

Eating and Body Image Issues



A One Day Workshop at University of Auckland
With Dr. Judy Lightstone
on 6 May 2014

How Do We Define “Healthy” Body Image? Size? Eating?

Sometimes it seems the world is obsessed with eating, dieting, obesity, and weight loss. Doctors disagree...the media contradicts itself...How do we know how to guide our clients? When does a culturally-influenced obsession become an eating disorder? Far from reflecting superficial vanity concerns, eating problems can be about fundamental experiences with attachment, trauma, and neglect. Working with these problems can open a window into the deepest self...if we know how to listen.

This workshop will combine PowerPoint presentation with experiential exercises, and will cover:

- *Anti-deprivation based intuitive eating (ala Susie Orbach’s Fat is a Feminist Issue)*
- *Media Literacy and*
- *Critical Thinking*
- *Eating Disorders and Obesity*

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.

