Friday, May 13, 2016

8:00-8:30AM  Registration and Check-In

8:00-8:30AM  Breakfast

8:30-9:00AM  Welcome

9:00-10:30AM  Keynote Address by Anita Johnston, PhD, CEDS

 For eons, ancient traditions in cultures across the world have used metaphor and storytelling for teaching and healing but only recently has modern science developed technology that gives us a glimpse into brain functioning, allowing us to see how these processes work. Many individuals struggling with eating disorders perceive their struggles with eating as unrelated to other aspects of their lives, and metaphor can be a useful tool to help them find important connections. This presentation explores the work of scientists who have discovered rigorous ways to study insight and metaphor by identifying the aspects of the brain that are better able to see hidden connections and the remote associations between separate ideas. It will describe the neuroscience research that supports the use of metaphor and stories in eating disorder treatment.

10:30-10:45AM  Refreshment Break

10:45AM-12:00PM  Concurrent Sessions 1

 Kelly Bhatnagar, PhD, Lisa LaBorde & Siobhan McGurk

 Panel presentation by clinicians and caregiver parents who used Family Based Treatment / Maudsley Method. The panel would cover strengths and weaknesses in their experiences, with an eye towards constructive evaluation of how manualized treatment protocols function in diverse real life situations. Interactions with practicing clinicians should provide useful dialogue to help improve clinical practice for future families.”

 Abigail Donaldson, MD, Allison Hall, LICSW & Alison Bologna

 In recent years, yoga has been receiving increasing amounts of attention as an ancillary treatment for individuals working to recover from an eating disorder. This workshop aims to examine the most recent research on the benefits of yoga, explore the various types of yoga available, identify the medical implications for encouraging patients to participate in yoga and discover resource opportunities to help make yoga more widely available. This discussion will be led by an interdisciplinary team including a certified yoga instructor and studio owner, a medical provider and a clinical social worker, all of whom have been actively involved in developing a collaboration between a yoga studio and a hospital- based eating disorder program.
Robyn Welk-Richards, Ph.D., MSW, LCSW & Deandra Christianson, MA, LPC

Reading Between the Lines when Treating Children and Pre-Teens

The main objectives of our talk are to highlight the unique clinical and medical characteristics of treating children and young adolescents battling eating disorders. We will be discussing the engagement process, therapeutic interventions and distinctive therapeutic interventions and strategies that we use when treating pediatrics and younger adolescents battling eating disorders. Theoretical framework receiving special attention is DBT.

12:00-1:00PM
Lunch

1:00-2:15PM
Concurrent Sessions 2

Dana Sturtevant, MS, RD & Hilary Kinavey, MS, LPC
Promoting Body Trust in Clinical Practice

The five core competencies of Body Trust™ Wellness (BTW) are weight-neutral self-care, intuitive eating, joyful movement, self-compassion, and redefining success. Using a combination of therapeutic approaches, including Health at Every Size®, BTW can help people truly heal their relationship with food and body by returning the clinical focus to more meaningful markers of health and well-being to improve quality of life and self-care practices. Because weight is a normative discontent (regardless of size) and weight bias impacts us ALL, this workshop is designed to help clinicians across a variety of practice settings deliver care that promotes inclusivity and helps to heal body shame.

Kathryn Ackerman, MD, MPH, FACSM
Clinical Approaches to Athletes with Disordered Eating/Eating Disorders – Adolescents to Adults

This workshop will discuss the Female Athlete Triad (Triad), Relative Energy Deficiency in Sport (RED-S), and the various effects of disordered eating and eating disorders on health and sports performance in female athletes. It will then present treatment strategies for athletes of different ages and sports involvement from recreational exercisers to Olympians. Sports medicine organization guidelines, adolescent medicine guidelines, evidence-based approaches, and clinical care differences will be discussed.

Angela Rowan, LICSW
Competent Care of the Transgender Eating Disorder Patient

This workshop will provide an overview of transgender identity, and the way transgender identity issues can intersect with eating disordered behavior. Guidelines for clinically competent care of transgender clients with eating disorders will be discussed. Opportunity for questions and discussion will be provided.

2:15-2:30PM
Refreshment Break

2:30-3:45PM
Concurrent Sessions 3
Making Sense from the Inside Out: Understanding the Why of Restrictive Eating

This workshop is designed to educate professionals working with restrictive eaters regarding sensory and motor challenges that may impact an individual’s food preferences. Participants will learn components of an established sensory-based oral motor program designed to evaluate and treat these challenges. Strategies that empower and educate clients to understand and progress with expanding their food repertoire will be highlighted. Participants will learn signs that may indicate a client is experiencing sensory and motor limitations that contribute to eating challenges in order to make effective referrals. Learning during this workshop and beyond will be enhanced by the use of case studies and provided resources.

Intuitive Exercise: Move to be Moved!

Exercise for the eating disorder sufferer is often either a part of their symptomatology or a source of dread. If, when and how to implement physical activity into the treatment and recovery process has been a source of considerable debate despite the fact that research has demonstrated the benefits and alleviated concerns about its potential contraindications. This workshop will include a review of the literature on compulsive exercise and ED, and provide attendees with a description of intuitive exercise and how to incorporate it into their patient’s recovery experience.

