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20th National MEDA Conference

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

March 27-28, 2015

Platinum Partners:



Gold Partners:



About MEDA

MEDA's mission is to prevent the continuing spread of eating disorders through educational awareness and early detection. MEDA serves as a support network and resource for clients, loved ones, clinicians, educators and the general public.

MEDA does not necessarily endorse the materials and information that will be disclosed in the workshops or the information available at exhibit booths or the take one table.

Objectives

At the end of the MEDA Conference, participants will:

- Learn concrete skills that can be translated into inpatient and outpatient settings
- Understand the treatment of eating disorders from unique treatment modalities
- Learn how to provide more appropriate care through understanding the complexities behind eating disorders
- Understand different language to use when working with individuals and families

2015 Speakers

Abigail Donaldson, MD
Adrienne Ressler, MA, LMSW
Allison Hall, LICSW
Amy Gardner, MS, RD, LDN
Anita Johnson, Ph.D., CEDS
Anna Sweeney, MS, RD, LCD, CEDRD
Ashley Bade Cronin, RD, CSP, LDN
Bonnie Brennan, MA, LPC, CEDS
Colleen Lynch, MS, RD, LDN
Jillian Lampert, Ph.D., RD, LD, MPH, FAED
Judy Feldman, MD
Lindsay Brady, LICSW
Lizabeth Wesely-Casella
Marci Anderson, MS, CEDRD, cPT
Mark Warren, MD, MPH, FAED
Melissa McLain, Ph.D.
Michael Prager
Michelle Fornier, MD, MPH
Sondra Kronberg, MS, RD, CDN, CEDRD
Susan Tomlinson, Ph.D.
Tom Britton, DrPH, LCAS, CCS, ACS, LPC

AGENDA

Friday, March 27, 2015

8:00-8:30AM	Registration
8:30-9:00AM	Welcome
9:00-10:30AM	Keynote I
10:30-10:45AM	Break
10:45AM-12:15PM	Keynote II
12:15-1:15PM	Lunch*
1:15-2:30PM	Breakouts I
2:30-2:45PM	Break
2:45-4:00PM	Breakouts II
4:45-5:00PM	CEU Distribution

Saturday, March 28, 2015

8:00-8:30AM	Registration
8:30-9:00AM	Welcome
9:00-10:30AM	Keynote I
10:30-10:45AM	Break
10:45AM-12:15PM	Keynote II
12:15-1:15PM	Lunch*
1:15-2:30PM	Breakouts I
2:30-2:45PM	Break
2:45-4:00PM	Breakouts II
4:45-5:00PM	CEU Distribution

**Continental breakfast, buffet lunch and snacks will be served on both days.*

Refunds- Refunds will be granted, for any reason, up until the start of the conference.

For further information about the Conference please visit: <http://medaconference2015.eventzilla.net>

Registration

REGISTRATION ALSO AVAILABLE ONLINE at www.medaconference2015.eventilla.net

Friday, March 27, 2015	
Keynote I - Intersection of Recovery and Professional Training	ALL ATTENDEES
Keynote II – Irreconcilable? A journey from bariatric surgery to Health at Every Size	ALL ATTENDEES
Breakout 1.A. Autism Spectrum and Eating Disorders: Piecing apart the food issues 1.B. The Power of Connection: Social Media and its impact on neurobiology in the adolescent brain	1st Choice: _____ 2nd Choice: _____
Breakout 2.A. What’s More Pressing, the Weight or the Stigma? 2.B. Integrating Gender into Eating Disorder Paradigms and Care: A case-based discussion with practical recommendations	1st Choice: _____ 2nd Choice: _____
Saturday, March 28, 2015	
Keynote I - Ancient Wisdom meets Modern Neuroscience in the Treatment of Eating Disorders	ALL ATTENDEES
Keynote II – Transforming Language into Action: Promoting body-brain synchrony	ALL ATTENDEES
Breakout 1.A. Helping the Brain: Roles and risks of psychotropic medications in the treatment of eating disorders 1.B. Across the Great Divide: Merging cultural eating and recovery messages	1st Choice: _____ 2nd Choice: _____
Breakout 2.A. Mission Critical: The intersection of eating disorders and addiction 2.B. Understanding and Using Acceptance and Commitment Therapy (ACT) in the Treatment of Eating Disorders	1st Choice: _____ 2nd Choice: _____

