

# Treating Eating Disorders in the Diet Culture Era: Navigating Transference and Countertransference

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**Friday, March 27th**  
**8am-11am CST / 9am-12pm EST**  
**Virtual via Zoom**

Body Image, Weight Stigma, Fat-Phobia, and Internal Bias may all show up at some point within the counseling room. When these biases are unconscious, transference & countertransference can occur as these concepts arise and it can be helpful to clinicians to have a foundational understanding of how these manifest within the counseling room and how to appropriately respond. This workshop will offer both tools for the clinician as well as encourage the clinician to take inventory of their own beliefs in an effort to show up with humility, openness, and a willingness to engage in their own work.

**3 CE  
Credit  
Hours**

## OBJECTIVES

1. Clinicians will be able to identify and define a range of body image-related activators, including weight stigma, fat-phobia, internalized bias, and diet culture.
2. Clinicians will be able to engage clients in conversations about body image-related activators and analyze the impact on ego strength, mental health, and body image.
3. Clinicians will be able to reflect upon transference and countertransference, including the role of bias and unearned advantages and disadvantages; and assess how these dynamics may influence the therapeutic relationship.

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