



## iaedp-Tucson™ Chapter

*International Association of Eating Disorder Professionals Foundation*

*Presents:*

**Jennifer Lombardi, MFT, CEDS, FBT Certified, CDW™F**

**Daring Greatly in Eating Disorder Treatment**

**Date:** Wednesday, January 31, 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)



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

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

1. Describe what current research tells us about the etiology of eating disorders, including biological and temperamental factors.
2. Explain the principles of shame resilience: vulnerability, empathy, and risk.
3. Describe ways to utilize shame resilience concepts, the anatomy of trust, and values work in eating disorder treatment with individuals and their loved ones.

**Description:** Explore innovative and experiential ways to help clients change their relationship with food. In recovery from an eating disorder for more than 20 years, Jen is a nationally-sought speaker, Certified Eating Disorder Specialist and Certified Daring Way Facilitator, trained in the work of Dr. Brene Brown, research professor and author of best-selling books *The Gifts of Imperfection* and *Daring Greatly*. Jen's interactive presentation will explore how shame impacts our relationship with weight and food, how vulnerability and values light the way to healing, and how the anatomy of trust is critical to long-term change.

**Jennifer Lombardi, CEDS, MFT CDW™F** is co-founder of Empathic Way Treatment Center, in Roseville, California, an outpatient clinic that provides individual, family and couples counseling for individuals and their loved ones struggling with eating disorders. Jen has also served as a National Recovery Advocate for Eating Recovery Center, and is the former Executive Director for Eating Recovery Center of California. Recovered herself from anorexia for more than 20 years, Jen lectures extensively on the topics of shame resilience, eating disorders and exercise compulsion.

**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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