Registration Rates (rates include CEUs)

Early Bird Registration Rates (through February 28, 2015)	
One-Day Rate (Friday or Saturday)	\$245
Friday and Saturday Conference Rate	\$445
Professional Member One-Day Rate	\$225
Professional Member Friday and Saturday Rate	\$395
Full-time Student One-Day Rate	\$110
Full-time Student Friday and Saturday Conference Rate	\$ 200
Registration Rates (through March 20, 2015)	
One-Day Rate (Friday or Saturday)	\$295
Friday and Saturday Conference Rate	\$495
Professional Member One-Day Rate	\$275
Professional Member Friday and Saturday Rate	\$445
Full-time Student One-Day Rate	\$140
Full-time Student Friday and Saturday Conference Rate	\$ 230
At the Door	
One-Day Rate (Friday or Saturday)	\$315
Friday and Saturday Conference Rate	\$515

Name (as you would like it to appear on your nametag, including credentials, organization, school, etc):

Address: _____
City: _____ State: _____ Zip: _____

Work Phone: _____ Home Phone: _____

E-Mail Address (for confirmation purposes)

Please list dietary restrictions:

Amount: \$ _____ Payment Method ___ Check ___ Credit Card

Below is my credit card information authorizing payment to be charged to my account

Card Number: _____ CVV _____

Expiration Date ____/____

Friday Workshops

Intersection of Recovery and Professional Training

9:00-10:30AM

Presenters: *Mark Warren, MD, MPH, FAED & Jillian Lampert, Ph.D., RD, LD, MPH, FAED*

It is well established that many professionals in the eating disorder field have personal history of an eating disorder. While there have been numerous discussions, there is no clear consensus on what time period someone should have strong recovery prior to working in the ED field, how and whether to have open discussions about ED history, and what to do when a professional working in the ED field experiences a relapse. These questions are very important to employers, individuals, and families alike as recovery becomes a more broadly discussed topic in the field. This workshop will review the current and developing data on the prevalence of personal histories of eating disorders in those working in the field. We will present a personnel policy recently developed by an eating disorder treatment program and seek feedback and discussion from the audience. We will also engage the audience in a discussion of their experience with these topics.

Irreconcilable? A Journey from Bariatric Surgery to Health at Every Size (HAES)

10:45AM-12:15PM

Presenter: *Marci Anderson, MS, CEDRD, cPT & Susan Tomlinson, Ph.D*

This presentation addresses the conflicts between bariatric surgery and eating disorder recovery. From the perspective of a Registered Dietitian and her client who has undergone bariatric surgery, the presenters will share strategies to move patients from a medical/bariatric paradigm to a Health at Every Size (HAES)/recovery paradigm. Personal experience as well as research and clinical tools to enhance practice will be shared. This presentation does not advocate bariatric surgery but rather thoughtfully investigates the process of skill development with intuitive eating, mindful movement and body trust post-surgery.

1.A. Autism Spectrum and Eating Disorders: Piecing Apart the Food Issues

1:15-2:30PM

Presenter: *Amy Gardner, MS, RD, LDN & Ashley Bade Cronin, RD, CSP, LDN*

One in 68 children are currently diagnosed with Autism. Similar personality traits and psychological profiles are seen in those with Autism Spectrum Disorders and Anorexia Nervosa. Which comes first? Could recognizing these traits early on help decrease incidence of anorexia? How do you know if the patient you're seeing is presenting with an eating disorder or sensory-based food selectivity? These are questions this workshop explores. It also will explore how those with Autism Spectrum Disorders can exhibit eating disorder behaviors and how using food as a reward in behavioral treatment programs for ASD can contribute to these disorders. Lastly, we will use an interactive exercise to demonstrate how individuals in feeding programs and eating disorder treatment may feel when presented with new foods. This will open up a discussion about how exposure desensitization and food chaining is used effectively with feeding disorders and the application to eating disorders, specifically when trying to increase variety of food accepted.

