

Elizabeth
SCOTT



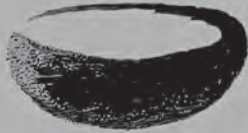
RESOURCES

BEGINS OCTOBER 9, 2020 • LIVE • ONLINE TRAINING

Big-Hearted Embodiment

Intensive Clinical Training

Elizabeth Scott, LCSW



“Elizabeth Scott is a true pioneer, a gem, a model of humanity, encouragement, curiosity, and self-compassion. I could not have found a more nurturing and supportive environment in which I could grow as a person and a provider.”

— Arin Bass MFT,
Big Hearted
Embodiment
participant

Become a “Big Hearted Embodiment” treatment provider in this intensive training focused on recovery from disruptions in embodiment like eating disorders and poor body image.



The Impact of Disruptions of Embodiment

Research shows that body shame impacts people of all sizes, races, genders, ages and sexual orientations. It is linked to destructive feelings and behaviors including depression and anxiety, self-harm, substance abuse, relationship violence and eating disorders and premature mortality.

Promote Positive Embodiment

In this experiential training, Elizabeth will furnish mental health providers with the skills, personal experience and knowledge needed to confidently assist their clients to transform their relationships with their bodies. Elizabeth’s “Big Hearted Embodiment” clinical approach is developed from 25 years of clinical practice and community prevention experience. Her goal is to develop a solid, collaborative referral network of providers who are committed to social justice and trained in this positive, non-violent, intuitive embodiment model.

IN THIS TRAINING, YOU WILL:

- 🍷 Develop your skills implementing the Be Body Positive Model for clinical applications. This model is presented in the book: *Embody: Learning to Love Your Unique Body (and Quiet That Critical Voice!)*, by Connie Sobczak;
- 🍷 Learn to promote the qualities of Positive Body Connection identified in 20 years of research by Niva Piran and presented in her book: *The Developmental Theory of Embodiment: Journeys of Embodiment at the Intersection of Body and Culture*;
- 🍷 Receive practical instruction in assessment and treatment planning; building collaborative teams; community-based treatment and prevention initiatives; the impact of oppression and privilege on embodiment; ethics related to working with life-threatened clients; trauma-informed treatment and mindfulness practice.
- 🍷 Explore the emergent constructs of “embodiment” and “body stories” to expand your understanding of “body image”;
- 🍷 Engage in dialogue and action to understand the impact of intersecting identities on body image, self-care, and eating disorders recovery;
- 🍷 Practice compassionate and non-coercive strategies for promoting change in clients;
- 🍷 Identify internal resources that can sustain you while working with clients with disrupted relationships to their bodies.

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CONTACT:

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PARTICIPATE IN THIS INTENSIVE TRAINING, INCLUDING:

🕒 **Live trainings:** Four intensive half-day sessions on Fridays from 9 to 1 pm, October 9, October 16, October 23, October 30, 2020.

🧘 **Mindfulness practice:** Participants will be invited to deepen their own meditation practice during the training. Resources will be offered from the Buddhist Bramaviharas, four wonderful qualities of the heart including kindness, compassion, joy, and equanimity. These qualities promote psychological capacities essential to clinical work such as centeredness, self-care, patience, confidence, clarity and stability.

📖 **Course readings:** Rich readings related to social justice and embodiment will be offered. The cost of Niva Piran's book, *The Developmental Theory of Embodiment: Journeys of Embodiment at the Intersection of Body and Culture* is included in the course fee.

👩 **Supervision towards your CEDS certification:** Training hours and case consultation will count towards your iaedp™, Certified Eating Disorders Specialist Membership (if you choose to apply.)

📖 **Prerequisite:** Online fundamentals course with The Body Positive: 11.5 CE hours available.



About Elizabeth Scott

Elizabeth Scott LCSW, CEDS-S, is an educator and psychotherapist whose work focuses on the intersection of embodiment, social justice, and mindfulness. As Co-Founder and Director of Training for the Body Positive, Elizabeth instructs treatment professionals, educators, and students to use the Be Body Positive prevention model to end eating disorders and promote joyful embodiment. Elizabeth is a Certified Eating Disorders Specialist and iaedp™ Approved Supervisor (CEDS-S). She studies Insight Meditation and lives in the San Francisco Bay Area.



What to Expect:

The focus of the training will be on cultivating the personal resources needed to help clients transform their relationship to their bodies to one that is passionate, attuned, capable, comfortable, and free to focus on what really matters in their lives.

Training Details:

DATES: Fridays, 9 AM to 1 PM, October 9, October 16, October 23, October 30, 2020

FEE: \$960, Includes monthlong intensive, Niva Piran's book, and all articles. Individual consulting hours with Elizabeth will be offered for a reduced fee while you are in the training.

LOCATION: Online, Zoom

FOR MORE INFORMATION:

Contact Elizabeth Scott | 415-456-8007 | escottlcsw@gmail.com

