



Eating Disorders: Types, Causes, Symptoms & Support

Overview

According to the National Eating Disorder Association, 30 million people of all ages and genders will suffer from an eating disorder. The prevalence of eating disorders is increasing on college campuses and impacts females, males and transgender students. In addition to the behavioral, emotional and physical toll that occurs, an eating disorder is also known to negatively impact student success. This workshop discusses the 3 main eating disorders and their symptoms, how to recognize the warning signs of each disorder, and how to approach and support a person with an eating disorder.

Objectives

Students will learn:

- Review the definitions of Anorexia, Bulimia, and Binge Eating Disorder and learn the characteristics of each
- Understand when & why eating disorders develop
- Learn the emotional signs of an eating disorder
- Understand the physical signs of an eating disorder
- Review the behavioral signs of an eating disorder
- Learn how to approach, support and refer a person with an eating disorder

Presenter



Dr. Peggy Mitchell Clarke

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Dr. Peggy Mitchell Clarke is a clinical psychologist, mental health consultant, and retired psychology professor who earned her Bachelor's degree in Psychology from Brown University and her M.Ed. and Ph.D. in Clinical Psychology from the University of Virginia. Dr. Clarke worked as a psychotherapist in a wide variety of inpatient and outpatient mental health settings, and served on the Colorado state board of NAMI (National Alliance on Mental Illness) and as an executive officer for the Virginia and Rocky Mountain chapters of the Association of Black Psychologists. Her experience in higher education includes teaching psychology for 19 years at colleges and universities in Virginia and Colorado and serving as Director of Faculty Professional Development at Community College of Aurora and Associate Director of Career and Counseling Services at Christopher Newport University. Dr. Clarke is the author of *Do Something Different...For a Change: An Insider's Guide to What Your Therapist Knows (But May Not Tell You)* and *Doggie Tales: Lessons on Life, Love, and Loss I Learned From My Dog*. The host of the Living Well with Dr. Peg radio program, she also appeared on Denver's 9News Morning Show. She currently serves on the Behavioral Intervention Team at Community College of Aurora and is the President of Living Well Press, a mental health and wellness consulting firm and publishing company. Learn more at www.DrPegOnline.com.