Beyond Meal Plans and Intuitive Eating: Practical Guidance for Using FBT, Dietary Research and Virtual Support

Practitioners need to know how to shift gears based on patients’ readiness for change, knowing when it’s appropriate to utilize a Family Based Treatment type approach versus a meal plan vs intuitive eating. We need to be armed with solid nutrition and metabolic facts to help debunk the misinformation about exercise, metabolic rate, fats, carbs, protein and calories. And we need to differentiate between a gluten aversion as a guise for restricting vs for management of a medical condition. Strategies for extending care virtually with between session supports will also be addressed.

Coming of Age in the Treatment of Eating Disorders: Adult Women, Perfectionism and Relational-Cultural Theory

From early childhood until their dying days, contemporary women experience relentless pressure to be perfect and the body is the canvas on which these pressures play out. Body satisfaction used to increase with age, but today 75% of midlife women express significant body distress and weight preoccupation. Under-diagnosed and under-served, 13 percent of adult women struggle with eating disorders, and with shame and ambivalence about seeking help. Through the lens of Relational-Cultural Theory, this presentation examines the biopsychosocial processes that promote the
disconnections associated with perfectionism and eating disorders. To facilitate reconnection with the self, the body, and others, RCT emphasizes growth fostering relationships, mutuality, and “fluid expertise,” with both client and clinician bringing wisdom and knowledge to create new neural and behavioral pathways towards recovery. The presentation examines case material incidence patterns, unique clinical issues and approaches, and implications for professional training and outreach, with ample time for discussion.

Saturday, May 14, 2016

8:00-8:30AM  Registration and Check-In.................................................................Welcome Table

8:00-8:30AM  Breakfast....................................................................................................Room x

8:30-9:00AM  Welcome.................................................................................................Room x

9:00-10:30AM  Keynote Address by Carly Guss, MD, Allegra Gordon, MPH, ScD & Jerel Calzo, PhD

Gender Identity, Gender Expression and Eating Disorders....................................................Room x

When working with adolescents and young adults with eating disorders, it’s important to be aware of how gender identity and gender expression may come into play. Prior research has demonstrated that sexual orientation can be associated with disordered eating behaviors and there is a growing focus on gender identity and gender expression in relation to disordered eating. How can providers navigate the changing landscape and evolving terminology related to gender identity and expression? This workshop will explore the distinctions between sexual orientation, gender identity, and gender expression and their intersection with eating disorder presentation and treatment. Participants will learn about the latest in research in this area and have the opportunity to draw on their own experiences and to practice what they have learned with role play and case-based exercises.

10:30-10:45AM  Refreshment Break.................................................................................Room x

10:45AM-12:00PM  Concurrent Sessions 1

Jenni Schaefer & Luana Marques, PhD.................................................................Room x

What You Need to Know about Trauma and PTSD: A Personal and Professional Perspective for Working with Eating Disorders

Combining research and clinical knowledge with a patient’s perspective, this unique keynote presentation reviews what eating disorder professionals need to know about working with individuals who struggle with posttraumatic stress disorder. While a significant number of women and men battling eating disorders report a history of trauma, research suggests that it is PTSD, not the trauma itself, that best predicts the development of the illness, particularly bulimia nervosa and other eating disorders characterized by binge eating and purging. Data indicate that 37-45% of adults with bulimia and 22-26% of those with binge eating disorder have a lifetime prevalence of PTSD—compared to 5-12% without an eating disorder. In this presentation, Dr. Luana
Marques will present up-to-date research in the field of PTSD and discuss key clinical implications for working with the eating disorders population. Author Jenni Schaefer, a recovered patient with a history of an eating disorder, will share her story of seeking professional help for symptoms indicative of trauma and PTSD, an experience that encompasses misdiagnosis, uninformed treatment methods, and, ultimately, the importance of evidence-based therapeutic and pharmacologic approaches as well as alternative interventions.

**Leah Graves, RD, LD, FAED, CEDRD & Scott Moseman, MD, CEDS**

*The Moving Target – A Discussion of Psychopathology, Psychopharmacology and Nutrition in the Adolescent and Young Adult Brain*

Though eating disorders occur throughout the life cycle, they generally begin during the period of rapid changes in the brain that occur during adolescence. Understanding how a brain responds to therapy, nutrition and medications can be quite complicated with a paucity of devoted research to this important subject. This session will explore the challenges and opportunities present in a developing brain.

**Robert Chapman, MSSW, LMSW, LADAC**

*Eating Disorders and the Triple Crown*

Clinicians have long been aware of the “triple crown effect” when working with eating disorders (i.e. eating disorders / sex and relationship based issues/, and chemical dependency). This presentation is designed to bring to the light issues that are apt to emerge with this dynamic and present clinical skill building for address of this pattern in those we work with. Classic patterns with sexual acting out will be addressed emphasizing both diagnostic categories as well as dynamics related to trauma, trauma bonds and arousal templates. External locus of control patterns and relationship or “love addiction” will also be covered as a means to “name the beast” with relationship patterns and attachments. Dynamics related to chemical addiction and the interplay with eating disorders will also be addressed. Experiential tools will be presented to assist with enlivening the work around this subject in the group room or individually with clients.

