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:
Treating eating disorders requires addressing a dual challenge: sociocultural systems that promote disconnection from the body, and clients struggling to make sense of their internal experience.

Led by Dr. Ann Saffi Biasetti, this course offers a clinically grounded and scientifically supported approach that places the body—not as an object to be managed—but as a central pathway to self-awareness, regulation, and healing. Drawing on the latest insights in neurobiology, embodiment theory, and self-compassion practices, it reframes recovery as a process of reconnection.

Through clinical examples and actionable strategies, you will:

• Deepen your understanding of the relationship between nervous system dysregulation, interoceptive disruption, and disordered eating behaviors, recognizing these behaviors as protective responses to internal chaos ■.
• Integrate psychoeducational tools on brain functioning and diet culture’s impact, helping clients externalize shame and contextualize their struggles within broader sociocultural forces ■.
• Develop embodied self-compassion practices that support clients in reconnecting with their internal signals and building a felt sense of safety and self-trust ■.
• Strengthen your capacity to work with embodiment as a therapeutic process, guiding clients toward a more integrated experience of mind and body, and addressing the often-overlooked physiological dimension of eating disorder treatment.

By the end of this training, you will be equipped with a renewed clinical lens to treat eating disorders not only as cognitive or behavioral conditions, but as disorders of disconnection—and to support recovery through the transformative power of embodied presence.

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

Dr. Ann Saffi Biasetti, psychotherapist, has been a practicing 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
A 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 awarness
Interoception and our nervous system
Self-compassion - a life giving skill
The action of self-compassion during recovery
Self-compassion practice
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*