

EATING DISORDERS AND TRAUMA: THE FUNCTION OF DISORDERED EATING AFTER A TRAUMATIC EXPERIENCE

Presenter: Zoe Ross-Nash, Psy.D.

**Friday, April 4, 2025 ♦ 12:00 p.m. – 2:00 p.m. (EDT)
Zoom Webinar**

This presentation will detail the function of disordered eating after a traumatic experience. It will provide education on the diagnostic criteria of eating disorders, how eating disorders may present in clinical work, and discuss the unique culture that eating disorders create societally and pathologically. It aids learners in better understanding the concepts of control, fear, and social evaluation using the eating disorder to mitigate symptoms of trauma. Weight stigma will also be explored and conceptualized as a trauma, due to its history of being called “the last societally acceptable form of oppression”. This presentation will also offer information on various evidence-based conceptualizations and treatments for people with histories of co-occurring eating disorders and trauma.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Zoe Ross-Nash, PsyD (*she/her*) earned her PsyD in Clinical Psychology at Nova Southeastern University and completed an APA accredited internship at the University of California, Davis in the Eating Disorder Emphasis. Dr. Ross-Nash is currently an assistant professor at Ponce Health Sciences University's PsyD in Clinical Psychology program. She is also a licensed psychologist in private practice where she specializes in eating disorders and trauma and supervises practicum students and interns. Dr. Ross-Nash won the APA Division 29 Student Excellence in Clinical Practice Award and is the Editor for Electronic Communications for the division, after serving three years as the Associate Editor. She is the founder of Equilibrium Health Advantage, a training program for fitness professionals to make their studios and gyms a safe and inclusive place for people with eating disorder histories. Dr. Ross-Nash's clinical interests include trauma, eating disorders, wellness, mentorship, and advocacy. She is originally from Allendale, New Jersey and earned her bachelor's degree in Psychology with a minor in Human Service Studies and Dance from Elon University. In her spare time, Dr. Ross-Nash likes to practice yoga and ballet, read and write poetry, and try new restaurants with her loved ones.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe and conceptualize relevant health, emotional, and behavioral outcomes of disorder eating and trauma
- Explain the practical applications of at least two therapeutic modalities (e.g., Contextual Trauma Therapy, Dialectical Behavioral Therapy, Unified Protocol, and Acceptance Commitment Therapy)

PROGRAM AGENDA

12:00pm – 12:15pm	Eating Disorder diagnostic criteria
12:15pm – 12:35pm	Health, emotional, and behavioral outcomes of eating disorders
12:35pm – 1:00pm	Relationship between eating disorders and trauma
1:00pm – 1:25pm	Etiology of disordered eating including social competencies, societal influences, cognitions, attachment style, and physiology
1:25pm – 2:00pm	Treatment implications including Contextual Trauma Therapy, Dialectical Behavioral Therapy and Acceptance Commitment Therapy and the role of the therapist

For additional information on continuing education policies, please visit our web site at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/25.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/25.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling (clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Nova Southeastern University also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Nova Southeastern University may be directed in writing to the Southern Association of Colleges and School Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or by calling (404) 679-4500, or by using information available on SACSCOC's website (www.sacscoc.org). The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) programs are accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

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