



*The Delaware Psychological Association
presents:*

***Transitioning from the War on
Childhood Obesity to the Battle
for Body Diversity: Strategies
for Reducing Weight Stigma in
Pediatrics***

***Friday, September 25th, 12PM-1PM
Virtual GoToWebinar***

***Presented by Dr. Lesley Williams
1 CE Credit***

Register at depsych.org

PROGRAM DESCRIPTION

One of the greatest casualties of the so-called “war on childhood obesity has been the health and happiness of our youth. Weight-based stigmatization (WBV) has been reported in schools and treatment settings. Studies have linked WBV to disordered eating and increased mental health concerns. Much of our eating disorder prevention efforts to date have focused on adolescence, where disordered eating blossoms. Little attention has been given to early childhood where the seeds of negative body image and low self-esteem are planted. This workshop will examine the available data re: weight stigma in pediatrics, the onset of negative body image thoughts in children, the current early childhood positive body image tools, available and compare their data. The ultimate goal is to provide participants with a different perspective on eating disorder prevention. Participants will have a better understanding of how supporting the reduction of weight stigma in pediatrics can be a catalyst to cultivating a new generation of young children who are comfortable with body diversity and less likely to suffer from mental health issues and disordered eating.

WORKSHOP OBJECTIVES

At the completion of this workshop, you will be able to:

1. Discuss 3 examples of how early childhood weight-based victimization impacts mental health.
2. Describe and effectively use 3 positive body image tools available for younger children.
3. Describe why including younger children is important for eating disorder prevention efforts.

TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

ABOUT THE PRESENTER

Dr. Lesley Williams is a board-certified Family Medicine physician and Eating Disorder Specialist. She received her Doctor of Medicine degree from the University of Kentucky College of Medicine and completed her Family Medicine residency training at Mayo Clinic Arizona. Dr. Williams has been providing medical care for patients with eating disorders and other mental health issues for over 16 years. She currently serves at the Medical Team Lead for Banner Behavioral Health Hospital in Scottsdale, AZ. In addition to her clinical work, Dr. Williams is a passionate advocate for diversity, equity and inclusion in healthcare. She serves on the Academy of Eating Disorders' DEI Committee and is an executive co-sponsor for Banner Health's DEI Multicultural Team Resource Group. Dr. Williams recently authored a children's book that celebrates body diversity, *Free To Be Me: self-love for all sizes*. Her areas of special interest include: Health Equity and Health at Every Size advocacy. Dr. Williams is delighted to be asked to join the ElevateMed Advisory Committee and expand her work in achieving healthcare equity through supporting ElevateMed's vision of prioritizing physician workforce diversity.



Dr. Lesley Williams

PLEASE TAKE NOTE...

“Transitioning from the War on Childhood Obesity to the Battle for Body Diversity: Strategies for Reducing Weight Stigma in Pediatrics” sponsored by the Delaware Psychological Association, has been approved for 1 CE credit. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

Register at depsych.org

IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE ONE CONTINUING EDUCATION CREDIT. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE SIGNING IN TO THIS WEBINAR MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR SIGNING OFF BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT.

REGISTRATION

Please register online at depsych.org. If you have registration questions, please email delpsycho@gmail.com or call us at 302-475-1574.

Registration Fees:

DPA Members	\$25
Non-Members	\$35
Students	\$15

Cancellation Policy

Cancellations received by September 23, 2020 will be refunded in full. No refunds will be granted after September 23, 2020.



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