12:00-1:00PM

**Lunch**

1:00-2:15PM

**Concurrent Sessions 2**

**Kelli Malkasian, PsyD, CEDS**

*Complex Recovery: How to Identify and Respond to Unique Needs and Important Considerations for Clients in Recovery from Eating Disorders*

Recovery from an eating disorder is a complex process which requires special attention to multiple considerations about the structure, support, environment, and access to resources that can easily go overlooked. This workshop seeks to assist clinicians in identifying the complexities in their clients and to help them incorporate attention to these details in their treatment and aftercare planning. In doing so clients are significantly more likely to sustain recovery after discharging from a treatment center and will more easily reintegrate into their lives.

**Sharon Chirban, PhD**

*Intention: The Line Between Disorder and Passion*
In this interactive talk we'll examine the messages that come to clients (and all of us) through our culture - about beauty, our bodies, and health. We’ll discuss the ways in which those messages can affect relationships with our bodies, food, movement, and recovery from eating disorders. We’ll explore the sources and motivations behind these messages, the surprising effects they can have on every facet of our lives, and we’ll discuss practical steps that you can take to support your clients in recognizing and dealing with these messages as part of their recovery journey, and beyond.

Ragen Chastain
The World is Messed Up, You are Fine – Helping Clients Deal with the Culture of Body Shame

In this interactive talk we'll examine the messages that come to clients (and all of us) through our culture - about beauty, our bodies, and health. We’ll discuss the ways in which those messages can affect relationships with our bodies, food, movement, and recovery from eating disorders. We’ll explore the sources and motivations behind these messages, the surprising effects they can have on every facet of our lives, and we’ll discuss practical steps that you can take to support your clients in recognizing and dealing with these messages as part of their recovery journey, and beyond.

2:15-2:30PM
Refreshment Break

2:30-3:45PM
Concurrent Sessions 3

Lorraine Platka Bird, Ph.D., RD, CDE & Meg Salvia, MS, RD, LDN
Diabetes and Eating Disorders

Valerie Martin & Robert Chapman, MSSW, LMSW, LADAC
The Hydra: Weaving Together Greek Mythology, ACT and Experiential Therapy

In this workshop, Valerie Martin and Bobby Chapman will weave together principals from Acceptance & Commitment Therapy and experiential therapy to illustrate the nature of cross-addiction or “addiction interaction” between eating disorders and commonly co-occurring substance abuse, codependency, sex/love addiction, and other process addictions. Participants will learn experientially through an interactive role-play exercise using the Hydra from Greek mythology to symbolize the “multi-headed” nature of addiction. The presenters will also discuss how this highly effective experiential intervention (ideal for group therapy but also workable in individual) is rooted in evidence-based theory/practice including Internal Family Systems and Acceptance & Commitment Therapy.

Joanna Kay Mercuri, Donald Blackwell & Tina Klaus
Taking the "Th" Out of #Thinspiration – Utilizing Social Media to Encourage, Empower & Bring Hope to Those Battling or In Recovery from Eating Disorders

There has been much discussion of late regarding the negative impact that pro ana, #thinspiration, #fitspiration, #cleaneating and other similarly destructive social media “movements” can have and are having on those who are predisposed to, struggling with or in recovery from eating disorders – and what steps, if any, can reasonably be taken to
control or limit them. Generally speaking if there is a diet fad or unhealthy eating practice chances are there is a home for it and staunch advocates touting it on social media. We appreciate the challenges that these movements present not only for the vulnerable, but for those who are responsible for loving and treating them. However, we also feel strongly that, when used properly, social media platforms (e.g., Twitter, Pintrest, Instagram, Facebook, blogs, etc.) can be powerful tools of support and hope not only for those committed to recovery, but those who are struggling with these insidious diseases and lack the resources necessary to avail themselves of more traditional treatment and support vehicles.

3:45-4:00PM

Refreshment Break

4:00-5:30PM

Endnote Address by Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.iade, CEDS

Overview of ARFID: Avoidant/Restrictive Food Intake Disorder

In this presentation, Dr. Ovidio Bermudez will define and describe the new diagnosis included in the DSM-5, Avoidant/Restrictive Food Intake Disorder (ARFID), and how to effectively recognize and manage this patient population. First, he will cover the evolution of eating disorder diagnoses, and elaborate on the importance of differentiating Eating Disorder, Not Otherwise Specified (EDNOS) and Feeding Disorder of Infancy or Early Childhood criteria from the newly introduced ARFID diagnosis. Next, Dr. Bermudez will discuss creating an effective treatment plan to address the illness, which includes behavioral interventions and treatment of underlying conditions such as anxiety, obsessive-compulsive features or depression. In conclusion, he will share best practices and his recommendations to incorporate both the art and science of treating eating disorders. Presentation slides will include citations regarding data available on ARFID development,