



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:

Embodiment means living our lives deeply connected to the internal experience of our bodies and self in the world. For our clients with eating disorders, this rich experience is lost, not just through self-harming behavior, but also through living in a culture that invites disconnection and disembodiment as the norm. As clinicians, when we teach our clients about their neurobiology, along with what has pulled them out and away, we help them reconnect to their internal experience and empower them, and we open a new, compassionate view of self and their body as they come to understand that their body is not the problem, but instead that the socio-cultural messages they received may be. This psycho-educational approach teaches self-compassion from the inside out, opens up common humanity, reduces self-identification and shame, and offers our clients a new, embodied understanding of self and their behavior. In this workshop, Dr. Ann Saffi Biasseti will explain the concept of embodiment and how our socio-cultural disembodiment and diet culture contributes to our clients' cycles of failure. She will also address the neurobiology of eating disorders and its connection to self-compassion. More specifically, she will present essential brain-based practices for embodied awareness and self-compassion techniques that are key in achieving sustained recovery.

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:

Un cours théorique illustré par des exemples cliniques. Ce cours est composé de vidéos de 5 à 15 minutes chacune. Le power-point de la formation à télécharger.

Audience: Cette formation s'adresse à tous les professionnels du médico-social.

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