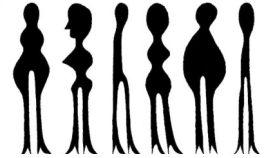




In Zusammenarbeit mit der
Österreichischen Gesellschaft für Essstörungen
(ÖGES) www.oeges.or.at
und der Medizinischen Universität Innsbruck,
Univ.-Klinik f. Med. Psychologie

Anorexie
Bulimie
Adipositas



NETZWERK ESSSTÖRUNGEN

2. Internationaler Klinischer Tag

2nd Pre-Congress Clinical Day

“Body image and exercise in eating disorders: Theory and Practice”

October 19, 2017, Alpbach, Tyrol, Austria

Wir freuen uns, heuer, anlässlich des 25jährigen Jubiläums des Kongress Essstörungen – wie zuletzt bei unserem Kongress Essstörungen 2009 - einen ganztägigen Workshop mit Michel Probst anzukündigen. Unser Clinical Day hat eine klinisch Ausrichtung und ist für in der Praxis oder Forschung tätige KollegInnen gedacht, besonders für PhysiotherapeutInnen, ErgotherapeutInnen, PsychologInnen, PsychotherapeutInnen und PsychiaterInnen und ÄrztInnen.

Auch für diesen Clinical Day können Abstracts für Vorträge und Workshops eingereicht werden. Bitte verwenden Sie dazu das Abstractformular und geben Sie an, dass das Abstract für den Clinical Day Body Image gedacht ist.

**Prof. (FH) Mag. Dr. Karin
Waldherr, Wiener Neustadt
Univ.-Prof. Dr. Günther Rathner.
Innsbruck
Wissenschaftliche Leiter
Kongress Essstörungen 2017**

To celebrate our Jubilee 25th international Conference, with pride and privilege we announce our 2nd Full-day Clinical Day on Thursday, October 20, 2016 in Alpbach. As has been the case last at our Congress in 2009, the sessions will be presented by Michel Probst. The Clinical Day is aimed at enhancing the clinical skills of attendees, especially Physiotherapists, Occupational therapists, Psychologists and Psychiatrists and medical Doctors.

For this Clinical Day Abstracts for oral presentations and workshops can be submitted. Please use the abstract form and indicate, that the Abstract is for the Clinical Day Body image

***Prof. (FH) Karin Waldherr, Dr. Sc.,
MSc, Wiener Neustadt
Prof. Günther Rathner, Ph.D,
Innsbruck
Convenors & Chairs
Eating Disorders Alpbach 2017***

PROGRAM

Michel Probst, University of Leuven, Leuven, Belgium

“Body image and exercise in eating disorders”. Theory and Practice

Pre-Congress Clinical Day for

Physiotherapists, Occupational therapists, Psychologists, Psychiatrists, medical Doctors, a. o.

Abstract:

Patients with eating disorders have an intense fear of gaining weight and present a negative body experience and a disturbed body perception (weight, circumference and form). Excessive exercise, drive for activity or hyperactivity are considered to be a secondary symptom in the diagnostic of patients with eating disorders and are characterized by a voluntary increase of physical activity, a compulsive urge to move and by the dissociation of fatigue. These characteristics are the two cornerstones for therapy in children, adolescents and adults with eating disorders problem in an in- or outpatient treatment. More concrete, the objectives for body image therapy are (1) rebuilding of a realistic self-concept, (2) curbing hyperactivity and (3) developing social skills. There are several ways to accomplish the above-mentioned objectives. Therapists have a wide array of skills which can be applied successfully in treatment of AN. Different therapeutic interventions aimed at improving the body experience in patients with eating disorders can be used: postural training, relaxation training, mindfulness, tai chi and yoga, breathing exercises, physical activities, sensory awareness and self- perception (mirror exercises and body awareness),

The goal of this workshop is to present practical guidelines for therapeutic management in eating disorder, recommendations based upon more than 35 years of clinical experience. At the end the question “Do patients with eating disorders benefit from body image therapy?” will be elaborated.

Physiotherapy and occupational therapy are often overlooked as an adjunctive treatment for patients with eating disorders. However, the integration of body image therapy is based on the experience in both the body and the body in movement, two important issues integral to eating disorder pathology.

Physiotherapists, Occupational therapist, psychologists and other health care providers have each a wide array of skills which can be applied successfully in treatment of patients with eating disorders. From our clinical experience, the specific therapeutic techniques and the collaboration between the health care providers represents a potent clinical addition to available treatments of eating disorders. **The workshop is focused on in- and outpatient treatment as well as individual and group therapy for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorders.**

The goals of the workshop

- To propose and to experience “therapeutic exercises” based on our clinical experience
- To analyze the research data in regard of body experience and excessive exercise
- To learn from each other practice and to exchange experiences
- To discuss the pros and the cons, the therapeutic and practical implications

Keywords:

Selected References/ Literatur:

Prof. Michel Probst, PT, PhD obtained in 1997 his PhD Rehabilitation and Physiotherapy. He is part-time professor in rehabilitation in mental health at the Department of Rehabilitation Sciences, Faculty of Kinesiology and Rehabilitation Sciences at the KU Leuven, Belgium and part-time head of the department physical therapy and psychomotor therapy of the University Psychiatric Center-KU Leuven, campus Kortenberg.

He is at the KU Leuven responsible for the research group “Adapted physical activity and psychomotor therapy” and the coordinator of the education of “Rehabilitation Sciences in Mental Health”.

Since 1979, he worked with different mental health disorders at the University Psychiatric Centre KU Leuven. He is specialized in physiotherapy and eating disorders. He is founder and president of the International Organization of Physical Therapy in Mental Health (<http://www.wcpt.org/iopmh> and www.icppmh.org), a subgroup of the World Confederation of Physical Therapy. He has published more than 175 articles on physical therapy in mental health, psychomotor therapy and eating disorders in nine different languages. He gave more than 200 lectures and workshops abroad. His research interests are mainly the body experience and the movement behavior in mental health.

Contact Information:

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Anmeldung

Die Teilnahme an diesem Clinical Day ist KongressteilnehmerInnen vorbehalten und nicht in der Kongressgebühr inkludiert. Bitte nutzen Sie das Kongressanmeldeformular.

TeilnehmerInnen: Anmeldungen werden in der Reihenfolge des Einlangens berücksichtigt.

Ihre Anmeldung wird gültig mit dem Einlangen der Workshopgebühr und der Kongressgebühr und erst dann bestätigt.

Sprache: Englisch; es gibt keine Übersetzung.

Materialien: Die TeilnehmerInnen erhalten Handouts und eine Teilnahmebestätigung (8 Ausbildungseinheiten).

Zeit: Donnerstag, 19. Oktober 2017

Registration

Clinical Day attendance is limited to Congress attendees. The cost of the Teaching Day is not included in the Congress fee; please use the Congress Registration form.

Participants: registrations will be accepted on a "first come, first served" basis only. Teaching Day registration will not be confirmed until payment for Congress and Teaching Day is received in full.

Language: English; there is no translation.

Handout: Handouts and a certificate of attendance (8 hours education (CME)) are provided for participants.

Timetable: Thursday, October 19, 2017

Ort: Congress Centrum Alpbach, Saal
Popper, Alpbach, Österreich

Kosten: siehe Kongressanmeldeformular

*Venue: Congress Centre Alpbach, Popper
Hall, Tyrol, Austria*

Costs: see Congress Registration Form