



2016 Annual Convention

Interpersonal Treatment of Eating Disorders, Disordered Eating and Body Image Issues: Integrating Neurobiology, Attachment, Affect Regulation and Clinical Conundrums

Learning Objectives

Friday, October 21st, 2016

- Understand and utilize interpersonal perspectives in the treatment of anorexia, bulimia and binge eating disorders.
- Describe eating disordered patient's capacities to self soothe and regulate internal experience, as a way to understand how to work more effectively with the relational component of the eating disorder as it plays out in treatment and in the world.
- To utilize the integration of other treatment modalities within the interpersonal framework with the goal of extending the knowledge in this arena to broader clinical practice.
- Conceptualize how disordered eating is the psychic inability to care for one's self and to make better clinical use of this perspective through the contexts of attachment, self-state and body-state theory, self -regulation and affect regulation issues.
- Effectively apply action oriented techniques to enhance clinical treatment with patients with eating disorders.

Saturday, October 22nd, 2016

- To develop an understanding about the role of secrets in eating disorders and how secrets can further extend the compartmentalization of self and body- states as it is played out within a treatment.
- Describe the concept of dissociation and at least one dimension of the theory related to its use in clinical work with patients with eating disorders.
- To explore issues of shame and trust embedded in eating disorder behaviors and secrets to better understand enactments that occur in clinical treatment.