1.B. The Power of Connection: Social Media and its Impact on Neurobiology in the Adolescent Brain

1:15-2:30PM

Presenter: *Melissa McLain, Ph.D.*

With a focus on the power of connectivity, this presentation will review the sociocultural implications of human and technological connection. History, research and literature will be reviewed on the interplay between technology and neurobiology, body image, self-concept and sociocultural ideals. It will empower attendees to support adolescents working on eating disorder recovery to use social media to combat negative messages and promote positivity for themselves and their relationships. The presentation will be both didactic and interactive in nature and will include case examples from adolescent women working on recovery from eating disorders in residential treatment setting.

Friday Workshops

2.A. What's More Pressing, the Weight or the Stigma?

2:45-4:00PM

Presenters: *Michael Prager & Lizabeth Wesely-Casella*

We all want the end of weight stigma, but in the meantime, people need strategies for the real world. Wesely-Cassella and Prager will discuss the Health at Every Size (HAES) model versus pursuing weight loss. They will invite discussion of these and other approaches offered by audience members, and look at differing opinions on how healthcare providers should proceed ethically with offering one model or the other.

2.B. Integrating Gender into Eating Disorder Paradigms and Care: A Case-Based Discussion with Practical Recommendations

Presenters: *Abigail Donaldson, MD, Michelle Fornier, MD, MPH, Allison Hall, LICSW & Colleen Lynch, MS, RD, LDN* **2:45-4:00PM**

Using a case-based approach, the workshop will engage participants in a discussion of the unique aspects of caring for adolescents/young adults who experience body image disturbance related to both eating disordered thoughts and gender dysphoria. Strategies for how to approach psychosocial and physical assessment in this unique population will be presented. Participants will be encouraged to bring their own experience working with gender nonconforming youth to the discussion.

Saturday Workshops

Ancient Wisdom meets Modern Neuroscience in the Treatment of Eating Disorders

9:00-10:30AM

Presenters: *Anita Johnson, Ph.D.,*

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.

Transforming Language into Action: Promoting Body-Brain Synchrony

10:45AM-12:15PM

Presenter: *Adrienne Ressler, MA, LMSW*

Methods linking the pathways between brain and body produce a synergy that is at once powerful and mysterious and, to date, not readily measurable. This presentation will focus on the premise that language is a gateway to the body. Materials will help practitioners utilize listening and observation skills to identify, decode and “physicalize” idiomatic phrases, emotion/action words and trigger words as well as the relevance of timing and pacing in the client’s delivery, in order to read between the lines to discern what is *not* being said. These elements become touchstones to body awareness. The power of repetition, reinforcement and synchrony will be added.

1.A. Helping the Brain: Roles and Risks of Psychotropic Medications in the Treatment of Eating Disorders

1:15-2:30PM

Presenter: *Judy Feldman, MD*

This presentation will review the evidence-based psychopharmacologic treatment approaches for eating disorders. It will then address, with case examples, a strategy for treating comorbid psychiatric *symptoms* (like anxiety) and comorbid psychiatric *disorders* (like Bipolar Disorder) taking into account the physiologic changes that occur in patients with eating disorders and the physical and psychological sensitivity in these patients to medication side effects. Finally, it will describe what is currently known about the neurohormonal mechanisms determining hunger, satiety, cravings, and eating behaviors, and suggest some possible novel and innovative approaches to treatment.

1.B. Across the Great Divide: Merging Cultural Eating and Recovery Messages

1:15-2:30PM

Presenter: *Sondra Kronberg, MS, RD, CDN, CEDRD & Anna Sweeney, MS, RD, LCD, CEDRD*

Cultural messages about health and purity are getting stronger. The gap between the messages of recovery and the cultural messages is widening. We often fight to get our clients to eat the very foods that the current wellness culture is avoiding or challenge them to give up their only healthiest-cleanest-version mentally. The current cultural message, which advocates whole grains, naturally sweetened, chemical free, organic, gluten-free, etc., encourages restriction, can fuel black and white thinking and potentially fosters other eating disordered thoughts and behaviors. How can we as treatment providers partner with cultural wellness messages without getting rigid and stuck in disordered thinking and behaviors? Sondra will discuss how to incorporate what she has termed “preference over position” into recovery work. Discussions will include dialogs and strategies for understanding the current cultural food and eating messages and then developing the concepts of “choice” and “responsible freedom” into the recovery message as a means of bridging the gap between the culture’s “healthy eating” messages and the “eating disordered recovery eating” messages. Presenters believe that addressing this message conflict allows clients to have a more sustainable recovery in the current culture.

