

Beyond Control: Eating and Feeding Disorder Recovery

presented by

Kaitlyn M. Connor, LMSW

Kaitlyn Connor is a Behavioral Health Clinician at The Institute of Living Adult Day Treatment Program, where she facilitates the learning, practice, and implementation of coping skills for patients seeking to alleviate symptoms of mood disorders and suicidal ideation. With a focus on trauma-informed care and practical lifestyle changes for overall wellness, Kaitlyn uses her experience and academic research to facilitate the patient process of 1) developing a deeper awareness and acceptance of themselves and 2) developing healthy coping and lifestyle skills to return to a previous or improved level of functioning.

By focusing on providing ethical, competent, and strengths-focused care, Kaitlyn has been able to put her Master of Social Work degree from Sacred Heart University to good use. Over the years, Kaitlyn's dedication and insight while providing group and individual therapy to children and young adults have garnered some recognition for meeting each client where they are, seeking to understand the client's perspective and internal narrative, encouraging the client to reflect on what changes they would like to make as well as why, and supporting them throughout the process of implementing those changes in a way that is both realistic and sustainable. Kaitlyn may spend her days at The Institute of Living, but it's the process of watching individuals gradually increase their well-being, authenticity, and self-efficacy through managing and overcoming life challenges that gets Kaitlyn up in the morning.

When she is not at The Institute of Living, Kaitlyn is an avid reader, movement and nutrition enthusiast, and loves to spend time learning something new or visiting her loved ones for chats over a good cup of coffee.

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<https://hartfordhealthcare.zoom.us/j/96407707094>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Identify Direct and Indirect Signs of Disordered Eating Thoughts and Behaviors.*
- 2. Describe screening tools to confirm an eating disorder diagnosis.*
- 3. Devise a List of Local Resources and Emergency Resources Available to Clients/Patients with Eating Disorder Symptomatology.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum of **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Kaitlyn M. Connor, LMSW: Nothing to disclose - 01/23/2025

