

Treating the Dieting Casualty VISION Workshop



March 16, 17 and 18, 2019

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TDC VISION trains professionals in the *How to Eat* method, refined by Ellyn Satter in over 35 years of clinical practice and successfully applied by over 400 professionals who have taken this workshop. Developed in response to the anguish and frustration of patients struggling with their eating and/or weight, the *How to Eat* method is a systematic, orderly, evidence-based method that replaces distorted eating attitudes and behaviors with Eating Competence.

Learning objectives

Upon successful completion of this 3-day course, you will be able to:

- Help dieting casualties become tuned in, orderly, relaxed, and positive about eating based on internal regulators.
- Consider the childhood antecedents of eating distortion in assessment and treatment.
- Enact secondary intervention by completing a thorough assessment of clients and working through treatment.
- Understand and apply biopsychosocial principles in planning and implementing treatment based on cognitive and behavioral modification.
- Address the emotional components of eating.

Will you benefit from attending?

- Are you an experienced professional who works with people who have established and entrenched distortions in eating attitudes and behaviors?
- Do you work in health, mental health, or education?
- Are you looking for training in behavioral intervention that doesn't require your going back to graduate school?
- Are you familiar with the *Satter Eating Competence Model* and the *Satter Feeding Dynamics Model*?
- Are you willing and able to do reading and self-study to prepare for this workshop:
 - *Secrets of Feeding a Healthy Family*, Parts 1 and 2, plus appendixes
 - Satter Eating Competence Model Webcast Series on CD

Logistical Information for the *Treating the Dieting Casualty VISION* workshop

- 8:30 a.m. to 4:30 p.m. daily; 22 hours CDR pre-approved continuing education units.
- Early-bird discount until six weeks before the workshop!
- Send several trainees from your agency for a group discount!

Join us today!



For more information and registration

See <http://tiny.cc/VISION-TDC>

