Disordered Eating

Speaker: Shirley Ruzo, MS, PsyD  
Date: Mon., Nov. 14 (9 am - 12 pm PT)  
Location: Virtually via Zoom

Registration Deadline: Thurs., Nov. 10 @ 5pm  
Cost: $75 (does not include processing fee of $10.76)

Course Description
This workshop is designed for all levels of licensed professions and will provide a practical introductory training for professionals interested in working with minors with eating disorders and their families. The first hour will be spent identifying the different types of eating disorders and some of the factors that lead to their development. The second hour will be spent on the discussion of the assessment of eating disorders, treatment, interventions, and the myriad levels of care available for treatment. The third hour will be spent going over case vignettes and applying the information learned.

Goals & Objectives
1. Explore the avenues that lead to eating disorders.
2. Identify different types of eating disorders.
3. List and understand different levels of care for this population.
4. Discuss the assessment of eating disorders.
5. Examine the treatment of eating disorders.

About the Speaker
Shirley Ruzo, MS, PsyD is a Licensed Clinical Psychologist who divides her time between working full-time at Kaiser Permanente in Redwood City and a small private practice. Dr. Ruzo received her undergraduate degree at Rutgers University with a degree in Economics and spent the first 15 years of her career working in the corporate sector. She later received a Master’s in counseling psychology with an MFT concentration and a doctorate in clinical psychology. She completed a pre-doctoral internship with UCSF at the Infant-Parent Program working with mothers and children between the ages of 0-3 with ruptured attachment, and a post-doctoral internship at Kaiser Permanente in both addiction medicine and child psychiatry. Dr. Ruzo has been with Kaiser Permanente in their Redwood City clinic for the last nine years primarily focusing on eating disorders. In her private practice, she specializes in adult experiences of relational trauma. Dr. Ruzo is originally from Uruguay, South America and identifies as Latinx. She is bicultural and bilingual in Spanish. Her dissertation included the development (and assessment of) a clinical group to help Latinx families understand the acculturation gap that develops between parent in child in the United States.

Approved for 3 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).

Deadline for Registration
Thursday, November 10, 2022 @ 5:00 PM. For reasons of confidentiality, this course is open to professionals only. CHC is handicap accessible, if you require special accommodations, reach out to acheang@chconline.org.