

Unmasking Eating Disorders: Shedding Light on the Hidden Truth

Instructor: Grace Wu

Length: 1 hour

Program Description:

This one-hour course offers an introduction to various eating disorders, including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Avoidant/Restrictive Food Intake Disorder (ARFID). Participants will gain an entry-level understanding of the underlying causes, symptoms, diagnosis, treatments, and psychiatric comorbidity associated with these disorders. Special emphasis will be placed on the impact of weight stigma, body image issues, and the rising trends since the COVID-19 pandemic. Participants will learn to identify red flags for eating disorders and understand the nine truths about eating disorders. Practical action steps and valuable resources will also be provided for individuals concerned about themselves or others who may be experiencing an eating disorder.

Learning Objectives: At the end of this program, participants will be able to:

- Understand the different types of major eating disorders, including their diagnostic criteria and characteristics.
- Recognize the early signs and symptoms associated with eating disorders for early identification and intervention.
- Explore the epidemiology of eating disorders, including their prevalence, demographics, and potential risk factors.
- Examine the underlying causes and etiology of eating disorders, considering factors such as genetics, environment, and societal influences.
- Gain knowledge of various treatment approaches and interventions available for individuals with eating disorders.

Audience:

RNs and other healthcare professionals