

Eating and Trauma Issues



A One Day Workshop at University of Auckland
With Dr. Judy Lightstone
On 23 September 2014

Eating and body image problems often go hand in hand with dissociated memories of abuse and trauma, especially for those with intractable eating symptoms. This is true even when no traumatic history is initially presented. This workshop will present a model that explains a causal relationship between dissociation, eating problems and body shame, and offer guidelines for assessment and intervention. Eating and body image problems can open a window into the deepest self...if we know how to listen.

The workshop will combine presentation with experiential exercises demonstrating:

- *Breaking into Binge and Starvation Cycles*
- *Ego State Work with Guided Imagery*
- *Bodily Mindfulness Processes*

Judy, PhD, NZ Registered Psychologist is the founder and director of the Auckland PSI Institute and has been providing training and supervising internationally for the past 27 years. She studied the anti-deprivation approach to eating problems with Susie Orbach and others at the Women's Therapy Centre Institute in New York City; and Somatic therapy with Pat Ogden (founder of Sensorimotor Psychotherapy). She is a published author on the overlap of eating and trauma issues.

