

# Helping Women with Eating Disorders: A multi-faceted approach

Friday October 3, 2008 2 CECs

9:00-9:30 Registration

9:30-11:30 Workshop

Weight and eating problems for women are endemic and many weight loss programs offered have mixed results at best. Just as with other compulsive disorders, eating problems, specifically bingeing and over-eating are complex issues that demand new comprehensive approaches. In order to be helpful to clients who suffer with the debilitating effects of struggles with food, we need to understand the major physiological and psychological underpinnings of compulsive eating and endless cycles of dieting in women.

Compulsive eating can be understood to reflect an array of psychological issues that are often especially pertinent to women, which need to be addressed directly in order to be helpful to this population. In addition, there are issues specific to each woman that can act as obstacles to her improving her own self-care.

The presenters have developed a program designed to help women who struggle with weight-related issues through a multi-faceted approach. In a group format, clients are helped to understand more about their own physiological processes and the effects of certain types of foods while at the same time they are guided through mindfulness-based practices to make a shift from struggling with food toward self-acceptance.

Drawing from three empirically supported theories, Mindfulness-based practice, Control-mastery, and South Beach principles, clients are helped to make physiological, psychological and ultimately dynamic shifts in their relationship to food, eating and themselves.

Participants will gain information on:

- the glucose-insulin relationship in the body and the physiological effects of this imbalance
- common psychological issues contributing to problems with weight and relationship to food
- the use of mindfulness-based practice with women who struggle with compulsive over-eating
- overview of Control-mastery theory as it can inform understanding common problems women have with weight and lack of self-care

2 CECs

Facilitator: Jo Nol, Ph.D., LCSW and Char Wilkins, LCSW

NOTE: This program was presented at the NASW/CT Spring Conference and has been approved for CECs by the national Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

This workshop will be held at: **Center for Mindful Living** in the Arbor Art Space Suite 405 56 Arbor St. Hartford, CT. Driving directions can be found at: [www.amindfulpath.com](http://www.amindfulpath.com) 860-402-9333

**WORKSHOP REGISTRATION Mail to: Center for Mindful Living Suite 405 56 Arbor St. Hartford, CT 06106**

Name \_\_\_\_\_ Discipline \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip code

Phone \_\_\_\_\_ Email \_\_\_\_\_

**REGISTRATION FEE**

\_\_\_ \$35 \_\_\_ I want 2 CECs (add \$10.00) Check enclosed for: \_\_\_\_\_

**Make check payable to: A Mindful Path, LLC**

**Questions? Char Wilkins 860-402-9333**

**Over for October 26th workshops▶**