

# MEDA's 20<sup>th</sup> National Conference

## **Spring Into Action: Infusing Creativity and Flexibility into the Eating Disorder Field**

MEDA's 20<sup>th</sup> National Conference will take place **on March 27<sup>th</sup> and 28<sup>th</sup>, 2015** at the Sheraton Hotel in Needham, Massachusetts. MEDA welcomes proposals from clinicians, researchers, educators, advocates, and all other interested persons. The 2015 MEDA Conference will explore in detail the most recent knowledge related to the field of eating disorders. Specifically, the conference will focus upon bringing together the newest and most creative approaches to treatment and applying them with flexibility to those who are struggling.

### **1) MEDICAL**

- a. Latest updates and information related to psychopharmacology and eating disorder treatment
- b. Non-traditional medical treatment modalities

### **2) PSYCHOLOGICAL**

- a. Binge Eating Disorder
- b. Attachment Theory
- c. Personality Disorders
- d. Internal Family Systems
- e. Acceptance and Commitment Therapy
- f. New and non-traditional treatments
- g. Gender issues
- h. Sibling issues
- i. Sexuality

### **3) NUTRITIONAL**

- a. Diet fads (Paleo, "clean eating", gluten-free, all-organic, raw)
- b. Counseling within the nutrition work
- c. Intuitive Eating
- d. Working with clients with strict dietary restrictions (celiac, diabetes, veganism, macrobiotic)
- e. Alternative approaches to nutrition

### **4) SOCIAL/CULTURAL**

- a. Insurance (barriers to care, working with insurance to meet patient needs, patient's rights)
- b. Size activism and Health at Every Size
- c. Couples work as part of Eating Disorder treatment
- d. DSM-5 and its effects on diagnosis and treatment
- e. School support for students with eating disorders, how we can collaborate
- f. Difficult provider decisions when working with students – medical leaves, sports clearance, study abroad, etc.
- g. Transgender population and Eating Disorder treatment
- h. The role of culture/ethnicity

Friday Workshops will be **3 hour Clinical Intensive Trainings**. Saturday Sessions will be **1 hour and 15 minutes** in length, which includes 10-15 minutes for questions. Expect to present in front of an audience of 100 to 200 people. Presenters will receive complimentary admission on the day they present at the conference, including meals on that day.

*Additional compensation is not available.* All speakers will be expected to adhere to the Conference Code of Ethics. We ask that you submit one application per year. To apply to present at the conference, complete the required application form and return it by **September 30<sup>th</sup>, 2014**. Applicants will be notified by October 14<sup>th</sup> concerning the status of their proposal. Please circulate this call for proposals to interested colleagues.

**Email: [BMayer@medainc.org](mailto:BMayer@medainc.org) OR Fax: 617-558-1771**

# Presenter Application

1.) Name: \_\_\_\_\_ 2.) Credentials: \_\_\_\_\_

3.) License #: \_\_\_\_\_ 4.) State(s) licensed: \_\_\_\_\_

5.) Mailing Address: \_\_\_\_\_

6.) Phone: ( ) \_\_\_\_\_ 7.) Email Address: \_\_\_\_\_

8.) Current Position/Title: \_\_\_\_\_

9.) Relevant Experience/Qualifications (3-5 sentences)

10.) Bio Sketch (as you would like to appear in Conference Program)

11.) Title of workshop \_\_\_\_\_

12.) Description of workshop (3-5 sentences)

13.) Target Audience

Academic     Clinical     General

14.) Suggestion Line (i.e. "Great for new clinicians") \_\_\_\_\_

**15.) Teaching method(s) specific to this workshop (please check all that apply):**

- Lecture       Powerpoint       Small Groups       Case Presentation       Interactive       Discussion
- Other \_\_\_\_\_

**16.) At least 3 OBJECTIVES/anticipated outcomes of presentation (must include *specific measurable actions* that learners will achieve as a result of attending the session)**

- 1.
- 2.
- 3.

**17.) Audiovisual Needs: (note: our AV budget is limited. We will try to work with you, but think about what you will really need for your workshop!))**

- LCD Projector       Laptop       White Board       Microphone       Audio       Other \_\_\_\_\_

**18.) Have you presented this workshop before?**

- No       Yes      If yes, where? \_\_\_\_\_

**19.) Bibliography (please list 3-5 references (books, articles, etc.) used to prepare presentation)**

- 1.
- 2.
- 3.
- 4.
- 5.

**20.) Please include the following with your application:**

- The most recent copy of your resume or CV
- A headshot

## Conference Code of Ethics:

The MEDA Conference attracts around 300 people annually. A majority of the conference attendees are clinically savvy and enjoy presentations that challenge them academically and emotionally. Your presentation will work best if it is:

- **Personal** – speak from your past experiences as a professional (whether academic or clinical). Try not to read just from prepared notes but attempt to speak from the heart.
- **Interactive** – attendees want to be engaged during your presentation. Each person in the audience is unique with varied learning styles. If you can use different modalities to teach (PowerPoint, didactic, role play, case studies), you will be more successful than just a straight lecture.
- **Organized** – the audience wants to feel that you have taken time to prepare a workshop that will be thoughtful, helpful and leave them wanting to hear more from you. If you are organized and on-target with meeting your objectives, your workshop is much more likely to be successful.
- **Honest** – if you are speaking about what has worked for you, don't be shy to state what has not worked. No one is perfect and attendees appreciate your presentation if it is open.
- **Clear and Concise** – try not to overload your presentation with information. You have a specific amount of time. Consider developing 3 objectives and trying to meet each one and leave time for questions at the end. Attendees want to ask questions!

Please remember that if you have been invited to speak you are expected to present on the topic that has been accepted. This is not an opportunity for an infomercial for any program or product you might be affiliated with professionally or personally. In order for MEDA to receive continuing education credentialing we must adhere to strict professional standards and that includes no commercial bias. We also expect you to maintain confidentiality.

Thank you for your commitment to continuing education.

