

# Eat, Drink, and be Nourished: The Development, Treatment, and Recovery of Eating Disorders

**May 20, 2022**

**8:30am – 3:30pm**

*Virtual Learning via Zoom*

*6.0 Continuing Education Hours*

**Trainers:** Nichole Baumgartner, MA, LPC, NCC & Amarra Bricco, MSE, NCC, LPC

## Training Description:

In this training, presenters will provide an in-depth look at the detection and treatment of eating through the lifespan from diagnosis to determining appropriate levels of care and support. Development and maintenance of eating disorders through a biopsychosocial lens will be covered, along with common comorbidities. Clinicians will learn how to support eating disorder recovery through crisis management, specific intervention, and necessary collaboration. Interventions through cognitive behavioral therapy, mindful awareness, Acceptance and Commitment therapy, dialectical and behavioral therapy, medical nutrition therapy, and internal family systems therapy will be outlined and discussed along with case studies to go more in depth with. Social and cultural factors such as race, gender, socioeconomic status, and sexuality and how they intersect with eating disorders and seeking treatment will be explored. Additionally, the importance of awareness of clinician biases of weight, size, diets, and health are paramount in doing no harm to eating disorder clients so this will be an experiential topic of conversation and self-discovery explored in this training as well. Resources for further education and pursuit of eating disorder specialty certification will be provided.

**Fee: \$35 (members); \$135 (partial & nonmembers)**

## About your trainers:



### Nichole Baumgartner, MA, LPC, NCC

Nichole earned her Master's Degree in Mindfulness-Based Transpersonal Counseling Psychology from Naropa University in Boulder, Colorado. Whew! What a mouthful, right? Basically, it boils down to a traditional counseling degree with an emphasis on mindfulness and viewing a person holistically – mind, body, and spirit.

Nichole utilizes an integrative approach to therapy and blends evidence-based practices with experientially-focused modalities. Nichole's training ranges from experiential techniques like Gestalt, mindfulness, yoga, and play therapy to evidence-based CBT, DBT, and ACT. Nichole believes that we all possess the innate ability to heal; she's honored to serve as a guide to help you find the strength within yourself to create change and live

your best, most authentic life.

Nichole is a Licensed Professional Counselor and specializes in working with eating disorders. While still in graduate school Nichole completed her practicum at the Eating Disorder Foundation and then went on to complete her internship spending a year working for the Eating Disorder Center of Denver working with adults in their Partial Hospitalization Program (PHP) where she continued to work until she decided to move home to Wisconsin in 2017. Nichole is passionate about exploring body image issues, fighting diet culture, exploring how grief, losses, and traumas that play a role in our mental health struggles. Nichole also has experience and interest working with those struggling with eating disorders and disordered eating, depression, anxiety, trauma, and borderline personality disorder.

In addition to being a psychotherapist here at Evolve, Nichole also manages our Intensive Outpatient Programs (IOP) for adolescents and adults. Our IOP programs are based on a bio-psycho-social-spiritual treatment model in order to get to the root of each client's eating disorder and move towards recovery. We use a variety of techniques including psychotherapy, expressive therapy (art, dance, yoga), therapeutic groups, CBT, ACT, and DBT.



**Amarra Bricco, MSE, NCC, LPC**

Amarra is a professional master's-level counselor who strives to help individuals grow and heal through the process of giving voice to and owning their story. Amarra holds a Bachelor of Science in Psychology from University of Wisconsin-Green Bay and a Master's of Science in Education in Professional Counseling from University of Wisconsin-Oshkosh. She is a nationally certified counselor through the National Board for Certified Counselors. Amarra seeks to understand each unique individual and their desires in order to collaboratively develop effective skills and tools that align with their goals. She admires the resiliency of individuals and families as she stands beside them with guidance and support through their challenges. Amarra primarily utilizes strength-based, client

centered, artistic expression, experiential, CBT and DBT approaches to therapy. She is also trained in Brainspotting and trauma informed care to help clients work through painful past hurt. Amarra has a special interest in helping individuals with trauma experiences work through challenging situations by using such approaches. She acknowledges the significance of empathy and validation for individuals who are impacted by difficult life events. Amarra places high importance on the therapeutic relationship as it provides openness and connection on the journey to wellness.