



# Integrating Spirituality into the Eating Disorder Recovery Process

February 10, 2022 | Webinar Series

## DETAILS & LOGISTICS

**Time:** 11:00am—12:30pm EST

**Where:** Virtual (*Zoom webinar*)

## COURSE DESCRIPTION

Eating disorders are complex mental health diagnoses, and as such the effective treatment of eating disorders calls for a holistic approach that addresses all facets of those who are struggling. Although the physical, mental, emotional, and social aspects are often well-addressed by a multidisciplinary treatment team, spirituality is frequently neglected. This webinar will explore the integration of spirituality in the treatment of eating disorders, including the ways in which spirituality can help the healing process, the pitfalls to avoid when integrating it into treatment, and clinical applications for eating disorder care.

## OBJECTIVES

- Explain 3-5 ways in which spirituality can support better outcomes in the treatment of eating disorders
- Describe 2-3 potential pitfalls to avoid in the integration of spirituality in the treatment of eating disorders
- Identify 3-4 mindfulness strategies that can be used in the treatment of eating disorders

## WHO SHOULD ATTEND?

Clinicians and community members

**Certificates of attendance** will be available to viewers of 50% (45 minutes) or more of the live webinar via email within 30 business days post-event. CEUs are not offered for this session.

## SPEAKER:



**Elise Thibodeaux** is a Licensed Professional Clinical Counselor, a Certified Eating Disorders Specialist and Approved Supervisor. She holds a Master of Arts in Counseling from Regent University in Virginia Beach, VA, and currently runs Abundant Life

Therapy, a private practice in West Los Angeles. She also serves as a supervising therapist with Rock Recovery. Elise has worked in the eating disorder field since 2013, gaining experience in levels of care ranging from outpatient to residential. A recovered clinician, Elise is driven by a passion for freedom and an unrelenting hope for those who suffer.

## HOST:



**Christie Dondero-Bettwy** serves as the Executive Director for Rock Recovery, a nonprofit that helps people overcome disordered eating by combining clinical and community care. Having gone through recovery herself, she understands the

depth of emotional, physical and spiritual support needed to recover and is passionate about spreading the message that freedom from disordered eating is possible. She is an active speaker and shares her story with organizations and media outlets across the country. Christie lives in Washington, DC with her husband Ryan, who serves as a pastor at their church in Northern Virginia.

**Registration questions,** [training@danyainstitute.org](mailto:training@danyainstitute.org) 240-645-1145

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