

Shame and the Body: Body Image, Eating Disorders and Embodiment— Learning to Love our Bodies at any Age

Course Agenda – 4-Day Format

CLASS 1

- 10:00 – 10:30 Opening and check-in - What do you want to get out of the workshop?
- 10:30 – 11:00 Introduction to working with eating disorders
- Therapists' self-care and self-knowledge and development when working in this arena
- Somatic processes with partner: Somatic awareness exercises for tracking internal experience of food, nourishment, pleasure, and sensations and grounding
- Find a healing symbol
- 11:00 – 12:00 Etiology of eating disorder development chart, including developmental strengths and woundings from familial, social, religious, and biochemical causes
- Body image and self-esteem throughout the lifecycle, including the impact of modern technology and urbanization on embodiment and addiction
- Exploring recovery and healing from eating disorders and body image distortions
- Eating disorders as adaptive functions for individual and/or family
- 12:00 – 12:15 BREAK
- 12:15 – 1:00 Re-membering the body/mind/spirit/culture connection
- Writing a letter to your body
- Partner exercise – to explore the inner conversations
- Mindfulness and the Binge Buster
- Building an embodied self and kind inner coach
- 1:00 – 1:30 Pearls you're taking home, plus Binge Buster as homework

CLASS 2

- 10:00 – 10:30 Opening and check-in
- 10:30 – 11:00 Teaching mindfulness and emotional regulation
- Healing Shame work
- Letter from your body
- 11:00 – 11:30 Reactions to shame
- 11:30 – 12:00 Eating disorder assessment
- How to determine levels of care: When to treat a client in private practice and when to refer to a specialist or hospitalization or program.

How to treat someone with an eating disorder, understanding developmental deficits and working within multiple modalities

- 12:00 – 12:15 BREAK
- 12:15 – 12:45 Demo session
- 12:45 – 1:15 Discussion
- 1:15 – 1:30 Pearls and summary of points learned

CLASS 3

- 10:00 – 10:30 Check-in
- 10:30 – 11:30 Somatic processes for re-inhabiting the body and healing body shame
Building an embodied self
Somatic work with people who have an eating disorder or who have sub-clinical symptoms
Imagery
Discuss Binge Busters as mindfulness and embodied process to explore hunger, fullness and emptiness.
- 11:30 – 12:00 Demo session
- 12:00 – 12:15 BREAK
- 12:15 – 12:45 Use of expressive techniques for treating an eating disorder
Exploring Western influence on body image in society and around the world.
- 1:15 – 1:30 Pearls and summary of points learned

CLASS 4

- 10:00 – 10:15 Check-in
- 10:15 – 11:15 Discuss the difference between the body in media and pop culture vs. sensing the body.
Self-awareness exercises
Drama Therapy exercises for embodiment and self-expression
Drama Therapy and movement processes for embodiment
- 11:15 – 11:45 Teaching mindfulness with Hakomi and guided practices to clients
Exploring body image healing in families, therapy sessions and groups
- 11:45 – 12:00 BREAK
- 12:00 – 1:00 Partner sessions
- 1:00 – 1:30 Pearls and summary of points learned