Saturday Workshops

2.A. Mission Critical: The Intersection of Eating Disorders and Addiction

2:45-4:00PM

Presenters: *Tom Britton, DrPH, LCAS, CCS, ACS, LPC & Lindsay Brady, LICSW*

An estimated 60% of Americans struggling with an eating disorder have a secondary substance use disorder. Current competency in treating substance use disorders within the eating disorder treatment community is low, reducing the overall treatment efficacy and recovery rate. This workshop will explore the causative factors shared by eating and substance use disorders and provide attendees with concrete skills in the screening and assessment of substance use disorders. It will increase treatment competence and provide clear guidelines on how, when and why to refer. The workshop will introduce a one of a kind evidence based model that addresses in an integrated manner individuals with co-occurring substance use and eating disorders.

2.B. Understanding and Using Acceptance and Commitment Therapy (ACT) in the Treatment of Eating Disorders

2:45-4:00PM

Presenters: *Bonnie Brennan, MA, LPC, CEDS*

This presentation will discuss the challenges of working with eating disordered patients, describe Acceptance and Commitment Therapy (ACT) and values based approaches, present practical tools and techniques for integrating ACT in treatment, and discuss case studies to illustrate effective use of ACT with eating disordered patients. Bonnie Brennan will present metaphors and illustrations for integrating ACT in the treatment of eating disorders, providing a “tool kit” of practical techniques. She will also explain the process of guiding a patient through accepting thoughts, feelings and being present, choosing a valued direction and taking action, answering question, “In what direction do you want to go?” and “What stands in your way?” Case examples and experiential exercises will be used to help professionals expand their skill sets in modifying rule governed behavior, using values as a compass, augmenting behaviors outside of the treatment setting and increasing overall psychological flexibility. Additionally, attendees will have invited to participate in exercises that clarify values and help to eliminate and/or enhance rule governed behavior.

Presenter Bios

Abigail Donaldson, MD



Abigail Donaldson is board certified in both Pediatrics and Adolescent Medicine. She received her medical degree from the University of Vermont School of Medicine, completed her pediatric residency at Robert Wood Johnson University Hospital and her Adolescent Medicine Fellowship at the Johns Hopkins Hospital. She is the Medical Director of the Hasbro Children's Hospital Eating Disorder Program, and as Assistant Professor of Pediatrics at The Warren Alpert Medical School of Brown University. She provides subspecialty care in eating disorders in the inpatient and outpatient settings, and works with a multidisciplinary team to provide comprehensive

Adrienne Ressler, MA, LMSW, CEDS



Adrienne Ressler is Vice President, Professional Development, for The Renfrew Center Foundation and has served as senior staff for 24 years. Adrienne attended University of Michigan where she also served as faculty in the School of Education. A body image specialist, she is a member of AED and serves as co-chairperson of the Academy's Somatic Therapies SIG.. She is a Fellow and past president of the Board of Directors of IAEDP. Author of chapters on the use of experiential and creative therapies for eating disorder in two textbooks, *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter* and *Treatment of Eating Disorders: Bridging the Research-Practice Gap*. Her work has also been included in the first Encyclopedia of Body Image and Human Appearance. A frequent contributor to the popular media, she has appeared on the Today Show and Good Morning American Sunday.

Allison Hall, LICSW



Allison Hall is a clinical social worker with The Eating Disorder Program at Hasbro Children's Hospital. She is a master's level social worker with independent clinical social worker licensure through the state of Rhode Island. She has extensive experience treating eating disorders in children and adolescents, as well as implementing social work services in the medical setting.

