

IAEDP Tucson Presents Elizabeth Scott, LCSW

The Be Body Positive Model: An Introductory Workshop

Date: Friday, January 29, 2016

Time: 7:45am - 8:15am Check In, Breakfast & Networking
8:15am - 11:30am Announcements & Presentation

Location: Catalina United Methodist Church
2700 E. Speedway Blvd, Tucson, AZ 85716
(520) 327-4296

Registration: <http://tucsoniaedp.com/events>

Contact: tucsoniaedp@gmail.com



Elizabeth Scott, LCSW

IAEDP Members: \$30 **Non-Members:** \$35
Students: \$10 **At the door:** \$40

This introductory presentation is designed to help you:

1. Describe three practical applications of the Be Body Positive Model for clinical treatment.
2. Demonstrate relevant Be Body Positive competencies to use in promoting resiliency against poor body image.
3. Discriminate between self-esteem and self-compassion.
4. List 4 activities that promote eating disorders prevention in the community and on school campuses.

Description:

Elizabeth Scott, Co-Founder of The Body Positive will present a compelling, multi-media lecture and experiential workshop offering practical strategies to initiate positive body image campaigns at home, in schools in community-based organizations and in clinical work with clients with eating disorders. Elizabeth co-created the Be Body Positive Model to provide a sustainable framework for living in one's body that is free from double binds, judgment, and blame. Each component of this model is supported by substantial research validating its use in reversing eating and body image problems. Using this model, professionals can help people reclaim their health, beauty, and intuition, and find joy in their unique bodies.

Elizabeth Scott, LCSW has been practicing psychotherapy for 25 years specializing in eating disorders treatment. Additionally, she co-founded The Body Positive, an eating disorders prevention organization in 1997. Elizabeth has trained thousands of students and staff from middle school through college to lead Body Positive programs on their campuses. Stanford University conducted research on the Be Body Positive model which will be published in 2017. Her experiences as a body positive psychotherapist are shared in the Body Positive's new book, authored by Connie Sobczak, *Embody: Learning to Love Your Unique Body (and quiet that critical voice!)*

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, teachers, coaches, school counselors, school psychologist, health coordinators, and any other helping profession with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

3 Continuing Education Credits available: Approval #PCE3587. RN as required by the California Board of Registered Nursing. Approval #CEP 12719. Psychologists-This program is co-sponsored by Sierra Tucson and IAEDP Tucson. Sierra Tucson is approved by the American Psychological Association to sponsor continuing education for psychologists; Sierra Tucson maintains responsibility for this program and its content. Participants must be present for the entire presentation and complete the evaluation in order to obtain a CE certificate.

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