Working with Patients with Eating Disorders: Effective Assessment and Treatment Engagement

This training will offer the opportunity to learn about the diagnosis, assessment, theory, and treatment of eating, weight, and shape disorders. While working with clients with eating disorders (EDs) can present unique challenges, we will explore the perception/stigma that these clients are notoriously difficult to treat. We will focus on the importance of integrative treatments, and the role of behavioral, symptom focused techniques in addition to psychodynamic approaches that explore underlying characterological and developmental issues. This training will also consider potential challenges clinicians may face when working with clients with eating disorders and how to cope with feelings that may arise when working with this population.

Our seminars are available in two formats: The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

Learning Objectives
At the end of this seminar, participants will be able to:
1. Describe 3 pivotal events in the history of EDs and key diagnostic criteria that distinguish the major DSM diagnostic disorders for adults
2. Identify 3 key domains in the assessment of EDs
3. Explain different theoretical conceptualizations of EDs, their evidence bases and key principles
4. Identify factors that influence clinicians’ reactions (countertransference) when working with patients with EDs and how to work with these feelings
5. Identify treatment considerations critical to patients with eating disorders

Outline

Begin 12 PM ET
Diagnosis (30 mins)
Etiology & Development (30 mins)
Assessment (30 mins)
Break 1130am (15 mins)
Conceptualization & Treatment (45 mins)
Challenges (30 mins)
Questions (15 mins)
End 3:15 PM ET

The Presenter
Dana Satir, PhD, was awarded her doctorate in psychology from Boston University in 2012. She completed her clinical fellowship at Children's Hospital Colorado. Over the past decade Dr. Satir has been practicing psychotherapy and offering clinical supervision in a variety of inpatient and outpatient settings, specializing in complex populations including patients with eating and personality disorders. She has received grant funding for her research in anorexia nervosa, and published and presented her work on the therapeutic alliance and clinician reactions to patients with eating disorders. She is currently in private practice in Denver and Boulder, CO, with an appointment as an Adjunct Instructor at the University of Denver where she teaches graduate courses on eating disorder treatment and psychodynamic psychotherapy.

General Information
The TzK Seminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loren Yearick, MSN, RN. This approval expires on March 1, 2022.

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