



CE Event

Format: Webinar

Date: December 17, 2015

Time: 12:00pm-1:00pm MDT

CE CREDITS: 1.0 CE credit for 1 hour webinar

Type: Didactic with Question and Answer

Presenter:

Michael E. Berrett, PhD , Psychologist, CEO, Co-founder, Center for Change, Orem, Utah

Presentation Title:

"Eating Disorder Recovery: A Journey from Illness Identity to Spiritual Identity"

Training For:

Staff of Hospitals, Medical Centers, Mental Health Clinics: General Medicine Physicians, Psychiatrists, APRN's, Psychologists, Counselors, Dietitians, Nurses, Mental Health Technicians

Length of Training:

This presentation will last 1 hour, and thus 1 CEU hours of training is the total offering. This presentation will include didactic content, discussion, case vignettes, examples, stories, visual presentation, and some activities in which reflection, imagery, sharing, and experiential activities are utilized to solidify learning. These activities will deepen the learning of the participants, since they will go beyond "hearing only," and will engage in the "doing" part of learning. "

Abstract/Presentation Description:

While Eating Disorders present complexity in treatment, and a challenge in recovery, there is reason to have hope for a full recovery for many who suffer from these illnesses. While a sparse few evidence based treatments (replicated and tried in RCT research methodologies) are available, there are many other approaches which have significant research behind them, and which show much promise and which have proven beneficial for many in treatment from these illnesses. Spiritual approaches are included in this list of valuable and "promising" approaches in treatment. The primary focus in these approaches, is to understand the spiritual framework of the client, and to then utilize their internalized beliefs and practices in treatment, and thus in the service of recovery from illness. This workshop looks at ways to understand the spiritual framework of the individual client, and to then to utilize that understanding within therapeutic approaches and interventions which help patients face and

accomplish the major tasks of recovery. Six spiritual pathways will be presented in the training, along with themes, principles, and practical interventions for the clinician across these six pathways of healing. The common thread of “Illness Identity” versus “Spiritual Identity” will be addressed, since recovery from these illnesses requires an abandoning of illness identity, and an embracing of a new identity: the spiritual self.

Learning Objectives:

At the end of this workshop the participant will be able to:

- 1) Participants will learn how to conduct formal and informal assessments with clients which illuminate deeper issues and concerns, including their spiritual view- points, beliefs, and strengths which can come into play in the work of recovery
- 2) Participants will learn six spiritual pathways of recovery from eating disorders and related mental, emotional, and addictive illness
- 3) Participants will learn specific therapeutic interventions which draw on the spiritual beliefs and nature of the patient in their progress in recovery and healing from illness
- 4) Participants will learn competence in the use of imagery and reflection in the therapeutic work of clients suffering from eating disorders
- 5) Participants will learn about the value of experiential therapies and their role in “stacking the deck” for clients towards transcendent experience in treatment

PRESENTATION OUTLINE:

- 1) Current knowledge and clinical experience on the process Identity Formulation
- 2) The notion of Illness Identity formulation in the eating disorder illnesses
- 3) The development of Spiritual Identity
- 4) History of spirituality in psychotherapy
- 5) Research on impact of spirituality in treatment of illness
- 6) Assessment of the clients spiritual framework, beliefs, and strengths
- 7) Six Spiritual Pathways to Recovery from Illness with specific interventions
 - a. Listening to and following the heart
 - b. Learning a language of spirituality
 - c. Principled living
 - d. Mindfulness and spiritual mindedness
 - e. Giving and receiving the good gifts of love
 - f. Holding up the therapeutic mirror which reflects spiritual identity
- 8) Summary and conclusions

PEER REVIEW LITERATURE ON THE TOPIC

- 1) Book: *The Spiritual Child*, Lisa Miller, Columbia Teachers College, NY, harper and Rowe, 2015
- 2) Book: *Spiritual Approaches in the Treatment of Women with Eating Disorders*, P. Scott Richards, Randy K. Hardman, Michael E. Berrett, American Psychological Association, Washington DC, 2007
- 3) Richards, P.S., Hardman, R.K., & Berrett, M.E., (2001) Evaluating the efficacy of spiritual interventions in the treatment of eating disorder patients: an outcome study. Paper presented at the annual convention of the American Psychological Association, August 24, 2001, San Francisco, California
- 4) Richards, P.S., & Berrett, M.E., (2010) Treating clients of diverse religions and spiritual beliefs: What independent practitioners should know. *Independent Practitioner: Bulletin of Psychologists in Private Practice (APA division 42)*, 30, 231-235

- 5) Berrett, M.E., Hardman, R.K., O'Grady, K.A., & Richards, P.S. (2007). The role of spirituality in the treatment of trauma and eating disorders: Recommendations for clinical practice. *Eating Disorders: Journal of treatment and Prevention*, 15, 373-389
- 6) Richards, P.S., Berrett, M.E., Hardman, R.K., & Eggett, D.L., (2006). Comparative efficacy of spirituality, cognitive, and emotional support groups for treating eating disorder patients. *Eating Disorders: Journal of Treatment and Prevention*, 14, 401-415
- 7) Hardman, R.K., Berrett, M.E., & Richards, P.S., (2003) Spirituality and ten false pursuits of eating disorders. *Counseling and Values*, 48, 67-78
- 8) Richards, P.S., Baldwin, B., Frost, H., Hardman, R., Berrett, M., and Clark-Sly, J. (200). What works for treating eating disorder: A synthesis of 28 outcome reviews. *Eating Disorders: Journal of Treatment and Prevention*, 8, 189-206

Statement of possible risk:

It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.