

ASHLEY VICARI COUNSELING PRESENTS:

6 Credit Hours

MASTER CLASS IN EATING DISORDERS

A FOUR-PART SERIES



9% of the US population, or 28.8 million Americans will have an eating disorder in their lifetime. This number is only growing and requires the attention of licensed mental health providers. Join me for this virtual four part series where we discuss theoretical lenses, practical applications, and other considerations when working with Eating Disorders. Space is limited. Workshops will be held on 1/10, 1/17, 1/24, and 1/31.

Virtual

Fridays In January
8:30am - 10am EST

To register please visit: www.ashleyvicaricounseling.com/shop



ABOUT THE SPEAKER:

Ashley Vicari, NCC, LPCC-S, is a licensed Therapist in the states of Kentucky, Tennessee and Virginia. She is a Nashville, TN native and true to her roots greatly enjoys all things music, especially bluegrass. A graduate of Trevecca Nazarene University, her counseling training in trauma and attachment wounding, informs her work within the Eating Disorder, Perinatal, and Trauma communities. In addition to holding her EMDR certification, Ashley maintains her private practice, Ashley Vicari Counseling and she is also the Co-Host of the popular mental health podcast: All Bodies. All Foods. Ashley currently resides in Bowling Green, KY with her husband, daughter, and fur baby, Athens.

1/10/2025; PART 1

Through Part one of this four part series, attendees will be able to learn, explore, and dialogue about the DSM criteria and nuances in regards to working with clients with eating disorders. Eating Disorders include a spectrum of signs and symptoms and no one eating disorder is alike. Additionally the nuances that drive a thriving eating disorder may find their roots in childhood upbringing and cultural teachings, traumatic experiences, or allergic reactions that produce so much fear, one is paralyzed in their ability to stray from their “safe foods” list, among others. Eating Disorders can be complex and yet also very treatable, it is important however that Clinicians be able to see the signs and symptoms when they present and employ the tools needed to support their clients.

OBJECTIVES:

1. Clinicians will be able to identify and differentiate between the various eating disorder diagnosis in the DSM
2. Clinicians will be able to label three common factors such as body image and low self esteem that are typically found in shared eating disorder experiences
3. Clinicians will be able to identify at least five signs and symptoms of an active eating disorder
4. Clinicians will be able to classify appropriate next steps in regards to establishing a treatment team with their client once an eating disorder diagnosis is established.

1/17/2025; PART 2

In part two of this four part series, attendees will learn about the top evidenced based assessment tools and theoretical approaches when working with and treating eating disorders. Clinicians will learn the skill of fleshing out what is motivating/driving the eating disorder through their assessment efforts. Based on the top theoretical approaches, clinicians will gain the ability to provide appropriate psycho ed to both the individual client and their support persons, as well as assist the individual client in increasing their ability to be exposed to a food or food group that may be activating for the individual, all in an effort to build distress tolerance and teach the client that they can in fact approach the thing that feels overwhelmingly challenging for them.

1. Clinicians will be able to identify appropriate assessment tools for identifying and diagnosing an eating disorder.
2. Clinicians will be able to identify cultural considerations within the assessment tools that are required to effectively treat eating disorders
3. Clinicians will be able to label three evidenced based approaches to treating eating disorders

1/24/2025; PART 3

In part three of this four part series, attendees will develop an eating disorder toolkit that includes psycho-ed materials and interventions that will support them in their practice and treatment of eating disorders. This session is sure to excite the attendees as the goal is for Clinicians to walk away with a greater theoretical foundation and 10-15 specific interventions that they can use in their practice.

1/31/2025; PART 4

In the final part of this four part series, attendees will learn about the additional considerations to treating and working with eating disorders including: secondary diagnosis's, body image work, cultural considerations, athletes, and additional support services needed. After attending this four part series, attendees will be able to assess clients for eating disorders and, provide effective and supportive care for both the client and their support persons, and recognize any additional considerations that may come along for any particular client.

OBJECTIVES:

1. Clinicians will be able to label three or more CBT interventions that are fundamental to eating disorder work such as cognitive flexibility and restructuring, emotional education and application, and distress tolerance when one may get stuck in a thinking trap.
2. Clinicians will learn how and when to incorporate support persons into the clients treatment, including collaborative treatment providers such as Dietitians, Psychiatrists, and Medical Professionals
3. Clinicians will be able to integrate proprioceptive and vestibular input activities into their practice and label the importance of these tools
4. Clinicians will be able to identify two areas of personal growth surrounding the cultural ideal of thinness

1. Clinicians will be able to label any secondary diagnosis that is supporting the thriving eating disorder
2. Clinicians will be able to discuss the spectrum of body image activators, and how to approach this with their clients
3. Clinicians will be able to define the importance of completing personal work surrounding body image and food consumption that may lead to an implicit bias
4. Clinicians will be able to label cultural considerations when working with eating disorders
5. Clinicians will be able to provide a plethora of resources to clients and support persons

6 Credit Hours will be awarded following the completion of all four classes

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