

Youth in Crisis Training Series

Twelve Part Virtual Training Series

Register Individually for \$10 per session or Participate in all Twelve Sessions for \$75

Eating Disorders, Disordered Eating & Body Image Distress: Understanding, Addressing & Supporting Youth

December 10, 2021, 8:30am -10:30am

Virtual Learning via Blackboard Collaborate Ultra
2.0 Continuing Education Hours

Trainer: Kyira Wackett, MS, LPC

Course Description:

Dieting, eating disorders, disordered eating, and body shaming are prevalent issues in our society, and they are perpetuated by common misconceptions, implicit bias, and unchallenged cultural norms which equate our worth and value to our appearances, and the ever-moving target for “health”, encouraged by the diet and fitness industry. These narratives make it hard to know what is “right” when it comes to health and wellness, and what crosses the line into physical and psychological harm. The National Association of Anorexia Nervosa and Associated Disorders notes that over 30 million people from all intersecting identities suffer from an eating disorder in the US, with one person dying as a direct result every 62 minutes. Discomfort, shame, and hatred for our bodies are causing even greater numbers to turn to extreme diets, isolation, and other unhealthy means to address their perceived “deficiencies”

As supports for youth, it’s crucial we understand the impact of the pressures they are facing on their identity and get comfortable talking about these concerns more directly/openly. The goal of the presentation is to provide education and insight as well as tools to help support young people while also building space for the community of supporters to come together and enhance our skills and comfort dealing with such a difficult topic.

Join Kyira Wackett, a licensed professional counselor who specializes in the treatment of eating disorders, disordered eating issues, and body image distress as she helps to define the cultural issues leading to and exacerbating these disorders and provide greater context to the effects they have on us and ways we can shape new cultural ideals around appearance and health.

We will focus on cultural considerations and implications, community inclusion, and ways to challenge our own biases regarding weight, body shape, and health. Attendees will challenge myths and perceptions, talk about the risk factors associated with these concerns, and address one of the primary causes— social media and the perpetuation of an idealized image.

We will discuss a high-level overview of diagnosis and treatment, some practical skills and tools you can use in your own work, clinical presentations and concerns, and how to best work with an integrated care team addressing body image distress with clients. A primary focus will be placed on multicultural inclusion and intersecting identities including gender identity, sexual orientation, socioeconomic status, race and ethnicity, and history of trauma.

About your Trainer:



Kyira Wackett is an artist, public speaker and community advocate. She holds a Master's Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America's Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.