



It Takes a Village - The Treatment of Eating Disorders

Speaker: Shirley R. Ruzo, MS, PsyD

Date: Friday, November 8, 2019

Time: 9:00 am – 11:00 am

Cost: \$50 (does not include Eventbrite processing fee of \$4.67)

Register: chconline.org/continuing-education

This workshop, designed for all levels of professionals, is to provide a practical training for professionals interested in working with this complex population. This training will provide information on core issues related to the assessment and treatment of eating disorders at the outpatient level of care. We will focus primarily on children/adolescents and their families. We will also examine how the following could impact treatment: personality structures, family systems, trauma, denial and resistance, the impact of the Silicon Valley culture, and the food and body shaming culture. We will also exam when to refer to a higher level of care, what to expect at higher levels of care, medical and nutritional terms that all therapists should know, when to involve CPS, 5150's, provider anxiety, burn-out and counter-transference, etc.

Goals & Objectives

Identify core issues related to the assessment and treatment of eating disorders at the outpatient level of care.

1. Identify different types of eating disorders and how to assess them.
2. Describe safety concerns (e.g., when to involve CPS, 5150's, medical risk issues).
3. Explain common medical and nutrition terms and concerns.
4. List and understand different levels of care for this population.
5. Examine patient/family resistance to treatment and related interventions.
6. Discuss the continuum of treatment/recovery.

About the Speaker

Shirley Ruzo, MS, PsyD is a Licensed Clinical Psychologist who divides her time between working full-time at Kaiser Permanente and her part-time private practice. Dr. Ruzo spent the first 15 years of her career working in the corporate world in a myriad of functions, but mainly as a tax consultant for large accounting firms such as PricewaterhouseCoopers LLP and Deloitte and Touche, LLP. Dr. Ruzo received her Master's in counseling psychology with an MFT concentration and a doctorate in clinical psychology. Dr. Ruzo has worked in a variety of settings, including but not limited to, an elementary school, a residential facility for substance abuse, county mental health, non-profit agencies, and a large hospital (SNF). She completed her pre-doctoral internship with UCSF in their Infant-Parent Program working with mothers and children between the ages of 0-3 with ruptured attachment, and her post-doctoral internship at Kaiser Permanente in both addiction medicine and child psychiatry. Following her residency, Dr. Ruzo was hired by Kaiser and worked for one year in general adult psychiatry where she began treating patients with eating disorders. She subsequently joined their west bay Eating Disorders Intensive Outpatient Program (EDIOP) for children/adolescents and adults and has been there for the last four years and is now managing the program. Dr. Ruzo is bilingual and bicultural. Other areas of interest/passion for Dr. Ruzo are psychoanalytic and psychodynamic depth work and attachment work.

Approved for 2 hours of continuing education credit for:

- Psychologists: CHC is approved by APA to provide continuing education. CHC maintains responsibility for this program and its contents.
- For LCSWs and LMFTs: Effective 7/1/17, the BBS no longer has its own approved providers. Rather, the BBS will recognize CE classes offered by organizations approved by a few agencies, including APA. CHC is an APA approved sponsor.
- SLPs as required by the Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board (PDP 350).

Register online at www.chconline.org/continuing-education

DEADLINE FOR REGISTRATION: WED., NOV 6, 2019 @ 5:00 PM. All registration is processed through Eventbrite. Registration can occur on-site the day of the class (if space available) and it will be processed through Eventbrite. CHC is handicap accessible. For reasons of confidentiality, this course is open to professionals only. Course includes lunch. For questions or dietary restrictions, please call 650.617.3853

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