Amy Gardner , MS, RD, LDN



Amy holds a bachelor's degree in clinical nutrition from the University of New Hampshire and a master's degree in clinical nutrition from New York University. She completed her dietetic internship at the Bronx Veterans Affairs Medical Center. Her work experience includes the Klarman Eating Disorder Center, a partial and residential eating disorder program for adolescents at McLean Hospital where she acted as senior nutritionist, helping with program development and managing all aspects of nutrition care. Amy also worked at the Eating Disorder Program at Germaine Lawrence School in Arlington, MA and at the Pavilion Program and Behavioral Health Partial Program, both at McLean Hospital. She is a professional member of

MEDA. Amy is the founder of Metrowest Nutrition and has been practicing in the field of nutrition for 1 years. She started Metrowest Nutrition in 2010 after nine years in private practice in effort to expand nutrition services to individuals, families, business, schools and communities throughout the Metro West area. She also wanted to create a rewarding collaborative and supportive work environment for herself and other dietitians. In addition to managing the practice and supervising dietitians in the eating disorder field, Amy consults to schools, corporations and organizations throughout Greater Boston and Metro West. She participates on the feeding team at Barrett Family Wellness Center, a pediatric occupational therapy and speech therapy group in Northborough, MA that specializes in the treatment of Autism Spectrum Disorders. She is also partnered with a holdings company that manages a number of corporate and retain dining facilities throughout New England. Through this partnership, she aims to help shape positive nutrition messages on a larger scale.

Anita Johnston, Ph.D., CEDS



Anita Johnston, a clinical psychologist, certified eating disorder specialist, and story-teller. She is the author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling*, which has been published in six languages, and book chapters *Body Talk* in *Eating Disorders Bridging the Research Treatment Gap*, and *Eating Disorders as Messengers of the Soul*, in *The Psychospiritual Clinician's Handbook*. Dr. Johnson is the Clinical Director of 'Ai Pono Eating Disorders Program in Honolulu, Hawaii and Clinical Director of the newly opened residential facility, 'Ai Pono Maui on the island of Maui. She is the Clinical Advisor to Focus Treatment Centers in Chattanooga, Knoxville, and Memphis, Tennessee, and is also Senior Clinical Consultant to the EATFED Intensive Outpatient Programs in Sydney and Melbourne, Australia. Her latest project is the Light of the Moon Café, an online e-course and support circle for women around the world struggling with eating difficulties.

Anna Sweeney, MS, RD, LCD, CEDRD



Anna is the dietitian for Monte Nido at Laurel Hill in Medford, MA, and owner of Whole Life Nutrition. Anna is an expert in the treatment of individuals struggling with eating disorders, disordered eating and emotional eating. She combines her knowledge of the science of nutrition and experience in the treatment of eating disorders with direct, compassionate, and heartfelt care to help her clients recover. She is passionate about nutrition, wellness, and the pleasures of living a whole life. Her goal is help her clients to find that same joy in health in order to unleash their own wisdom and to appreciate the lessons found in caring for themselves.



Ashley Bade Cronin, RD, CSP, LDN

Ashley holds her bachelor's degree in nutritional science from the University of New Hampshire and received her dietetic training and Mount Auburn Hospital in Cambridge, Massachusetts. Ashley also is a Certified Specialist in Pediatric Nutrition through the Academy of Nutrition and Dietetics. Ashley's specialty areas include nutrition management for autism spectrum disorders and ADHA, feeding and eating disorders, adolescent nutrition, picky eating, infant nutrition, gastrointestinal disorders, failure to thrive, and non-diet approach to lifelong health eating for patients of all ages. She works with the feeding team at Barrett Family Wellness Center, a pediatric occupational therapy and speech therapy group specializing in autism spectrum disorders. She also provid-

Bonnie Brennan, MA, LPC, CEDS



Bonnie Brennan is the Senior Clinical Director of Adult Residential and Partial Hospital Services at Eating Recovery Center in Denver, Colorado, and has been at Eating Recovery Center since its inception in 2008, playing an instrumental role in the development of the adult programs. An engaging speaker and educator, Bonnie is a Licensed Professional Counselor and a Certified Eating Disorder Specialist, the Education Committee Chair of the IADEP Denver Metro chapter and a national and local member of the Association of Contextual Behavior Science. Bonnie has a Master's Degree in Counseling Psychology and Counselor Education with an emphasis on Marriage and Family Therapy from the University of Colorado at Denver, earning her Bachelor's Degree at the State University of New York. Aside from her expertise working with eating disorders, she is deeply committed

Colleen Lynch, MS, RD, LDN



Colleen Lynch is a pediatric registered dietitian at Hasbro Children's Hospital specializing in the treatment of eating disorders. She received her BS in nutrition and dietetics in 2011 and her masters in nutrition and health promotion in 2012, both from Simmons College in Boston. In 2013, she complete her dietetic internship at Keene State College in Keene, New Hampshire. She has been working at Hasbro since 2013 and is currently the lead inpatient dietitian working within a multidisciplinary team of eating disorder professionals.

