When Diabetes is Complicated by Eating Disorders & Body Image Problems

2014 Health Professional Training Program

OVERVIEW

What is the emptiness that has no weight, no name, and no shape? This program will provide strategies to help clients understand and express what their bodies are ‘saying’ that they can’t say for themselves. During this workshop, approaches will be provided to assist participants in their work with clients who are overweight and eat to satisfy needs unrelated to hunger, OR who have Type-1 diabetes and have learned to reduce their weight by skipping insulin doses.

WHO SHOULD ATTEND

This workshop is suitable for health professionals who are working with diabetes clients whose management is negatively influenced by how and what they eat, & critical self-talk about their bodies.

DATE:

Thursday 5th June 2014

TIME:

9.30am to 5pm

VENUE:

Seminar room 1, The Alfred Centre
Baker IDI Heart & Diabetes Institute
Level 4, 99 Commercial Road
Melbourne, Victoria, 3004

COST:

$250 (includes GST) or
$220** (includes GST) if paid by 5 May 2014

TOPICS WILL INCLUDE:

Upon completion of this program, participants will be able to:

- Implement a plan to understand and manage the emotional drivers of overeating.
- Recognize when disordered eating has progressed to an eating disorder.
- Connect clients to their values.
- Provide strategies to shift clients’ self-evaluation from their weight and body shapes to areas in their lives where they have more control.
- Understand what to expect when insulin doses are reinstated.
- Assist clients to unify emotion, reason, and the body.

REGISTRATION DETAILS:

Registration details are available at Baker IDI website, www.bakeridi.edu.au/health_professionals_training

ABOUT THE PRESENTER:

Dr Lisa Engel is a health psychologist in private practice who has worked with people who have diabetes for over 20-years. She is a qualified mindfulness teacher and is a regular presenter at health forums and conferences.

FOR FURTHER INFORMATION

For further information regarding our training programs for health professionals, contact Training Program Coordinator on Email: training@bakeridi.edu.au or Ph: (03) 8532 1844, (03) 8532 1842 or Fax: (03) 8532 1100

** EARLY BIRD FEES: To take advantage of early bird special rate, registration & full payment must be received by closing date

This workshop will attract professional development hours towards DAA Continuing Professional Development Program.

This workshop has been endorsed by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance at these programs will attract RCNA Continuing Nursing Education (CNE) points as part of the RCNA Life Long Learning Program (3LP).