



Laura Hill, PhD

## “Internal and Interpersonal Disconnections: Exploring How Anxiety and Eating Disorder Brain Responses Inform Treatment”

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*“My brain is wired to work against me. To compensate I need rituals (healthy) surrounding my meals times. Without this barrier the “noise” will surely overpower me time and time again.” (Adult client with AN).*

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When circuits between brain areas fail to respond accurately for persons who experience anxiety and eating disorders, sensations fail. Altered neural signals e.g., hunger or fullness, guide thoughts and impact responses such as binge eating, restriction and purging to establish a sense of calm and lower anxiety. Decision making suffers from erroneous brain signals. Thanks to advances in technology, and the development of an emerging treatment approach, Temperament Based Therapy with Supports (TBT-S), clinicians can better understand underlying brain responses in a way that can be translated into clinical practice. If the practitioner, educator, family member and client better understand neurobiological contributions to eating disorders and anxiety, specific treatment approaches, support and client responses become clearer. This half day training will introduce participants to why and how eating disorders and anxiety are expressed in the brain and identify intervention tools that reshape symptoms and shift behavioral responses from destructive to productive expressions.

**Friday, January 31, 2020**

**1:00-4:00 p.m.**

**Class of '62 Auditorium**

**University of Rochester Medical Center**

**Location: Rm. # G-9425 near the Flaum Atrium in the School of Medicine and Dentistry building**

**Parking: Validated parking available in Saunders Research Building Visitor Parking Lot**

**Cost: Free**

For additional information, contact Kayla Bradford (585-276-6102; [kayla\\_bradford@urmc.rochester.edu](mailto:kayla_bradford@urmc.rochester.edu))

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