Jillian Lampert, PhD, RD, LD, MPH, FAED



Dr. Lampert is the Chief Strategy Officer for The Emily Program, a comprehensive eating disorder treatment program with multiple Minnesota and Washington locations where she oversees community connections, marketing, business development, and policy work. Additionally, Dr. Lampert is President of the Residential Eating Disorders Consortium (REDC), an organization whose main goal is to ensure access to residential care for individuals by working collaboratively to address issues that impact the residential eating disorder treatment community. She is a current Board Member of The Emily Program Foundation, a Minnesota based organization promoting eating disorder education and advocacy and a member of the Eating Disorder Research Society (EDRS).

She holds an adjunct graduate faculty position in the Department of Food Science and Nutrition at the University of Minnesota.

Judy Feldman, MD



Dr. Judith Feldman graduated from Harvard Medical School in 1969. She completed a medical internship at D.C. General Hospital, a psychiatric residency at Johns Hopkins Hospital and Massachusetts Mental Health Center and a year of Child Psychiatry Fellowship at Cambridge Guidance Center. From 1975-2000 she was a Staff Psychiatrist at Harvard Community Health Plan (HCHP, now Harvard Vanguard Medical Associates) and also held various management positions, including Chief of Mental Health, Kenmore Center, and Chief of Central Mental Health Services. While at HCHP, she developed a model of brief group treatment for patients with bulimia. She also helped to develop and implement

guidelines for the treatment of Anorexia Nervosa, Bulimia Nervosa and Morbid Obesity. From 2000-2002, she served as Staff Psychiatrist to the Women's Trauma Unit at Arbour HRI Hospital. She evaluated and treated inpatients with complex trauma and eating disorders. She organized and led an intensive training program for the medical and nursing staff on the inpatient and partial hospital treatment of eating disorders. Since 2002, she has had an individual practice of psychiatry in Brookline, MA. She has collaborated on outpatient treatment teams with nutritionists, psychotherapists and primary care physicians. She has supervised nurse clinical specialists in pharmacology and psychotherapy, often with an emphasis on the treatment of eating disorders. She has given numerous lectures and workshops on the role of the psychiatrist in the outpatient treatment of eating disorders and the psychopharmacologic treatment of eating disorders. She is a Distinguished Life fellow of the American Psychiatric Association.

Lindsay Brady, LICSW



Lindsay Brady is a licensed independent clinical social worker with a private practice in Framingham, MA. She earned her master's degree in social work from Wheelock College in 2006, and has since practiced in a variety of settings, serving many different populations. Lindsay's clinical roots began with inpatient crisis stabilization, and long term residential care for individuals struggling with symptoms of pervasive mental illness, and psychosis. During her work with this specific population, Lindsay enhanced her clinical expertise with a number of therapeutic approaches and interventions, notably Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT), and Cognitive Restructuring for PTSD (CR for PTSD).

In 2011, Lindsay took on the role of Clinical Director for the Multi-service Eating Disorder Association in Newton, MA. Through her role at MEDA, Lindsay was able to focus specifically on working with individuals, families, and couples seeking comprehensive eating disorder assessment and support. In 2014, Lindsay stepped down from her role as Clinical Director, to act as MEDA's primary consultant on complex community cases, in addition to expanding her work in private practice to include a considerable amount of attention to issues relating to dual diagnosis in eating disorder recovery.

