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Topic

Using Internal Family Systems to Promote Neural Integration in Eating Disorders

Abstract

Interpersonal Neurobiology is a useful developmental framework in understanding the chaos and rigidity found in eating disorders. Internal Family Systems, with its emphasis on polarized parts of self, can be an effective intervention in promoting neural integration in the treatment of eating disorders, leading to an increase in response flexibility. This presentation will discuss how the empirically supported treatment of IFS can be used to increase neural integration in clients with eating disorders.

Learning Objectives

1. Participants will be able to identify the core concepts of IPNB as it relates to chaos, rigidity, and response flexibility in the treatment of eating disorders.
2. Participants will be able to identify the core concepts of IFS as it relates to the treatment of eating disorders.
3. Participants will be able to identify ways that IFS can promote neural integration in the treatment of eating disorders.

Schedule

August 18, 2017
10:30-11:45 am Presentation

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