Overlapping Vulnerabilities: Unpacking the Intersection of Eating Disorders and Substance Use Disorders

January 26, 2027

1:30-2:30pm MT

Historically, we have treated eating disorders and substance abuse as isolated problems, forcing a choice of which to address first. True recovery requires a unified approach that treats both disorders simultaneously. This presentation will break down why addressing both conditions together is vital for lasting healing and how we can shift toward a more holistic, whole-person framework.

***Please note that this session **will not** be recorded or uploaded to our website.*



Learning Outcomes:

- Distinguishing different types of eating disorders (anorexia and bulimia will be the main focus) and how they overlap with specific substance use disorders
- Understanding the physiological and psychological reward systems when SUD, specifically AUD, and eating disorders are comorbid
- Identifying hurdles in recovery and what to look for when seeking a dual-diagnostic treatment center

Speakers:

Katie Card, Psychologist, MC, R. Psych., Owner of KC Psychology - In her work at the Aventa Centre of Excellence for Women with Addictions, Katie has had the privilege of supporting First Nations women on their healing and recovery journeys. She is also a member of the Northwest Angle #33 First Nation.

KC PSYCHOLOGY

Target Audience:
Counsellors, psychologists, social workers, mental health professionals, friends and family of loved ones with co-occurring eating disorders and addictions

