

Breakout Session Two**ILLINOIS ROOM**

11:30 AM-12:30 PM

Applying Acceptance and Commitment Therapy (ACT) in the Treatment of Eating Disorders: A Values-Based, Compassion-Focused Approach***SPEAKER: Sabrina Rogers, MA NCC LMHC*****Description:**

This presentation explores the application of Acceptance and Commitment Therapy (ACT) in the treatment of eating disorders across the diagnostic spectrum. Rooted in psychological flexibility and guided by values-based living, ACT offers a powerful, evidence-based approach for helping clients disentangle from unhelpful thoughts and behaviors, including those rooted in diet culture, body shame, and perfectionism. This session will cover core ACT principles, their adaptation for eating disorder treatment, and practical interventions for building willingness, reducing experiential avoidance, and fostering self-compassion and recovery. Attendees will leave with actionable tools and case examples relevant for individual and group settings.

Objectives:

1. Identify and explain the six core processes of ACT and how they apply to eating disorder treatment.
2. Describe how experiential avoidance and cognitive fusion sustain disordered eating behaviors.
3. Apply at least two ACT-based interventions to promote psychological flexibility in clients with eating disorders.
4. Demonstrate how to incorporate values clarification into recovery work to support long-term behavior change.
5. Adapt ACT techniques to address body image distress and promote a non-diet, weight-inclusive framework.

Speaker Bio:

Sabrina Rogers is a licensed mental health counselor, certified eating disorder specialist, and owner of Health Hope Harmony. In 2023 Sabrina transitioned from a solo provider to owning a group practice where her deep commitment to client-centered care shifted to teaching and supervising provisionally licensed providers and master's student interns, fostering their growth in the field. Additionally, Sabrina is the author of a 90-day body image journal and the host of a podcast dedicated to mental health and body neutrality.

In her free time Sabrina enjoys reading, dancing at Jazzercise, baking, crafts, and in the warmer weather camping, kayaking, and geocaching with her husband, son, and their dog Emrys.