

The Multi-Service Eating Disorders Association
Presents the 23rd Annual Conference

**MAKING OUR OWN LUCK:
CREATING STRENGTH BASED CHANGE
IN EATING DISORDER RECOVERY**

MARCH 16 AND 17, 2018
BOSTON MARRIOTT - NEWTON



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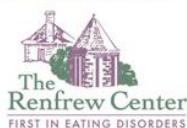
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2018 Conference Objectives

At the end of MEDA'S 2018 Conference Program, attendees will:

- Examine clinical practice with specialized populations
- Identify and effectively respond to weight bias
- Recognize and interpret clinical challenges and ethical dilemmas involved in treatment of eating disorders

Registration and Continuing Education Credit Hours:

Conference registration fees include all keynotes, endnotes and breakout sessions, as well as, breakfast, lunch and refreshments.

Who Is Invited?

The MEDA Conference is primarily designed for doctors, nurses, psychologists, social workers, mental health counselors, dietitians and other healthcare professionals who focus on the treatment and care of patients with eating disorders and subclinical eating disorders. Certain workshops are designed to meet the needs of advanced professionals and others are targeted to a general audience.

Accreditation:

Friday single-day registration: 5.75 continuing education credits.

Saturday single-day registration: 6.5 continuing education credits.

Full Conference (two-day registration): 12.25 continuing education credits

Friday single-day registration: 5.75 continuing education credits. Social workers are eligible for 5. continuing education credits.

Saturday single-day registration: 6.5 continuing education credits Full Conference (two-day registration): 12.25 continuing education credits

- **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 The Multi-Service Eating Disorders Association. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 12.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.
- **Psychologists:**
 - Friday single-day registration: This program is co-sponsored by McLean Hospital and The Multi-Service Eating Disorders Association. 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 5.75 C.E. hour(s) for psychologists.
 - Saturday single-day registration: This program is co- sponsored by McLean Hospital and The Multi-Service Eating Disorders Association. McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this pro- gram and its content. This offering meets the criteria for 6.00 C.E. hour(s) for psychologists.
 - Full Conference (two day registration): This program is co-sponsored by McLean Hospital and The Multi-Service Eating Disorders Association. 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 12.25 C.E. hour(s) for psychologists. **For more information, please call 617-558-1881 x 20.**

- **Registered Nurses:** “This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 12.25 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:** Application This program has been approved by MAMHCA for up to 12.25 continuing education units.
- **Social Workers:** This program has been approved for 5.5 Social Work Continuing Education hours on Friday for re-licensure and 6.5 hours on Saturday. in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D72341 -1 and D72341-2. The Social Work licensing board does not allow .25 credits.
- **Dietitians:** This program has been approved by the Commission on Dietetic Registration for 12.25 CPEUs.

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

About MEDA: MEDA’s mission is to **HEAL, EDUCATE** and **EMPOWER** our community to support the people, families and other community members impacted by eating disorders; to stop the spread of eating disorders through educational awareness and early detection; and to promote greater acceptance of all body types. 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.

MEDA'S 23rd National Conference Speakers

(In Alphabetical Order)



Matt Bartlett ME, LMFT has had many different roles in the treatment industry during his career. After graduating with the Master of Education from the University of Oregon he has worked with adolescent males and females and across the spectrum of services from the beginning stages of residential treatment to the transition home. As the executive director of New Haven he brings not only a strong clinical background but passion for increased learning and teaching.



Teresa May-Benson Sc.D., OTR/L, FAOTA is a well-known lecturer and researcher on sensory integration with specialized training and experience in addressing oral motor and feeding issues in children. She has extensive experience with assessing and treating sensory integration dysfunction in children and adults. She has treated oral motor and eating difficulties in children and adolescents with autism, cerebral palsy and developmental disabilities for over 30 years. She applies her sensory integration background to understanding and treating oral motor and eating problems in conjunction with her expertise in manual therapies. Dr. May-Benson has also authored numerous book chapters and articles related to praxis, ideation, and sensory integration.



Michael E. Berrett PhD, CEDS is a Psychologist and CEO and Co-founder of Center for Change in Orem, Utah. He has been doing clinical work for 37 years, is CEDS Certified, co-author of the APA book "Spiritual Approaches in the Treatment of Women with Eating Disorders," a nationally known clinical trainer, and has dedicated his professional life to helping youth make life's journey with clarity and peace



Dena Cabrera PsyD is a licensed clinical psychologist and a certified eating disorder specialist at the Rosewood Centers for Eating Disorders, where she serves as the executive clinical director. Cabrera is a well-known specialist, speaker and author in the field; she has spoken at more than twenty national conferences and presented more than a hundred workshops on eating disorders and other mental health problems. At Rosewood, she manages the day-to-day programs for all levels of care, and is involved program development, staff training, and supervision throughout the Rosewood system. Dr. Cabrera is the author of *The Mom in the Mirror: Body Image, Beauty and Life After Pregnancy*.



