

Announcement

Body image and Exercise in Eating Disorders: Theory and Practice

Pre-Congress Clinical Day for

Physiotherapists, Occupational therapists, Psychologists, Psychotherapists,
Psychiatrists, Counselors a. o.

October, 19 October 2017

Alpbach, Tyrol, Austria

Language: English

Chair: Prof. Michel Probst, PT, PhD

Notice of interest: To receive further information about the clinical day Eating disorder for physiotherapists, occupational therapists, pschotherapists, psychologists, psychiatrists, counselors etc. please send us a mail.

We would be grateful if you could forward this announcement to colleagues.

Note

This clinical day is included in the **Jubilee 25th International Conference Eating Disorders Alpbach 2017**, October 19-21, 2017.

The registration fee for the clinical day “Body image and excessive exercise” can be seen on the Congress Registration Form.

On October 20-21 the participants can follow the program of the 24th International Conference after registration (see Congress website). Participants are also encouraged to submit a paper, workshop or poster for this conference.

Information: see www.netzwerk-essstoerungen.at

Convenors & Chairs of the Jubilee 25th International Conference Eating Disorders Eating Disorders Alpbach 2017:

Prof. (FH) Karin Waldherr, Dr. Sc., Mag. Sc.
Ferdinand Porsche FernFH
Wiener Neustadt, Austria

Professor Günther Rathner, Ph.D.
Innsbruck Medical University
Innsbruck, Austria

Abstract

Patients with eating disorders have an intense fear of gaining weight and present a negative body experience and a disturbed body perception (weight, circumference and form). Excessive exercise, drive for activity or hyperactivity are considered to be a secondary symptom in the diagnostic of patients with eating disorders and are characterized by a voluntary increase of physical activity, a compulsive urge to move and by the dissociation of fatigue. These characteristics are the two cornerstones for therapy in children, adolescents and adults with eating disorders problem in an in- or outpatient treatment. More concrete, the objectives for body image therapy are (1) rebuilding of a realistic self-concept, (2) curbing hyperactivity and (3) developing social skills. There are several ways to accomplish the above-mentioned objectives. Therapists have a wide array of skills which can be applied successfully in treatment of AN. Different therapeutic interventions aimed at improving the body experience in patients with eating disorders can be used: postural training, relaxation training, mindfulness, tai chi and yoga, breathing exercises, physical activities, sensory awareness and self- perception (mirror exercises and body awareness),

The goal of this workshop is to present practical guidelines for therapeutic management in eating disorder, recommendations based upon more than 35 years of clinical experience. At the end the question “Do patients with eating disorders benefit from body image therapy?” will be elaborated.

Physiotherapy and occupational therapy are often overlooked as an adjunctive treatment for patients with eating disorders. However, the integration of body image therapy is based on the experience in both the body and the body in movement, two important issues integral to eating disorder pathology.

Physiotherapists, Occupational therapists, Psychologists, Psychotherapists, Psychiatrists and other health care providers have each a wide array of skills which can be applied successfully in treatment of patients with eating disorders. From our clinical experience, the specific therapeutic techniques and the collaboration between the health care providers represents a potent clinical addition to available treatments of eating disorders. The workshop is focus on in- and outpatient treatment as well as individual and group therapy for Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders.

The goals of the workshop

- To propose and to experience “therapeutic exercises” based on our clinical experience
- To analyze the research data in regard of body experience and excessive exercise
- To learn from each other practice and to exchange experiences
- To discuss the pros and the cons, the therapeutic and practical implications.