Lizbeth Wesely-Casella



Lizbeth Wesely-Casella is a weight stigma prevention advocate and a binge eating disorder expert. She works in Washington, DC as a coalition builder and a speaker addressing the impact that size discrimination has on our economy, education and labor pools as well as the profound effects on those with eating disorders. Lizbeth leads the Weight Stigma Stakeholders Group, a coalition of industry professionals dedicated to addressing weight stigma and discrimination in policy, government, industry and education. As a speaker, Lizbeth blends science, humor and cultural wisdom to engage her audience, creating a clear understanding of where health disconnects from body shape and that neither impact personal value or character. Lizbeth's weight stigma prevention advocacy has allowed her to speak in the Senate, on film and in radio. Her advocacy work has impacted program design from college campuses to the White House in an effort to prevent weight bias and stigma in programs including Let's Move!.

Marci Anderson, MS, CEDRD, cPT



Marci Anderson is the owner of a group nutrition practice in Cambridge, MA. She specializes in eating disorder recovery and is passionate about helping clients heal their relationship with food, exercise, and their bodies. She is a Certified Eating Disorder Registered Dietitian, a certified Intuitive Eating professional, and an ACSM certified personal trainer. In addition to individual client work and supervising the RDs on her team, Marci is an adjunct professor for Plymouth State University's Eating Disorder Institute as well as at Northwestern University. She has spoken nationally on the topics of eating disorder recovery, Intuitive Eating and the role of the RDN on the eating disorder treatment team.

She loves social media so tweet her @marciRD. Most recently, Marci developed and is facilitating a comprehensive online training programs for RDNs and dietetic students interested in treating eating disorders. She strongly believes in educating RDNs in the art of integrating therapeutic concepts into nutrition counseling. Marci also serves as the eating disorder resource professional for The Behavioral Health Nutrition practice group of The Academy of Nutrition and Dietetics.

Mark Warren, MD, MPH, FAED



Dr. Mark Warren is the Chief Medical Officer of The Emily Program and the co-founder director of the Cleveland Center for Eating Disorders. A graduate of the Johns Hopkins University Medical School, he completed his residency at Harvard Medical School. He is on Faculty at Case Medical School and teaches at University Hospitals of Cleveland and The Cleveland Clinic Foundation. Dr. Warren is a Distinguished Fellow of the American Psychiatric Association, a Fellow of the Academy of Eating Disorders, where is co-chairs the SIG in Professionals and Recovery. He led the Males and ED SIG at AED for many years. He is a two-time recipient of the Exemplary Psychia-

Melissa McLain, Ph.D.



Dr. Melissa McLain is a licensed psychologist and a certified eating disorder specialist. Serving as Clinical Director of Oliver-Pyatt Centers since 2008, she has extensive experience in the treatment of anorexia, bulimia binge eating disorder and compulsive over-exercise. She received her doctoral degree in counseling psychology from the University of Southern California, and completed doctoral training at the University of California, Davis, as an eating disorder specialist and multidisciplinary team coordinator. Dr. McLain is an active board member of the Miami-Dade NEDA committee. She has presented national on eating disorders, body image, food rules and self-care at conferences by the National Eating Disorder Association, the Binge Eating Disorder Association, and the International Association for Eating Disorder Professionals. Her daily work is dedicated to providing and overseeing the successful treatment of women working towards recovery.

Michael Prager



Before focusing on writing books and speaking professionally, Michael Prager was a daily newspaper journalist for 30 years, most recently for 14 years at the Boston Globe. He most often applies his storytelling skills to his experiences of having been fat, and then obese, for most of his first 30 years and is 23 maintaining a 155-pound loss.

Michelle Forcier, MD, MPH



Michelle Forcier is currently an Associate Professor of Pediatrics and Assistant Dean of Admissions at the Brown University Alpert Medical School. She received her medical degree from the University of Connecticut School of Medicine, obtained a Master's in Public Health and completed a Robert Wood Johnson Clinical Scholars fellowship and Preventative Medicine residency at the University of North Carolina. She has been providing adolescent health services, specializing in sexual health care since 1997. She has researched and written on the topic of adolescent and young adult sexual health, with an interest in underserved populations. Her professional background has focused on sexual health issues including: lesbian, gay, bisexual, transgender, queer, and questioning youth with a focus on gender nonconforming youth, puberty blockers and hormones; contraception and advanced family planning; pediatric and adolescent gynecology; and transition medicine for older youth with complex medical problems. She has been involved in medical education and training at Brown University, Northwestern University and University of North Carolina, Chapel Hill for over 15 years.

