

# ADDRESSING THERAPY-INTERFERING BEHAVIORS AND SELF-INJURY IN EATING DISORDER TREATMENT: A DBT APPROACH

- Friday, September 11<sup>th</sup> 2015, 9:00 to 4:30
- The Hilton Garden Inn, 6930 Intech Blvd, Indianapolis
- 6 Continuing Education credit hours for psychologists and social workers



## Lucene Wisniewski, PhD, FAED

The Emily Program, Cleveland, OH

Dr. Wisniewski is a recognized leader in adapting Dialectical Behavior Therapy to the treatment of eating disorders, and in disseminating of DBT for eating disorders. She trained in DBT with Dr. Marsha Linehan, and is a trainer for Behavioral Tech, Dr. Linehan's training company. She co-founded and served as clinical director of the Cleveland Center for Eating Disorders from 2006-2014, and is currently the Chief Clinical Officer of the Emily Program. She received the Outstanding Clinician Award from the Academy for Eating Disorders in 2013, and has authored invited book chapters as well as peer-reviewed articles on CBT and DBT treatment of eating disorders.

Therapy-interfering behaviors (TIB's) interfere with patients' ability to benefit from or remain in treatment. Suicidal and self-injurious behaviors may be life-threatening as well as therapy interfering. Other TIB's range from angry or aggressive outbursts to withholding important information in therapy to quiet noncompliance. Patients who suffer from eating disorders may also engage in TIBs specific to their illness (e.g., weight manipulation, hiding food). Left unaddressed, TIBs have the potential to impact treatment progress, therapist burnout, and patient dropout.

Dialectical Behavior Therapy (DBT), a therapy originally designed for chronically suicidal, difficult-to-treat patients, provides a clear and systematic approach for dealing with life-threatening and therapy-interfering behaviors. This workshop will teach participants how to address the full range of these behaviors, both in and out of sessions.

Following the training, participants will be able to:

- Identify patient behaviors (eating disordered and otherwise) that interfere with treatment
- Identify therapist behaviors that interfere with treatment
- Formulate strategies to address suicidality, non-suicidal self-injury, and TIB's in and out of session

Registration is \$125 for non-EDTFI members, or \$20 for students.

Lunch is provided with registration. Limited Seating.

Please mail registration with payment to IU Health Charis Center by August 24<sup>th</sup>. Make checks payable to EDTFI.

Email [nzolicoffer@IUHealth.org](mailto:nzolicoffer@IUHealth.org) with questions.

**Workshop presented by the Eating Disorder Task Force of Indiana**

