

## AGENDA

### **Listening to the Body: Helping Patients with Eating Disorders and Body Image Concerns** **Dana Satir, Ph.D.**

**Note: All times are Pacific Time**

9:00 – 9:10: Welcome and introduction

9:10 – 10:20: **Overview of Eating Disorders**

- History
- *DSM* criteria
- Etiology and development

10:20 – 10:30: Morning Break

10:30 – 12:00: **Assessment and Medical Complications**

- The Frame
- Evaluation
- Levels of care

12:00 – 12:40: Lunch Break

12:40 – 1:10: **Body Diversity**

- Dieting
- Size discrimination

1:10 – 2:20: **Conceptualization and Treatment – Part I**

- Treatment outcome research
- Cognitive behavioral therapy
- Psychodynamic therapy

2:20 – 2:30: Afternoon Break

2:30 – 3:30: **Conceptualization and Treatment – Part II**

- Intuitive eating
- Family-based treatment
- Challenges

3:30 – 4:00: **Wrapping up**

- Words of wisdom
- Questions