

## **AGENDA**

### **Eating Disorders: Understanding and Tailoring Care to Meet Each Person's Needs Marcella Raimondo , Ph.D.**

**Note: All Times are Pacific Time**

- 9:00-9:10 Welcome and Introduction
- 9:10- 10:30 Eating Disorders Overview
- Types and Prevalence
  - Eating Disorder Stereotypes
  - Contributing Factors to Eating Disorders
  - Environmental stressors
  - Psychological/emotional co- morbidities
- Eating Disorder Assessment
- Signs and symptoms
  - Screening tools
  - Assessing severity -- indicators of increased medical and psychological risk
  - Considerations in providing culturally appropriate eating disorders screening
- 10:30-10:40 Morning Break
- 10:40-12:10 Techniques and Interventions to Incorporate in your Work
- Behavior Monitoring
  - Food Exposure
  - Addressing Shame
  - Using Motivational Interviewing for eating disorder
- 12:10-12:50 Lunch
- 12:50-2:20 Legal and Ethical Considerations
- Consultation
  - When to consider a higher level of care
  - Documentation
- 2:20-2:30 Afternoon Break
- 2:30-3:45 Case Studies and Group Work
- 3:45-4:00 Summary and Questions