



iaedp-Tucson™ Chapter

International Association of Eating Disorder Professionals Foundation

Presents:

LeAnne Tolley, MSK, CIAYT, E-RYT

Therapeutic Approaches to Exercise and Movement within the Eating Disorder Population

Date: Wednesday, April 10, 2019

Time: 7:45am - 8:15am Check In, Breakfast & Networking
8:15am – 11:30am Announcements & Presentation

Location: Embassy Suites Tucson - Paloma Village
3110 E. Skyline Drive, Tucson, AZ 85718
(520) 352 - 4000

Registration: <http://tucsoniaedp.com>

Contact: tucsoniaedp@gmail.com



LeAnne W. Tolley, MSK, CIAYT, E-RYT

IAEDP Members: \$35 **Non-Members:** \$40
Students: \$15 **At the door:** \$45

Upon completion of this beginner/intermediate level presentation you will be able to:

1. Discuss the concept of exercise addiction.
2. Identify signs and symptoms of exercise addiction in the eating disorder population.
3. Identify therapeutic approaches to exercise for those with food and body image concerns and/or eating disorder diagnoses.

Description: This presentation is designed to help clinicians recognize the significant link between eating disorders and exercise addiction. Clinicians will learn ways to identify the beneficial effects that exercise may have for clients recovering from an eating disorder. Likewise clinicians will be informed of the detrimental effects that exercise sometimes causes in a client's recovery journey. Therapeutic approaches will be suggested for clinicians' processing and promoting a balanced approach to activity for achieving health and wellness.

LeAnne W. Tolley, MSK, CIAYT, E-RYT completed a Master of Science Degree in Kinesiology and Exercise Psychology and is a Certified Yoga therapist and a Certified Health Education Specialist. Ms. Tolley leads therapy sessions at Center for Change promoting a holistic mindset. Using multiple mind-body techniques, LeAnne addresses the needs of clients at various stages of recovery. Ms. Tolley is the owner of **Sraddha Yoga** in Lehi, Utah, where she trains yoga teachers and conducts workshops. As Founder of **RIMBA, (Reconnect Intuitive Movement with Balanced Awareness)**, LeAnne promotes a physical and emotional approach to mind/body/spirit connections. LeAnne utilizes an osteopathic approach to rebuilding connection with body awareness and responsiveness. Asked frequently to speak for civic, academic, and professional groups, LeAnne focuses on body image issues, exercise addiction, stress management and work/life balance with a special focus on the use of trauma sensitive movement with recovering clients.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and other helping professions with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

3 Continuing Education Credits available: Psychologists - This program is co-sponsored by The Meadows and iaedp-Tucson. The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists; The Meadows maintains responsibility for this program and its content. Participants must be present for the entire presentation and complete the evaluation in order to obtain a CE certificate. This course meets criteria for 3.0 hours of CE credit hours for psychologists.

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