



## **Course: eating disorders: how neurobiology, embodiment and self-compassion heal**

**Address:** <https://asadis.net/en/course/eating-disorders-through-embodied-view-neurobiology/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

The treatment of eating disorders presents a formidable challenge for clinicians, as it is deeply tied with societal norms that promote diet culture and disconnect individuals from their internal experiences.

This course, expertly led by Dr. Ann-Safi Biasetti aims to offer a fresh perspective on treatment that centers on the body as a fundamental element of self-understanding, awareness, and healing.

Through engaging examples and practical strategies, you will delve into the critical concepts of neurobiology and embodiment, learning to guide your clients on a journey of self-discovery.

Starting from an understanding of the body and the nervous system's influence on thoughts, emotions, and self-awareness, you will explore how self-compassion can act as a potent tool for sustained recovery.

You will learn how to apply brain-based techniques to shift the focus from external influences to a profound connection with the self, addressing the mind/body dilemma and fostering an integrated sense of being.

Dr. Biasetti will elucidate how our societal trend towards disembodiment exacerbates the struggle with eating disorders and how, as therapists, teaching clients about the neurobiology of their condition, coupled with the external factors that contribute to their disconnection, can empower them to reclaim their relationship with their bodies.

This course will equip clinicians with the skills to teach their clients self-compassion from the inside out, while

also fostering a sense of common humanity, reducing self-identification with disorders, and diminishing shame.

Participants will leave with a new vision of the treatment of eating disorders!

**Learning objectives:**

1. Understand the term embodiment and how our socio-cultural disembodiment and diet culture contributes to our clients' cycles of failure
2. Understand the neurobiology of eating disorders and its connection to self-compassion
3. Learn essential brain-based practices for embodied awareness
4. Identify the three components of self-compassion and their application and importance to sustaining recovery

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Prof. Ann Saffi Biasetti**

Dr. Ann Saffi Biasetti has been a practicing psychotherapist for over 30 years. She specializes in somatic psychotherapy for eating disorders and trauma recovery. She is an author and speaker as well as trainer on embodiment, women's empowerment, body image, self-compassion, mind/body duality and recovery. Dr. Saffi Biasetti is a Clinical Social Worker and also holds a PhD in Psychology. She is also a Certified Yoga Therapist (CIAYT) and a Certified Mindfulness and Self-Compassion teacher through the Institute for Meditation and Psychotherapy and the Mindful Self-Compassion program. She currently teaches and supervises therapists in the Self-Compassion for Psychotherapy Program, through the Center For Mindful Self-Compassion, where she is on their panel of experts with her focus on self-compassion and eating disorders. She has presented at national eating disorder conferences as well as in school systems educating mental health clinicians, teachers, and parents on assessment, intervention and eating disorder prevention. She has been featured on a number of podcasts discussing eating disorder recovery, embodiment training and self-compassion skills and is the author of *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating*, and of *Awakening Self-Compassion Cards: 52 Practices for Self-Care, Healing and Growth*. Dr. Saffi Biasetti has held retreats and workshops leading women in empowerment, embodiment and self-compassion training, and is the creator of the *Befriending Your Body* Program, an 8-week program on somatic and self-compassion skills for eating disorder recovery.

**Syllabus**

PowerPoint

Embodiment and disembodiment: Understanding the foundation

Introduction

Welcoming the body

What is embodiment

What is disembodiment

Navigating diet culture and psychoeducation for eating disorders

Diet culture - a system of oppression

Reflective questions on diet culture

Eating disordering of body and self

Psychoeducation - turning the gaze inward

The nervous system and self-compassion in eating disorder recovery

Body and nervous system - the missing link in treatment

The nervous system intake

Embodying an understanding of the nervous system

Breathwork practices

Eating disorders are brain and nervous system based

The limbic system and interoceptive awareness

Practice of interoceptive awareness

Interoception and our nervous system

Self-compassion - a life giving skill

The action of self-compassion during recovery

Self-compassion practice

Conclusion

Bibliography