

**24TH WORLD CONGRESS OF PSYCHIATRY
EATING DISORDERS COURSE
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**Comprehensive Approach to Eating Disorders:
Understanding, Assessment, and Treatment Strategies**

Duration: 4 hours

8am – 12 pm Break: 10 – 10:30 am

DESCRIPTION:

This 4-hour course comprehensively explores eating disorders, focusing on understanding, assessment, and treatment strategies. Participants will delve into the complex interplay of biological, psychological, and social factors contributing to these disorders, gaining insights into effective intervention methods and emerging research findings.

The course begins with an overview of eating disorders, highlighting the critical importance of early detection and intervention. Participants will then delve into the biopsychosocial model of eating disorders, examining the various risk factors, vulnerabilities, and societal influences that shape these conditions. Key topics include the impact of culture, media, and stigma on individuals experiencing eating disorders.

A significant portion of the course is dedicated to assessment and diagnosis, including screening tools and clinical assessment techniques validated in Spanish. Participants will explore the newly developed instrument, the Monterrey Eating Test (MET), and learn about diagnostic criteria, classification systems, and the challenges of differential diagnosis and comorbidities.

Understanding the psychological and physiological impact of eating disorders is essential for effective treatment. Participants will learn about the medical complications, health risks, and neurobiological underpinnings of these disorders, gaining insights into the holistic management of affected individuals and their families.

The course's unique focus is on research in eating disorders in Latin America, including initiatives such as the Eating Disorders Genetic Initiative in Mexico (EDGI-Mx) and the validation of assessment instruments tailored to the region's cultural context, like the MET.

Treatment approaches are explored in depth, emphasizing the importance of a multidisciplinary treatment team and evidence-based modalities such as cognitive-behavioral therapy (CBT), family-based treatment (FBT), and dialectical behavior therapy (DBT). Pharmacotherapy, medical management, and nutritional rehabilitation strategies are also discussed, along with considerations for co-occurring disorders and dual diagnosis.

Recovery and relapse prevention are key components of the course, focusing on the stages of recovery, support networks, and relapse prevention strategies. Participants will also learn about prevention initiatives such as the Body Image Program (BIP), which aims to reduce body dissatisfaction and the risk of eating disorders.

In the concluding session, participants will reflect on key takeaways from the course, develop personal action plans, and engage in closing remarks to consolidate their learning experience. This course provides a valuable opportunity for professionals to enhance their understanding and skills in addressing eating disorders within a comprehensive and compassionate framework.

AGENDA:

I. Introduction

- A. Objectives of the Course
- B. Overview of Eating Disorders
- C. Importance of Early Detection and Intervention

II. Understanding Eating Disorders

- A. Biopsychosocial Model of Eating Disorders
- B. Risk Factors and Vulnerabilities
- C. Impact of Culture, Media, and Societal Pressures
- D. Stigma and Misconceptions

III. Assessment and Diagnosis

- A. Screening Tools and Clinical Assessment.
- B. Monterrey Eating Test (MET)
- C. Diagnostic Criteria and Classification
- D. Differential Diagnosis and Comorbidities

IV. Psychological and Physiological Impact

- A. Medical Complications and Health Risks
- B. Psychological Effects on Individuals and Families
- C. Neurobiological Basis of Eating Disorders

V. Research in ED in Latin America

- A. EDGI-Mx
- B. Instruments validation in Spanish

VI. Treatment Approaches

- A. Multidisciplinary Treatment Team Approach
- B. Psychotherapy Modalities
 - 1. Cognitive-Behavioral Therapy (CBT)

- 2. Family-Based Treatment (FBT)
- 3. Dialectical Behavior Therapy (DBT)
- C. Pharmacotherapy and Medical Management
- D. Nutritional Rehabilitation and Meal Support
- E. Co-occurring disorders and Dual Diagnosis

VII. Recovery and Relapse Prevention

- A. Stages of Recovery
- B. Importance of Support Networks and Peer Groups
- C. Relapse Prevention Strategies
- D. Prevention: Body Image Program (BIP)

VIII. Conclusion and Reflections

- A. Summary of Key Takeaways
- B. Personal Reflections and Action Plans
- C. Closing Remarks