



**iaedp-Tucson™ Chapter**  
*International Association of Eating Disorder Professionals Foundation*  
 Presents:



**Jon Caldwell, DO, PhD**

**Developmental Trauma, Attachment, and Maladaptive Self-Regulation**

**Date:** **Wednesday, April 4, 2018**

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

**Location:** **Embassy Suites Tucson - Paloma Village**  
**3110 E. Skyline Drive, Tucson, AZ 85718**  
**(520) 352 - 4000**

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

**Contact:** [tucsoniaedp@gmail.com](mailto:tucsoniaedp@gmail.com)



**Jon Caldwell, DO, PhD**

<b>IAEDP Members:</b>	<b>\$35</b>	<b>Non-Members:</b>	<b>\$40</b>
<b>Students:</b>	<b>\$15</b>	<b>At the door:</b>	<b>\$45</b>

**This Intermediate level presentation is designed to help you:**

1. Identify general principles of attachment theory
2. Describe how attachment theory can be used to better conceptualize childhood maltreatment and the development of eating disorders
3. Recognize the qualities of the two main dimensions of attachment insecurity: anxiety and avoidance

**Description:** Childhood maltreatment can profoundly influence human development, resulting in a variety of mental, emotional, and social challenges – including addictive disorders and eating disorders. Attachment theory is a useful framework for understanding how early relational experiences can have far-reaching effects. Developmental trauma and attachment disturbances can lead to deficits in nervous system regulation. Unhealthy patterns related to food, substances, and relationships can be seen as an attempt at short-term regulation, with long-term consequences. This presentation will explore the scientific linkages between trauma, attachment, and maladaptive self-regulation, and will offer ideas on how to help clients restore the capacity to self-regulate in healthy ways.

**Dr. Jon G. Caldwell, DO, PhD**, is a board certified psychiatrist who specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. He is Medical Director of Meadows Behavioral Health. His theoretical perspectives are heavily influenced by his PhD training at the University of California at Davis, where he began researching how early childhood maltreatment and insecure attachment relationships affect cognitive, emotional and social functioning. His clinical approach has been influenced by contemplative psychology and by the practice of mindfulness and self-compassion. Dr. Caldwell has published a number of articles on child maltreatment, attachment theory, emotion regulation and mindfulness and he is a noted international speaker and trainer on these and other topics.

**This workshop is appropriate for:** Mental health professionals, physicians, nurses, dietitians, nutritionists, 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:** 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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