



## **AGENDA**

### **Gold Standard Treatments for Body Image, Binge Eating and Food Avoidance Dana A. Satir, Ph.D.**

**Note: All times are Pacific Time**

**10:00 – 10:10: Welcome and Introduction**

**10:10-10:30: Overview**

- Definitions
- Overlap with eating disorder and anxiety disorder diagnoses

**10:30 – 11:30: Treatment Approach**

- Assessment
- Cognitive Behavior Therapy Model
- Goals
- Formulation
- Role of Dieting
- Low Weight Concerns

**11:30 – 11:45: Morning Break**

**11:45 – 1:15: Interventions**

- Session Outline
- Self-monitoring
- Body image exercises
- Exposures
- Case examples