

Improving Body Image and Preventing Eating Disorders: An Evidence Based Approach

Carolyn Black Becker, PhD, FAED

20th August 2012, 9am-4pm

Princess Margaret Hospital, Subiaco

Cost: \$80 (\$300 for group of 5)

Lunch and snacks provided

Researchers, clinicians and eating disorder advocates have long sought to prevent the onset of eating disorders for obvious reasons. Until recently, the field of eating disorders prevention suffered from a lack of evidence-based tools and history of well-meaning but largely unsuccessful efforts. Fortunately, over the past decade, the eating disorder prevention field has gained traction, and today we have several evidence-based programs with additional promising programming on the horizon.

This workshop will provide participants with a general background regarding research in the prevention of eating disorders, and specifically cognitive dissonance-based prevention, which has been found to reduce onset of eating disorders. Because dissonance-prevention targets body image, it also benefits those who are not at risk for developing full syndrome eating disorders.

Participants will not only learn about the development of dissonance prevention and the research supporting it, they also will experientially participate in a number of dissonance-based activities so as to gain a greater clinical understanding of this intervention.

Dr. Carolyn Black Becker is a Professor of Psychology at Trinity University in San Antonio. The primary focus of Dr. Becker's teaching, research, and clinical work is the implementation of scientifically supported prevention and treatment interventions in clinical and real world settings.

For the past 10 years, a core component of her research program has involved running randomized controlled eating disorder prevention and body image improvement trials, and she has received multiple awards and recognition for her work.

Dr. Becker serves as the scientific and clinical director of Tri Delta's award winning *Reflections: Body Image Program*, and co-authored the program manual, as well as the United Kingdom-based Succeed Body Image Programme. Currently, Dr. Becker serves on the editorial boards of *Behaviour Research and Therapy* and *Body Image*, and the scientific advisory boards for Body Evolution and the Succeed Foundation. She is a member of the Eating Disorder Research Society and a Fellow of the Academy of Eating Disorders (AED).

