

# WEBINAR WEDNESDAYS

## Virtual Training Series

Join us on Wednesday for our next Webinar session! Our sessions grant behavioral health professionals continuing education credits

### Emotional and Binge Eating, Chronic Dieting and Shame: What Clinicians Need to Know

Speaker: Judith Matz, LCSW

March 6th, 2024 | 12:00 – 1:30 pm CST

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### Session Description

Diets, wellness plans and weight loss talk are normative in our culture, and this preoccupation with food and body size has a profound effect on the mental and physical health of our clients. In this engaging workshop, we'll take an in-depth at how to help clients end the diet/binge cycle and make peace with food. You'll discover why recovery from eating to discomfort and bingeing is more than a matter of self-control and how to integrate multiple facets of intervention—including the attuned eating framework, the role of shame and self-compassion, emotional aspects of eating, body image strategies, understanding weight stigma and myths about weight and health—so that clients have the tools necessary to end the diet cycle and develop a healthy relationship with food, their bodies and themselves.



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