

## Navigating Disordered Eating and Eating Disorders Within the College Mental Health Context: Assessment, Intervention, and Common Issues Including Multicultural Considerations Yuri Choi, Ph.D. and Shuchang Kang Ph.D.

**Date:** Friday, August 27<sup>th</sup>, 2021 **Time:** 8:30 AM – 11:50 AM **Location:** Zoom

**Registration Deadline:** August 25, 2021

**CE Credits:** 3 (Only be granted to those who attend the entire program and complete an evaluation)

Zoom link: To be provided  
after registration

### Program Description:

Eating disorders (ED) are serious conditions that can have a profound mental and/or physical impact, however, recovery is achievable with good prognosis being associated with early intervention (Chesney, Goodwin, & Fazel, 2014). ED commonly begin during adolescence or young adulthood (APA, 2013), which overlaps with the age of the majority of the college population. Hence, it is important for mental health providers working at university counseling centers to be able to understand common issues related to disordered eating and ED, accurately assess, and provide short-term service (e.g., ED therapeutic assessment) as appropriate and/or provide referrals for ED treatment (i.e., following the American Psychiatric Association Level of Care Guidelines; APA, 2006). Additionally, ED affect everyone regardless of gender, race/ethnicity, sexual orientation, or other identities (e.g., Eisenberg et al., 2011) with marginalized populations being disproportionately impacted (e.g., Diemer et al., 2015; Marques, et al., 2011; Wade, Keski-Rahkonen, & Hudson, 2011). As our college population is becoming more and more diverse, it is crucial for mental health providers working at university counseling centers to provide culturally sensitive assessment and interventions for ED. At the conclusions of the workshop, participants should be familiarized with ED assessment, intervention, and common issues related to disordered eating and ED, including multicultural considerations, within the college mental health context.

### Learning Objectives:

1. Identify how to assess disordered eating and eating disorders to determine the appropriate level of care within college mental health context
2. Apply the short-term ED therapeutic assessment model with specific intervention approaches within college mental health context
3. Analyze common issues related to disordered eating and eating disorders including multicultural considerations when working with college populations

### Agenda:

8:30 – 9:30 AM: Overview and assessment of disordered eating and ED

9:30 - 9:40 AM: break

9:40 - 10:50 AM: ED Assessment at a university counseling center and the short-term ED therapeutic assessment model

10:50 - 11:00 AM: break

11:00 - 11:50 AM: Common issues including multicultural considerations and case presentation

### About the Presenters:

**Dr. Yuri Choi** (pronouns: she/her/hers) is a licensed psychologist and has worked with college students at several university counseling centers and community clinics across the U.S. as well as South Korea while offering clinical and outreach services in both English and Korean languages. She currently serves as Senior Staff Psychologist and Eating Disorder Services Coordinator at University of California Irvine Counseling Center. Prior to her current position, Dr. Choi served as a licensed clinical psychologist and a Co-Chair of Eating Disorder and Disturbance Treatment and Outreach Team at University of Illinois Urbana-Champaign Counseling Center. She has conducted clinical assessments and individual/group therapy for clients with body image/eating concerns, participated in ED multidisciplinary team consultations, and provided supervision/training to pre-doctoral interns, Graduate Assistants, and peer educators. Dr. Choi has also provided various outreach programs to students and faculty/staff, including class presentations, The Body Project, and National Eating Disorders Association Walk. Dr. Choi has presented at international, national, and regional professional conferences on various topics such as multiculturalism/social justice, eating disorders/body image concerns, training/supervision, and outreach programming within college mental health context.

**Dr. Shuchang Kang** (pronouns: she/her/hers) is a licensed psychologist and has diversified clinical background in both university counseling and medical settings with specialties in health psychology and multidisciplinary care for disordered eating and eating disorders. During internship at UCSB CAPS, Dr. Kang was trained as a supervisor for the Body Project (i.e., an empirically-supported dissonance-based body acceptance intervention) and provided supervision and training to peer educators. During postdoctoral fellowship at Harbor-UCLA Medical Center, Dr. Kang was actively involved in both outpatient and inpatient eating disorders multidisciplinary treatment for underserved populations. Dr. Kang is currently a member of the Eating Disorders Multidisciplinary Consultation Team at UCI and collaborates with UCI Student Health Center providers in managing complex eating disorder cases. Dr. Kang also has extensive experiences in conducting community-based participatory research focusing on health-promotion prevention and intervention among underserved communities to address health disparities. Dr. Kang is passionate in serving undeserved and marginalized university population and promoting awareness to prevent disordered eating and eating disorders.

Click on the following link to register:

[\*\*REGISTRATION WEBSITE\*\*](#)



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