



PRESENTS:

## Community Education

### Workshops for Professionals

2008-2009

## Eating Disorders and the Sexual Assault Survivor

**When:** September 19, 2008, 9 a.m. to 4 p.m.  
*Registration begins at 8:30 a.m.*

**Where:** S.A.C. - 101 French Landing Drive

**Cost:** \$125

6 hours CEU credit NASW-TN and NBCC

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**Presented by:**

**Lisa Lyons, LCSW, Clinical Hypnotherapist and  
Rebekah Zahurones, LCSW**

**Summary:**

This workshop will provide information regarding the relationship between sexual trauma and the development of eating disorders. We will take an in-depth look at the impact of sexual trauma on self-esteem, self-concept, and body image and how these factors often contribute to the development of eating disorders.

We will also discuss the dynamics of self blame, guilt, self punishment, and the need for control as it often occurs with sexual abuse survivors and how these dynamics function within the eating disorder. You will receive practical information and therapeutic exercises that can be easily implemented in the treatment of eating disordered clients.

**Earn valuable CEU credit  
from the National Association  
of Social Workers —  
Tennessee Chapter (NASW-  
TN) and the National Board of  
Certified Counselors (NBCC).**

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**To Register:**

- Call (615) 259-9055 ext 343. Payment can be made over the phone with a credit card, or you may mail a check. Your registration is not confirmed until payment is received.
- Space is limited, register early.

**Cancellation:**

You must cancel 48 hours in advance of the workshop to receive a full refund. After 48 hours you will receive a half refund.

E-mail inquiries may be sent to  
[mgrissim@SACenter.org](mailto:mgrissim@SACenter.org)

## Presenters:

**Lisa Lyons**, LCSW and Clinical Hypnotherapist, specializes in working with adult men and women abused as children. She also works with those who have been raped, are non-offending parents, as well as with adolescents. She has a certification in the “mind body” connection and incorporates body healing with the healing of emotions and spirit. Lisa is certified in EMDR Level II and Hypnotherapy.

**Rebekah Zahurones**, LCSW, received her BSW undergraduate degree from MTSU and her MSSW degree from University of Tennessee. She specializes in the treatment of child, adolescent, and adult survivors of rape, sexual assault, abuse, and trauma, and has received specialized training in EMDR (level 2), play therapy, dissociation, and Trauma-Focused Cognitive Behavioral Therapy.

### Future *S.A.C. Community Education* Workshops for Professionals 2008-2009:

#### *Understanding Existing Laws and Ethical Implications for Therapists and Their Clients*

- November 14, 2008 — 9:00 to 12:00; 3 hours of CEU's

#### *Healing Through Interaction: Group Treatment for Survivors of Sexual Assault*

- February 6, 2009, 9:00 to 4:00; 6 CEU's

#### *Motivational Interviewing: Enhancing Clients' Intrinsic Desire for Change*

- March 20, 2009, 9:00 to 4:00, 6 CEU's

#### *Bruised not Broken: Using play therapy to help heal child sexual abuse*

- April 24, 2009, 9:00 to 4:00, 6 CEU's

## LEARNING OBJECTIVES

- Participants will become more knowledgeable of the relationship between sexual abuse and the development of eating disordered behaviors as means of gaining control.
- Participants will gain a better understanding of the dynamics between self-punishment, guilt, and self-blame in sexual abuse survivors and how this contributes to the development of disordered eating behaviors.
- Participants in this workshop will learn about eating disorders as communication.
- Participants will gain an understanding of eating disorders as trauma reenactment.
- Participants will better understand eating disorders as substitution for intimacy.
- Participants will be educated on the features of binge eating, bulimia, and anorexia.
- Participants will gain an understanding of the dissociation of parts of self as is relative to eating disorder symptomology.
- Participants will learn the significance of utilizing mindfulness skills in the treatment of eating disorders and will learn mindfulness exercises they can implement with clients.
- Participants will become more knowledgeable in the utilization of stabilization strategies with eating disorder clients.
- Participants will learn to assist eating disordered clients in developing more positive coping strategies in place of eating disordered habits and behaviors.
- Participants will develop a better understanding of spirituality as an ego strength in recovery from eating disorders and how to best assist their clients in developing this.
- Participants will be informed regarding the latest statistics on eating disorders.
- Participants will receive valuable resource information for eating disorder clients and their families.
- Participants will receive information regarding activities, exercises, and other treatment interventions that may be utilized in the treatment of eating disordered clients.