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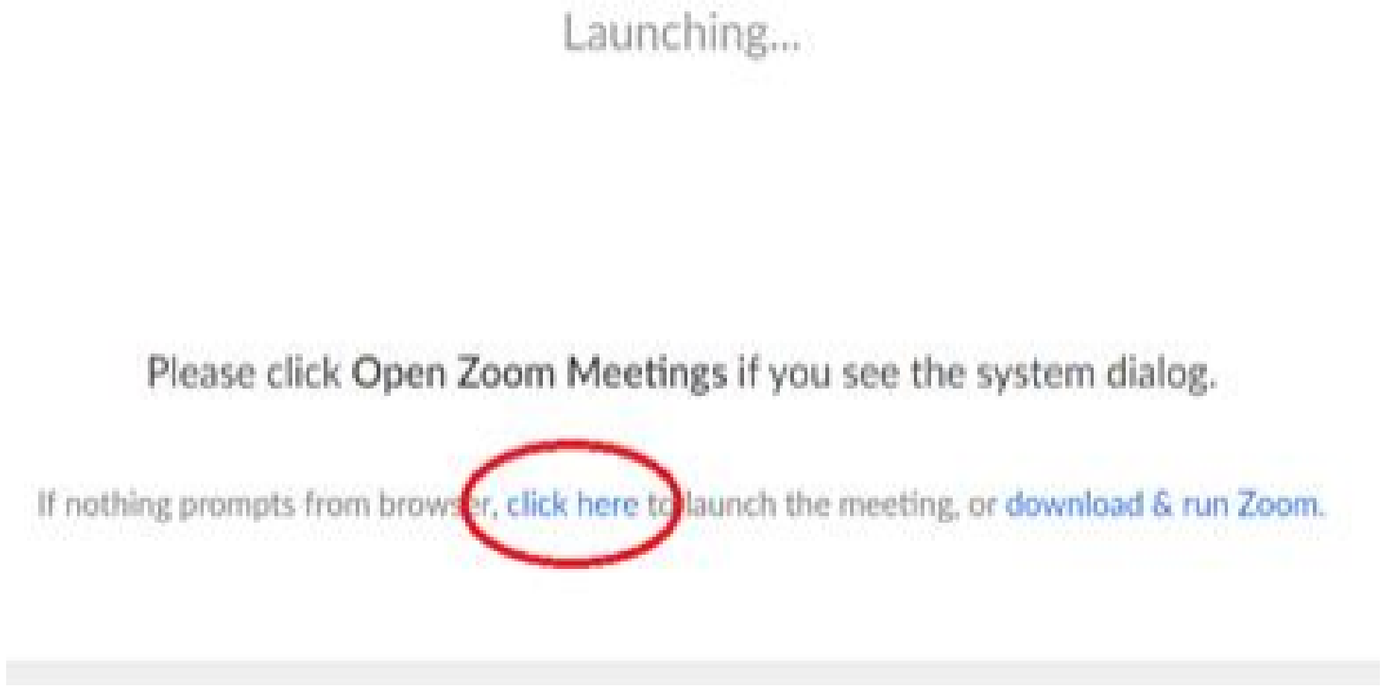
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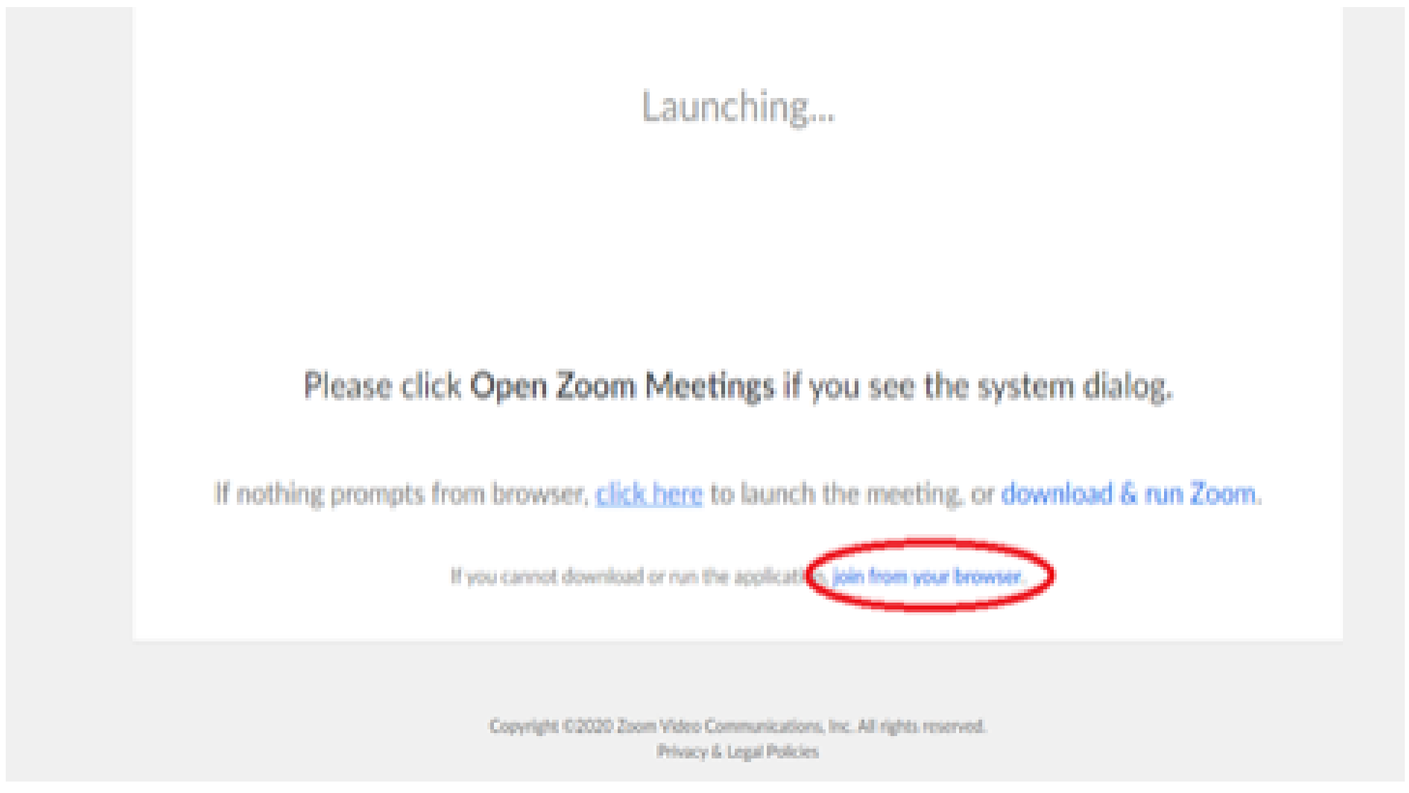
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