



CENTER FOR CHANGE
Specialized Treatment for Eating Disorders
www.centerforchange.com

Please join Center for Change for a
Complimentary Workshop and Breakfast

**Bodies Come In All Sizes
&
Issues of Marginalization In
Eating Disorders**

Presented by



Nicole Hawkins, PhD, CEDS



Norman H. Kim, PhD

CATALYST RESTAURANT

Thursday, March 3rd at 8:30am

300 Technology Square (Cambridge, MA)

To RSVP please contact Nikki Rollo
nikki.rollo@uhsinc.com



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Bodies Come in All Sizes: The assessment and treatment of body image disturbances across the weight spectrum. Presented by Nicole Hawkins, PhD, CEDS

The main goal of this presentation is to educate professionals on how to assess and treat body image disturbances across the weight spectrum. The presentation will focus on factors that contribute to negative body image and how therapists can effectively assess the influence of these factors in regards to the patients they treat. This presentation will also address the impact of the media and the diet industry, and how dieting leads to a loss of self-esteem and not necessarily weight. This presentation will provide information on individual and group assessment techniques and interventions for body image disturbances that professionals can take home and use in their daily practices.



“But What About Me?”: Issues of Marginalization in Eating Disorders.

Presented by Norman H. Kim, PhD



We are starting to move beyond our prototypic picture of what Eating Disorders "look" like. Eating disorders are occurring in increasing numbers in people of color, men, and the LGBTQ community. Increased awareness in these marginalized populations requires professionals to broaden our understanding so that we do not miss or misdiagnose people who may be suffering. Women of color, men, people in the LGBTQ community, and people suffering from Binge Eating Disorder, by far the most common presentation of eating disorders, must often grapple with additional stigma and misunderstanding, as well as the reality that most treatment remains geared towards Anorexia or Bulimia. While the core, underlying phenomenology in all of these presentations are similar, we will also examine the ways in which some specific, clinically relevant issues, such as the impact of bullying, teasing, and discrimination, as well as the accompanying challenges of identity and marginalization, might be present in different ways.