Uncovering the Relationship between Substance Abuse and Eating Disorders: Looking at the Umbrella of Addiction

Presenters: Khara Randall, LPC CSAC NCC, Family Counseling of Springfield and Valerie Huckstep, Registered Dietician, Williamsburg Place

No Charge
9:00 AM - 11:00 AM
CEUs Available

Register at: farleycenter.com/wpls

Workshop will be held at:
Pavilion at Williamsburg Place
5483 Mooretown Road
Williamsburg, VA 23188

GOALS AND OBJECTIVES

In this workshop, we will:

- Identify the differences and similarities between Eating Disorders and Substance Abuse
- Provide information on changes in the DSM-V criteria for both Eating Disorders and Substance Abuse
- Introduction to the idea of the possibility of food addiction

Participants will:

- Develop awareness around new and upcoming information related to how they relate and differ on both a mental/emotional and chemical/physical level
- Begin to understand how they co-occur in our clients
- Provide information on ways to intervene and help support clients struggling with these disorders

ABOUT THE PRESENTERS

Khara graduated from The College of William and Mary with her Master’s degree in Community and Addictions Counseling. Khara specializes in with working with addictions, particularly substance abuse and eating disorders.

Valerie Huckstep graduated from the University of Vermont with a B.S. in dietetics. She currently works at The Pavilion and Farley Center at Williamsburg Place with a focus on nutrition intervention for substance abuse recovery and improved mental health.