM (Please print)

Name: _____
Address: _____
City/State/Zip: _____
Daytime Phone: _____
*E-mail: _____

Seeking 6.0 CE credits for Social Workers, LPCs, psychologists, dietitians, and nurses. (Must attend the entire day to receive credit. No partial credit can be given.)

Do you want CE Credits? Yes No

Professional group: _____

* needed for workshop confirmation...

Registration Fee: \$110, which includes lunch. (A limited number of \$50 slots are available for students on a first-come, first-served basis. Call to confirm that reduced-fee slots are still available.) **If you want CE Credit or Contact Hours, you must pay the full fee.** A \$15 service fee will be charged for all refunds. NO REFUNDS after September 10, 2010.

Questions or Directions: (406) 243-2367 or jennifer.robohm@umontana.edu

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**The University of Montana Clinical Psychology Center
1444 Mansfield Avenue • Missoula, MT 59812**

A Mind-Body Approach to Treating Eating Disorders

This workshop is presented by a psychologist, a dietician, and a psychiatric nurse and provides a multidisciplinary approach to helping people with eating problems or disorders, including athletes and those with diabetes. In disordered eating, extremes of under- or over-eating are often accompanied by feelings of helplessness and shame. Eating problems are difficult to treat with conventional psychotherapy because the parts of our brain and body that regulate eating have little interaction with the thinking mind. In the past, patient- or mother-blaming theories failed to understand the biology of energy regulation. Integrating evolutionary and metabolic sense of the body's powerful energy regulation systems helps us to understand why people find themselves acting against their best intentions and compromising their own health. When we understand the patient's physical predicament as well as the emotional cost and psychological meaning of the eating disorder, we can provide tools to normalize eating and develop healthier relationships with the body and mind.

In this full-day workshop, participants will learn:

- The biological underpinnings of eating disorders, including evidence that many eating problems result from evolutionary adaptation to famine
- Effective strategies and techniques for treating symptomatic eating patterns and body dissatisfaction
- The psychological and social contributions to eating disorders and disordered eating
- Medical consequences of anorexia and bulimia, with supplemental discussions on eating disorders in combination with diabetes and/or sport
- Nutrition for anorexia, bulimia, diabetes, and sport

Lunch will provide an opportunity for experiential learning, and the cost of the meal is included in the workshop fee. During lunch, we will guide participants through mindful eating exercises that illuminate the phenomenology of biological hunger, satiety and reward.

Tentative Program Schedule

8:30-9:00	<i>Registration and Continental Breakfast</i>
9:00-10:30	Biological, psychological, and cultural contributors to anorexia, bulimia, and binge eating. Medical complications of eating disorders and diabetes.
10:30-10:45	<i>Break</i>
10:45-12:00	Treatment: Assembling a treatment team, education, increasing motivation for change.
12:00-1:00	Mindful Eating Exercises (30 minutes): Tuning into body signals of hunger, satiety, and emotional reward. <i>(Lunch included)</i>
1:00-2:30	Treatment: dealing with body image, perfectionism, relationships, and relapse.
2:30-2:45	<i>Break</i>
2:45-3:45	Nutrition in eating disorders, diabetes, and sports.
3:45-4:00	Q&A, Evaluations

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