Ralph Carson RD, PhD, has been involved in the clinical treatment of eating disorders for over 40 years. His unique background in health science and medicine (BS Duke University and B. H. S. Duke University Medical School) coupled with nutrition and exercise (BS Oakwood College, Ph.D. Auburn University) has prepared him to integrate neuropsychobiological intervention and proven psychotherapeutic treatment. Dr. Carson has honed his skills in communication and often-complicated science into enjoyable, practical, and informative workshops. He is currently Vice President of Science and Innovation for the Eating Recovery Center's BETR Program for loss of control eating in Chicago, IL and consultant for the Pinegrove Behavioral Health and Addiction Center in Hattiesburg, MS. Ralph Carson, PHD has consulted with numerous addiction and eating disorder treatment centers throughout the country as well as being a highly sought-after speaker at various conferences and workshops.



Jeanne Catanzaro PhD is clinical psychologist in private practice in Brookline that has worked extensively with clients with eating disorders and trauma. She's a former director of the partial hospitalization program at the Renfrew Center of NYC and has written about using IFS to treat eating disorders and trauma.



Ragen Chastain ACE Certified Health Coach is an internationally recognized thought leader in the fields of self-esteem, body image, Size Acceptance, and Health At Every Size. She is a sought after speaker on the college, corporate, and conference circuits who has spoken to general, clinical, and academic audiences including Google Headquarters, Cal Tech, Dartmouth, MEDA, and the International Weight Stigma Conference. She is the author of the blog DanceswithFat.org, the book *Fat: The Owner's Manual*, editor of the Praeger Anthology "The Politics of Size," serves on the Editorial Board for *Fat Studies: An Interdisciplinary Journal of Body Weight and Society*, and frequently gives expert commentary on radio, television and in print. Ragen is a national dance champion, a marathoner, and an ACE Certified Health Coach who lives in Los Angeles with her partner and their adorable dogs and is training for her first IRONMAN triathlon.



Karen Chinca MSW, LICSW has been in private practice for over ten in Brookline, Massachusetts. Karen specializes in treating individuals with eating disorders, OCD, and trauma. Although eclectic in her treatment approach, she has specialized training in Cognitive Behavior Therapy. She obtained an advanced certificate in Cognitive Behavior Therapy from Boston University, and then earned her Diplomate Status with the Academy of Cognitive Therapy. Karen is a graduate of the International OCD Foundation's Behavior Therapy Training Institute.



Lisa Cukier JD is a partner and Executive Committee member at Burns & Levinson. She concentrates her practice on all aspects of estate and trust litigation, fiduciary litigation, probate law, child custody, parentage issues and divorce, planning and litigation for blended families, adoption, guardianship and conservatorship, and elder financial exploitation. Recognized for her expertise and skill, Lisa is a frequent speaker on the topics of trust and estate litigation, estate planning, and family law, including undue influence and financial exploitation of elders. She is also a regular contributor to various publications, including *Boston Spirit Magazine*, and a columnist for the *Weston Town Crier* and *Wicked Local Wayland*. Lisa serves as private adjudicator, Special Master, Guardian ad litem and mediator.



Kyle T. Ganson LICSW is a clinical social worker in private practice and an adjunct instructor and PhD student at Simmons College School of Social Work. Kyle is also a board member of the National Association for Males with Eating Disorders (NAMED). In both his research and clinical practice, Kyle focuses on individuals experiencing eating disorders, caregivers, and boys/men's issues.



Jennifer Gaudiani MD, CEDS, FAED is an internist who specializes in eating disorders. Educated at Harvard, Boston University, and Yale, she is the Founder and Medical Director of the Gaudiani Clinic, a unique outpatient medical clinic in Denver, CO, that cares for adolescents and adults with eating disorders and disordered eating, of all shapes and sizes, and all genders. Dr. Gaudiani sits on the board of IAEDP and the editorial board of the IJED.



Lori Goodrich OTR/L, C/NDT has extensive and specialized training related to sensory integration and oral motor theory, evaluation and treatment. For the past 12 years she has worked with clients from toddlers to young adults to both evaluate and treat the underlying sensory and motor foundations that result in restrictive eating. Ms. Goodrich focuses on educating clients and their families to support their understanding of the cause of eating based challenges, as well as providing home base tools and strategies to support mealtime performance across environments. Ms. Goodrich is dedicated to ongoing collaboration with other professionals, including psychologists and nutritionists, in order to provide integrative care as well as to provide education regarding the impact that sensory and motor challenges have on a client's food selectiveness.