Sondra Kronberg, MS, RD, CDN, CEDRD



Sondra Kronberg is Founder/Nutritional Director of the Eating Disorder Treatment Collaborative located on Long Island and in New York City. She is the developer and Executive Director of FEED (Facilitated Eating Events and Direction) IOP. She is a licensed clinical nutritionist, certified eating disorder specialist, treatment consultant advisor and media spokesperson with over 30 years of experience and a recognized leader in the field. In 2010, Sondra received the IAEDP Certified Eating Disorder Professionals Award. She is a member of the Founders Council of NEDA, former Board Trustee of NEDA and current media spokesperson and clinical advisor to their support groups. Sondra was awarded the NEDA 2004 Excellence in Treatment Award and SCAN 2002 Excellence in Practice Award. She is the author of the Eating Disorder Learning/Teaching Handout Series Manual on CD and contributing author of the Eating Disorders Clinical Guide to Counseling and Treatment. Sondra was recently appointed to the Advisory Council of Monte Nido & Affiliates. Sondra appears regularly as a national television media spokesperson and can be seen on Anderson Cooper, 20/20, Fox 5 News and Dr. Oz.

Susan Tomlinson



Susan Tomlinson is an associate professor of English at the University of Massachusetts Boston, where she teaches courses in late nineteenth and early twentieth-century American literature, and a co-editor of *Legacy: A Journal of American Women Writers*. She is also a bariatric patient who suffered with binge eating disorder for 30 years. Since undergoing bariatric surgery in September 2013, Susan has worked intensely with a psychoanalytic therapist and a nutrition therapist to examine the roots of her disordered eating and heal her relationship with food and her body. With a newfound interest in HAES and Intuitive Eating models, Susan is actively pursuing full recovery. She is also exploring how to integrate her personal recovery into her academic work in feminist critical and cultural theory.

Thomas Britton, DrPH, LCAS, CCS, ACS, LPC



Tom's involvement in the behavioral health field spans more than 20 years, and his extensive work history provides a rich background from which he leads CRC Healthcare's Eating Disorder Division. Throughout his professional career, he has held the belief that "all people hold the innate potential to improve their life and the lives of those around them." Tom is committed to lifelong learning, completing a Doctorate in Public Health at the Gillings School of Global Health, a master's degree in addiction treatment and a master's in marriage and family therapy. Tom has worked as a clinician in various settings and as expertise in addiction treatment, DBT, trauma therapies, and eating disorder treatment. Tom acted as a CARF accreditation surveyor for eight years, empowering agencies throughout the



Who Is Invited?

MEDA welcomes eating disorder specialists and non-specialists to take part in the 2014 Conference. Certain workshops are designed to meet the needs of advanced professionals and others are targeted to a more general audience.

Accreditation

MEDA has applied for Continuing Education Credits for LICSW's, RD's LMHC's, MDs, PhDs and RNs

The total amount of CEU accreditation credits available for this year's conference is 11 credit hours.

Please refer to our conference website for more details on accreditation.

Friday and Saturday Sessions– 5.5 CEUS available each day, 11 CEUS for both days

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of McLean Hospital and MEDA. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this live activity for a maximum of 11 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists

This program is co-sponsored by McLean Hospital and MEDA. McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. This offering meets the criteria for 11 C.E. hour(s) for psychologists. For more information please email RBMonroe@medainc.org.

Registered Nurses

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 11 contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

Mental Health Counselors

This program has been approved by MAMHCA for up to 11 continuing education units.

MEDA is awaiting approval for:

Dietitians

Social Workers

Resolution of Conflict of Interest: McLean Hospital has implemented a process to resolve COI for each CME activity. In order to help ensure content objectivity, independence, fair balance, and ensure that the content is aligned with the interest of the public, McLean Hospital has resolved the conflict by External Content Review

Room Rates and Reservations

The following special room rate is being offered to MEDA guests by the Needham Sheraton Hotel: \$139.00 single/double.

Reservations must be made by March 29, 2015 for this rate to apply. To make your reservation online click the link below or call 1-800-325-3535 and use the group code MEDA. <https://www.starwoodmeeting.com/Book/MEDA2015>