



Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Eating Disorders and Trauma: The Latest Information You Need to Know

**Presented by:**

Liz Motta, LMHC & Allie Weiser, PsyD

**Wednesday, March 31, 2021**

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

**Registration Fee:**

There is no cost associated with this presentation

**Continuing Education:**

2 CE credits will be offered

**Registration Link:**

<https://www.surveymonkey.com/r/QVHN8XY>

*(If you have trouble accessing the survey, please copy the link and paste it directly into your browser)*

Registration closes at 3:00 pm on March 30, 2021

## Description:

Research indicates that 28.8 Americans will experience an eating disorder in their lifetime, affecting approximately 9% of the U.S. population (2020). However, many common misconceptions exist around eating disorders, leading to the perpetual misdiagnosis and lack of treatment for individuals living with eating disorders. In addition, individuals who have experienced trauma and gender-based violence have higher rates of eating disorders than the general population. It is crucial for all professionals who work with or for individuals with a trauma history receive education on how to recognize the signs and symptoms of eating disorders in order to refer to appropriate care. This workshop will review signs and symptoms of eating disorders, dispel myths surrounding eating disorders, explain the co-occurrence of eating disorders and trauma, and describe how eating disorders are used as maladaptive ways of coping with trauma history.

## Learning Objectives:

1. List at least two statistics that dispel common misconceptions about eating disorders.
2. Identify different types of trauma, including the concept of gender-based violence.
3. Explain the function of the eating disorder for an individual with a trauma history.

## Presenter:



**Liz Motta** (she/her) received her Master's degree in Mental Health Counseling from the University of Miami in 2014. While studying at UM, she completed her clinical practicum at the Institute for Individual and Family Counseling as well as Florida International University's Counseling and Psychological Services Center where she provided individual counseling to adolescents and adults. Liz worked as both a Clinical Recovery Coach and a Primary Therapist at Oliver Pyatt-Centers in Miami, an eating disorder treatment center for women. She also worked as the Integrated Care Specialist with the Mental Health Association of Palm Beach County. As the Director of Education and Resources at The Alliance for Eating Disorders Awareness, Liz regularly speaks with individuals and loved ones to offer support and connect them to eating disorder treatment nationwide. She is frequently in the community, delivering educational presentations and also co-facilitates eating disorder support groups at The Alliance.

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**Dr. Allison Weiser** (She/Her) is the Education and Resources Manager at The Alliance and a licensed Clinical Psychologist. She earned her Masters and Doctoral degree in Clinical Psychology from Nova Southeastern University. Dr. Weiser completed two years of post-doctoral residency at The Alliance's Psychological Services. During time, she gained experience in providing evidence-based psychotherapies and administering psychological evaluations to a wide-range of diverse individuals and families across the lifespan. Dr. Weiser's passion for the prevention and treatment of eating disorders was solidified during her time at Psychological Services and at a South Florida hospital, where she worked as a member of the multidisciplinary eating disorders treatment team. Dr. Weiser also has a special interest and specialized training in the treatment of obsessive-compulsive and related disorders. In addition, she maintains a private practice in West Palm Beach, Florida.

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**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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#### **Continuing Education Information:**

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2021).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2022).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>