Leah Graves RDN, LDN, CEDRD, FAED is the Senior Director of Nutrition and Culinary Services for Veritas Collaborative. She is a founding member of the Academy for Eating Disorders and has been treating patients with eating disorders for over 30 years. Leah is highly respected within the eating disorders field for her expertise in medical nutrition therapy, nutrition counseling, clinical supervision, and research.



Hilary Kinavey MS, LPC is a licensed professional counselor and cofounder of Be Nourished, LLC. Her work encourages movement toward a compassionate model of radical self-care to heal body shame and patterns of chronic dieting and disordered eating. She is the co-creator of Body Trust® Wellness, a Certified Daring Way™ facilitator, and a transformational workshop leader. Hilary is a popular speaker on topics such as Health at Every Size®, intuitive eating, and body respect in health care communities. benourished.org



Megan Kniskern MS, RD, LDN, CEDRD-S is the Nutrition Director for ViaMar Health in West Palm Beach and a full-time Lecturer at Arizona State University, teaching graduate and undergraduate management and nutrition courses. Megan is a Certified Eating Disorder Dietitian and Approved Supervisor through IAEDP. She is Chair Elect for the Behavioral Health Nutrition DPG through the Academy of Nutrition and Dietetics and the Phoenix Ambassador of the International Federation of Eating Disorder Dietitians. Megan's strength is working with vegans, vegetarians, diabetics, food allergies, very low body weight, bariatrics and further combinations of complex eating disorder cases; she travels the country presenting and educating.



Jillian Lampert PhD, RD, LD, FAED is the Chief Strategy Officer for The Emily Program, where she oversees community and industry 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 care for individuals by working collaboratively to address issues that impact the 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.



Shiri Macri MA, LCMHC is the Clinical Director at Green Mountain at Fox Run specializing in binge and emotional eating with co occurring anxiety and trauma. She uses various therapeutic interventions, including mindfulness-based stress reduction, EMDR, Animal Assisted Therapy and other embodied practices to create safe spaces and promote mind body healing.



Rachel Lewis-Marlow MS, EdS, LPC, LMBT is the co-founder and co-director of the Embodied Recovery Institute, a professional training program for eating disorder providers. As the Director of Somatic Programming at Carolina House's residential, partial hospitalization and intensive out-patient programs , Rachel leads programmatic implementation of and staff training in the Embodied Recovery model. In her private practice, Rachel synthesizes her credentials as a Certified Advanced Practitioner in Sensorimotor Psychotherapy, Licensed Professional Counselor and Licensed Massage and Bodywork Therapist to provide somatically integrative therapy for the treatment of eating disorders, trauma, and mood disorders.



Terri McCann PhD, CEDS is the Executive Clinical Director and co-founder of Fairhaven Treatment Center. She opened Fairhaven in 2014 in response to her desire to go beyond symptom control when treating the attachment and complex trauma associated with eating disorders. She has 30 years of experience as a clinician, educator, and advocate in the field of eating disorder treatment. She is a licensed psychologist and certified eating disorder specialist who brings specialties in personality and social psychology that enhance her work with this clinically complex population.



Rachel Benson Monroe, MA, LMHC is the Director of Clinical Programming of MEDA. Rachel holds a Bachelor's Degree in Gender and Feminist Studies from Oberlin College and a Master's in Clinical Mental Health Counseling with a focus on Holistic Studies from Lesley University. Since 2010 Rachel has been helping those who struggle with body image, eating disorders, self-esteem, self worth, trauma, and identity issues find peace, healing, connection, and empowerment in their lives. Rachel specializes in bringing movement and mindfulness to therapy and also provides both clinical and educational trainings in the community on MEDA's behalf at local nonprofits, health organizations, universities, and schools. Rachel believes strongly in recovery and is honored to guide and empower clients on their own path to wellness.



Lee Neagle LPC-IT is currently the Executive Director of the Aloria Health Institute on Education and Research where he assists in program implementation, clinical training, and research development. Lee currently serves on the board of directors for the residential eating disorders consortium (REDC) and has been an eating disorder clinician for the past fifteen years of which the last eight were focused on developing and restructuring programs across the county. Areas of interest include psychodrama, shame, perfectionism, and intimacy as it relates to eating disorders.



