

EMDR Therapy with Disordered Eating

2/14/25

Libby McHugh, LISW-S, LICDC

Bio:

Libby McHugh, LISW-S, LICDC is an Independently Licensed Social Worker with supervisory designation (LISW-S), a Licensed Independent Chemical Dependency Counselor (LICDC) and a certified EMDR therapist in the state of Ohio and Michigan specializing in perinatal mental health, attachment trauma and addiction. Libby enjoys working with developmental and/or complex trauma, birth trauma and the entire perinatal experience, including struggles with conception and infertility. Libby earned her Master's from Case Western Reserve University and attended Ohio University for her undergraduate degree. Prior to her life as a therapist, Libby was an art teacher and fuses creative techniques into clinical work.

Libby has worked with a multitude of populations in the emergency room, residential and outpatient settings before co-establishing The Counseling and Wellness Group in 2017. Her aim is to provide accessible, evidence-based care in an outpatient environment to clients struggling with distress in their lives. Since its inception, CWG has become a trauma-focused practice with an all female staff of clinical providers.

Libby is also an EMDRIA approved certified EMDR therapist and completed her EMDR training through the Institute for Creative Mindfulness. She is an EMDR Consultant in Training (CIT) under Amber Stiles-Bodnar, LPCC-S and enjoys working with other clinicians to further develop their EMDR clinical skills. Libby offers Intensive Retreats with an emphasis on birth trauma and complex trauma, to allow working and/or busy individuals to do a deeper dive into stuck points in therapy or past traumas and to ultimately arrive at a reduction in distress.

Objectives:

- Identify Anorexia Nervosa, Bulimia Nervosa, ARFID and disordered eating and how phases 1-8 can be utilized in treatment
- Conceptualize eating disorders through the AIP model and the effectiveness of EMDR Therapy with this population

Description:

Do you need help with identifying Anorexia Nervosa, Bulimia Nervosa, ARFID and disordered eating? Do you need help conceptualizing these types of issues through the AIP/trauma lens and applying the 8 phases of EMDR? Workshop attendees will develop a basic understanding of eating disorders and obtain brief best practices suggestions when working with this population through the integrated lens of EMDR Therapy and the 8 phases.

Timed Outline:	
12:00pm – 12:05pm	Greeting, Introduction and Objectives
12:05pm – 12:10pm	Define Anorexia Nervosa, Bulimia Nervosa, ARFID and disordered eating
12:10pm – 12:20pm	Phase 1 Case Conceptualization, theme identification and common Negative Cognitions with those within the Disordered Eating population
12:20pm – 12:30pm	Disordered Eating Population and specific Phase 2 suggestions
12:30pm – 12:40pm	Phase 3 and Target Memory selection with Disordered Eating Population
12:40pm – 12:50pm	Phases 4-6 and Common Interweaves utilized in reprocessing with Disordered Eating population
12:50pm – 12:55pm	Phase 8 Reevaluation and Future Template suggestions for Eating Disordered issues
12:55pm – 1:00pm	Q&A and wrap up