

Sunday 22nd November 2020

Time: 10:00 to 16:30

Online Workshop 3

**Workshop Name: A Psychotherapeutic understanding of eating disorders and
obesity**

Facilitator: Iseult White

Iseult White - A Psychotherapeutic Understanding of Eating Disorders and Obesity

This workshop takes as a starting point that the avoidance or restriction of difficult emotions is a central factor contributing to the development and maintenance of eating disorders and obesity. It examines an integrative approach to working with eating disorders that looks at the psychotherapeutic relationship through psychodynamic, cognitive, behavioural, systemic, and attachment perspectives.

A focus on the person of the psychotherapist as an actor within a dysfunctional system is maintained throughout the workshop. Participants will be challenged to expand their thinking about eating disorders to include sociological, neurobiological, and medical factors. Experiential exercises and case material are used throughout the workshop to illustrate key points.

The learning outcomes for this workshop include:

- Explore your personal response to food, eating, and EDs
- Understand theories about the causes of EDs
- Explore an integrated approach to working with EDs
- Explore the difference between working with adolescents and young adults vs working with adults
- Understanding the medical and physiological issues involved and the importance of collaborating with dieticians, GP's and psychiatrists
- Explore transference and countertransference in ED's

Bio: Iseult White

Iseult is an ICP/IAHIP accredited psychotherapist, mindfulness teacher, and advocate for trauma informed approaches to health. She works with adolescents and adults using evidence-based approaches to mental health. In addition to maintaining a private practice in Dublin she has worked in student counselling in Trinity College Dublin and Technology University Dublin. Her areas of speciality include eating disorders, trauma, dissociation, and anxiety. She teaches a workshop on Eating Disorders on the MA in Psychotherapy at Dublin Business School and is the author of *The Mindfulness Workout: A guide to mental fitness for teenagers and the adults in their lives* published in 2017. She is a regular contributor on national radio discussing issues related to mental health and relationships.

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Max number of delegates: 24

Min number of delegates: 8

One-day Workshop Fee: €65.00	All categories of IAHIP members and Non-members	Payable to IAHIP
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Name: _____

Address: _____

Contact Number: _____ E-Mail: _____

Please confirm YES or NO to the following statement: _____

The IAHIP office has my permission to share my email and contact number with the facilitator, in order to ensure I receive my online invitation link to the workshop.