



Agenda for

Nicole Hawkins, PhD, CEDS and Quinn Nystrom, Founder/President - Qspeak & Dateline Diabetes and Center for Change National Diabetes Ambassador

presenting on

“Bodies Come in All Sizes: The Assessment and Treatment of Body Image Disturbances” and “Eating Disorders & Type 1 Diabetes: A Complicated Relationship”

**April 13, 2018
8:00am-12:00pm
Presentation**

8:00am- 12:00pm

- 8:00am
 - Check in and Breakfast
- 8:30am-12:00pm
 - Presentation

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.

Living with type 1 diabetes is complicated enough, but then throw in a dual diagnosis of an eating disorder, and the management of the two becomes tricky. Eating disorders paired with diabetes can be a life-threatening combination. Quinn will discuss her personal journey of seeking recovery, and how healthcare professionals can help guide and support their patients who present with both a chronic illness and an eating disorder.

Outline for Bodies Come in All Sizes: The Assessment and Treatment of Body Image Disturbances_:

- 1) Overview
 - a. The seriousness of the illness in America, including stats
 - b. Assessment of body image disturbances
 - c. Factors that contribute to negative body image
 - d. Techniques to improve negative body image

- 2) Body Image 101
 - a. State of Body Image
 - i. Statistics on women
 - ii. Statistics on teens and younger
 - iii. Cost of negative body image

- 3) Assessments
 - a. Treatment
 - i. Individual
 - ii. Group
 - iii. Experiential

- 4) Factors that Impact
 - a. Individual aspects
 - i. Puberty
 - ii. Genetics
 - iii. BMI
 - b. Family Aspects
 - i. Messaging from families
 - ii. Family issues

- 5) 4 cornerstones for promoting a positive body image in teens
 - a. Model healthy behaviors
 - b. Environment
 - c. Change the focus
 - d. Supportive environment

- 6) Impact of peers
 - a. Teased
 - b. Peer interaction

- 7) Societal: media and dieting
 - a. Images in the media
 - b. The diet industry
 - c. Media consumption
 - d. The impact of media
 - e. Dieting
 - i. Statistics
 - f. Intuitive eating

- 8) Treatment interventions
 - a. Group work
 - b. Balance with exercise
 - c. Books, worksheets

- 9) Prevention

- a. Fatism
- b. Question the media
- c. Accept genetics
- d. Fight the diet downfall
- e. Emotions
- f. Befriend your body
- g. Form identity outside of the body

Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.
- 6) Describe the 5 best communication styles when talking with patients living with diabetes.

- Question and Answer



Format:

Presentation

Date:

April 13, 2018

Time:

8:00am -12:00pm

CE credits for this presentation:

3 CE credit for this 3 hour presentation

Type:

Lecture, interactive with Question and Answer

Training For:

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

Presenters:

Nicole Hawkins, PhD, CEDS, Director of Clinical Services and Quinn Nystrom, Founder/President - Qspeak & Dateline Diabetes and Center for Change National Diabetes Ambassador

Presentation Title:

"Bodies Come in All Sizes: The Assessment and Treatment of Body Image Disturbances" and "Eating Disorders & Type 1 Diabetes: A Complicated Relationship"

Brief Description of Presentation:

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.

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Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.
- 6) Describe the 5 best communication styles when talking with patients living with diabetes.

Learning objectives for Bodies Come in All Sizes: The Assessment and Treatment of Body Image Disturbances:

Based on the content of the workshop participants will be able to:

- 1) Describe three techniques to adequately assess body image disturbances in patients with eating disorders.
- 2) Explain factors that contribute to the development on body image disturbances.
- 3) List effective techniques to treat body image disturbances in patients with eating disorders in individual or group setting.

Learning objectives for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

Based on the content of the workshop participants will be able to:

- 1) Better understand the complicated relationship with a person who is diagnosed with ED-DMT1.
- 2) Identify five communication styles to use when talking with a patient with type 1 diabetes and/or an eating disorder.
- 3) Identify various ways that aid in someone's success and increased self-efficacy when managing ED-DMT1.

Professional Peer Review and Clinical Text Resources and Citations for Bodies Come in All Sizes: The Assessment and Treatment of Body Image Disturbances:

Bulimia: Top 10 treatment centers. (2011, March 21).*Newsmax*. Retrieved from <http://www.newsmax.com/FastFeatures/Bulimia-treatment-centers-symptoms/2011/03/21/id/371701>

Button, E., Aldridge, S., & Palmer, R. (2008). Males assessed by a specialized adult eating disorders service: Patterns over time and comparisons with females. *International Journal of Eating Disorders*, 41(8), 758–761. Retrieved from Am J Psychiatry. (1995).

"Cosmetic Surgery Overview - Who's Getting Plastic Surgery? - Revolution Health." Revolution Health - Start Your Revolution - Revolution Health. Web. 18 Apr. 2010. <<http://www.revolutionhealth.com/healthy-living/cosmetic-and-plastic-surgery/plastic-surgery>>.

Crow, S.J., Peterson, C.B., Swanson, S.A., Raymond, N.C., Specker, S., Eckert, E.D., Mitchell, J.E. (2009) Increased mortality in bulimia nervosa and other eating disorders. *American Journal of Psychiatry* 166, 1342-1346.

Eating disorder treatment centers. (n.d.). Retrieved from <http://citationmachine.net/index2.php?reqstyleid=2&mode=form&reqsrcid=APAWebPage&srcCode=11&more=yes&nameCnt=1>

Eating disorders in college men.*The American Journal of Psychiatry*, 152(9), Retrieved from <http://ajp.psychiatryonline.org/article.aspx?articleID=171229>

ECRI Institute (2013). Bulimia Nervosa Resource Guide. Retrieved from <http://www.bulimiaguide.org/index/category.aspx?lid=460>

Ekern, J. (2013, January 23). *Eating disorder treatment*. Retrieved from <http://www.eatingdisorderhope.com/treatment-for-eating-disorders>

Fenichel, M. (2013). *Overcoming eating disorders*. Retrieved from <http://www.discoveryeducation.com/teachers/free-lesson-plans/overcoming-eating-disorders.cfm>

Franco, K. N. Eating Disorders. Retrieved from <http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/psychiatry-psychology/eating-disorders/#cesec8>

Gaudiani, C. (2002). *Women and eating disorders*. Retrieved from http://www.nowfoundation.org/issues/health/whp/whp_fact2.html

Grodstein, F., Levine, R., Spencer, T., Colditz, G.A., Stampfer, M. J. (1996). Three year follow up of participants in a commercial weight loss program: can you keep it off? *Archives of Internal Medicine*. 156 (12),1302.

Professional Peer Review and Clinical Text Resources and Citations for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) There Is a Missing Ingredient in Diabetes Care Today, Aus Alzaid, MD, 2014
- 2) Social Learning Theory, Albert Bandura, 1977
- 3) Comorbid Diabetes and Eating Disorders in Adult Patients, Cynthia Gagnon, Annie Aime, Claude Belanger, Jessica Tuttmann Markowitz, 2012
- 4) The Diabetes Educator's Role in Managing Eating Disorders and Diabetes, Patti Urbanski, Ann E. Goebel-Fabbri, Maggie Powers, and Dawn Taylor, 2009

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.