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# The Regional Behavioral Health Center of Excellence at ECMC

## Continuing Education Training

Erie County Medical Center SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0075. New York State Office of Alcoholism and Substance Abuse Services (OASAS) Education and Training Provider Certification # 817. Training under a New York State OASAS Provider Certification is acceptable for meeting all or part of the CASAC, CPP, CPS education and training requirements.

### REGISTRATION

#### Title: A Mindful and Evidence-based Approach to Treating Eating Disorders

Presented By Catherine Cook-Cottone, Ph.D.

**Date:** Friday, February 3, 2017

**Training Hours:** 7.0 CEU SW/CASAC approved

**Cost:** \$60 ECMC Employees  
\$100 General Registration

**Location:** ECMC, 462 Grider St., Buffalo, NY 14215 – 3<sup>rd</sup> floor (Smith Auditorium)

**Time:** 9:00am – 5:00pm (registration begins at 8:00am), lunch is on your own

#### Course Description:

The full day course (9:00 to 5:00 PM with a break for lunch) will review the diagnostic criteria for eating disorders (DSM-5). Theoretical and conceptual models will be presented to help participants better understand eating disorders, dysregulation, wellbeing as seen in eating behavior, and mind-body attunement. Participants will review the contrast between healthy functioning, borderline clinical function, and clerical levels pathology. Assessments and scales will be reviewed. Next, traditional treatments will be reviewed along with newer mindfulness-based, body appreciation, and embodied practices for recovery. Last, participants will be introduced to the Mindful Self-Care Scale (MSCS) which can be used with patients and providers as a tool for positive embodiment.

This training will educate participants on:

- Participants will learn and know the diagnostic criteria for Eating disorders.
- Participants will review and learn a model for healthy intuitive eating and body acceptance.
- Participants will learn and know a model for disordered eating and psychological dysregulation.
- Participants will review and know assessment for EDS.
- Participants will review and know traditional treatments for EDs (evidence-based)
- Participants will learn and know body appreciation and mindful approaches to EDs (evidence-based)
- Participants will review, know, and practice the self-care scale used for patients and practitioners.

You must arrive on time and attend the entire training for CEU certificate; no partial credit is awarded

**CEU Registration Closes: January 30, 2017**

Please print or type exactly as you wish your name to appear on your certificate. **NOTE: If you successfully register you will receive a return e-mail; if you do not get a return e-mail you are NOT registered and you will NOT receive a certificate.**

\_\_\_\_\_ \$60 ECMC Employees/students

\_\_\_\_\_ \$100 General Registration

#### Send registration & payment to:

The Adult, Child, and Family Clinic Attn: Debra Riter  
462 Grider St. Buffalo, NY 14215 or [driter@ecmc.edu](mailto:driter@ecmc.edu)

**Checks Payable to ECMC Foundation**

Print Name: \_\_\_\_\_

Degree/License: \_\_\_\_\_ Job Title: \_\_\_\_\_

Agency Name/Location: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #/Extension: \_\_\_\_\_

CC# \_\_\_\_\_ Exp. Date: \_\_\_\_\_

CVB: \_\_\_\_\_ Billing Zip: \_\_\_\_\_

To Register Online go to: [www.ecmc.edu/mindful-evidence-based-approach-treating-eating-disorders](http://www.ecmc.edu/mindful-evidence-based-approach-treating-eating-disorders)

**For more information on training sessions offered by ECMC's Regional Behavioral Health Center of Excellence--- email [driter@ecmc.edu](mailto:driter@ecmc.edu)**