Introduction to Internal Family Systems for Eating Disorders:
A one-day training designed for all professionals who work with eating disorders

Molly Kellogg, LCSW, CEDRD
Diana Dugan Richards, RDN, LDN, RYT

Friday, September 24, 2021, 9:00a-4:00p ET

Zoom | Register through Eventbrite

EDTFI Members: $30 | Non-Members: $50 | Students: $25

• 9:00 AM – 9:30 AM: Introductions & Sponsor Thank You
• 9:30 AM – 12:00 PM: Part I
• 12:00 PM – 1:00 PM: Lunch
• 1:00 PM – 3:30 PM: Part II
• 3:30 PM – 4:00 PM: Wrap-up & CEU allocation

Continuing Education:
6.00 contact hours will be provided for licensed counselors (LPCs, LCPCs), licensed social workers (LSWs, LCSWs), psychologists, and Registered Dietitians (RDs).

Our Mission:
To promote a healthy balance of body, mind, and spirit and to question societal values which counter our culture's excessive focus on appearance and weight.
**About our Speakers & Training**

*Molly Kellogg, LCSW, CEDRD,* has had a private practice in Philadelphia since 1985, first as a dietitian starting in 1985 and since 1995 as a therapist. She was delighted to find the Internal Family Systems (IFS) model in 2014 and is certified by the IFS Institute. Her IFS experience includes Level 1, 2 and 3 training and serving as training staff. She partners with Diana Dugan Richards to provide Introductory workshops on IFS for Nutrition Professionals.

*Dianna Dugan Richards, RDN, LDN, RYT* has over 20 years’ experience as a registered, licensed dietitian, and 10 years as a nutrition therapist and Level 3 certified Internal Family Systems practitioner. Since 2011, IFS has served as her primary modality in her private practice for clients with a wide array of disordered eating. She has created and co-facilitated Introduction to IFS for Nutrition Practitioners workshops with Molly Kellogg, LCSW, CEDRD, the IFS Continuity Program with Jeanne Catanzaro, PhD, and ongoing independent presentations for those new and experienced with IFS. She has staffed many Level 1 and Level 2 trainings and offers consultation to dietitians who have completed Level 1 IFS training.

**Educational Objectives**

- Discover the basic concepts of the Internal Family Systems (IFS) Model.
- Examine how the IFS model approaches the treatment of eating disorders and disordered eating.
- Integrate the IFS model concepts with clients with disordered eating.
- Differentiate the role of the dietitian and the therapist in an IFS treatment team

Internal Family Systems (IFS) is an evidence-based therapeutic technique, conceptual framework and practice used by a wide range of professionals. Integrating the IFS model guides the client to 1) identify the self-protective function of polarized cognitions expressed through eating and resultant eating disorder behaviors; 2) identify and address the cognitive, emotional and physical triggers driving this internal dialogue particularly the anticipation of loss of control, negative self-evaluations, and self-blaming, self-shaming thoughts; 3) identify the ambivalence behind eating patterns, and 4) identify fears and other feelings that arise in response to shifting to more nourishing choices.