Arden O'Connor MBA founded the O'Connor Professional Group to address the needs of families and individuals struggling with an array of behavioral health issues, including addiction, mental health disorders, eating disorders, learning, and other developmental challenges. With several relatives in recovery, Arden is passionate about helping families and individuals navigate the highly fragmented treatment system in a way that creates positive outcomes and allows families to heal. Arden is a graduate of Harvard College and Harvard Business School. She remains heavily involved in community activities, as a board member of Winsor School Corporation, Collaboration for Family Flourishing, Massachusetts Association of Mental Health, and Justice Resource Institute (former chair). Previously, she served as a board member for the Harvard Club of Boston, Victory Programs, and Harvard Business School Alumni Association of Boston. She maintains professional affiliations with the following organizations: Attorney's for Family Held Enterprises, Boston Estate Planning Council, Worthy Circles and Family Firm Institute.



Anne Poirier BS, CSCS, CIEC was the former program Director at Green Mountain at Fox Run, and Founder of Shaping Perspectives...A Woman's Way to Joy. Anne specializes in body image healing through movement activities including Play, Yoga Nidra and Drums Alive. She earned her Graduate Certificate in Eating Disorders and is a Certified Life and Intuitive Eating Coach. Her warmth and enthusiasm create safe spaces and mobilizes her clients.



Allison Rencher LMFT has been working in the Residential Treatment industry for 9 years. She graduated with her Masters of Science degree from Utah State University where she studied Marriage and Family Therapy. As a Clinical Director at New Haven RTC she has had the opportunity to use systemic principles to challenge complex, dual-diagnosis individuals and families in experiential ways to create lasting change.



Diana Dugan Richards RDN, LDN is a registered dietitian, nutrition and yoga therapist, and certified IFS practitioner in private practice in Watertown Square that works extensively with clients with eating disorders, digestive health issues, and vegetarian / vegan dietary lifestyles. She's a professional member of MEDA.



Angela Rowan, MSW, LICSW is a social worker, trainer, and consultant who has worked with LGBTQ+ people for two decades. She is passionate about teaching professionals the best practices for work with the LGBTQ+ community. Angela is the former Director of Walden Behavioral Care's Amherst Clinic, as well as an experienced practitioner in a variety of treatment settings, including outpatient, partial hospital, residential, and inpatient treatment. In addition to work with the LGBTQ+ community, Angela's clinical interests include work with adolescents, family therapy, eating disorders, and Dialectical Behavior Therapy. Angela received her MSW from Smith College School for Social Work. She holds a LICSW in the states of Massachusetts and Vermont. In addition to her consultation and training work, Angela is currently the Clinical Manager of DBT Services at Brattleboro Retreat hospital, where she works with a variety of residential and inpatient programs, including the Retreat's dedicated inpatient unit for LGBTQ+ adults.



Carole Rudman RN, MSN, CPNP, CLNC has been a nurse for almost 30yrs. More than 15 as a Pediatric Nurse Practitioner. Carole did her undergraduate studies at Northeastern University. She worked at Tufts New England Medical Center for 13 yrs. Her graduate degree was from Boston College and she went on to work in a private practice and then Massachusetts General Hospital. Carole spent 5 years at the Elliot Hospital in Manchester NH. She was awarded the nurse of the year for the Elliot Health System in 2013. While at Elliot she studied with various integrative medicine providers and now incorporates Eastern and Western medicine in her approach to patient care. Currently Carole is practicing at Banner University Medical Center in Tucson AZ. In addition to clinical practice she has served as research coordinator and sub investigator on many studies. Carole has co-authored posters at National meetings. She has lectured nationally as well as locally at universities and other venues including school systems. Carole's strong belief in mentorship has led her to be asked to precept nurse practitioner students on a regular basis.



Malak Saddy RDN, LD is the Registered Dietitian at Center For Discovery Dallas. She graduated from Michigan State University in East Lansing with her Bachelor of Science degree and then completed her dietetic internship at Keene State College in New Hampshire. She has over six years' experience in adolescent nutrition counseling, food cultures, and integrative nutrition education. Malak has lectured at multiple eating disorder conferences, as well as at universities to dietetic students, and at local schools on the effects of eating disorders and challenging others to incorporate the All Foods Fit Philosophy into their own lives. She is passionate about providing individualized nutritional care and counseling support to clients and their families while being compassionate and is empathetic to their needs.



Lauren Schiffer LICSW, MPH is a clinical social worker in private practice in Cambridge, MA. She is a graduate of the MSW/MPH dual degree program at Boston University and has worked with adolescents and adults for over a decade in community, university and outpatient settings.



Brie Shelly MS, LMHC, CRC is OPG's Director of Client Intake and Outreach. She received her Masters in Clinical Rehabilitation and Mental Health Counseling from the University of North Carolina (UNC), Chapel Hill. While completing her undergraduate studies at UNC-Chapel Hill, Brie interned on a cardiac rehabilitation unit and at an exercise-based breast cancer recovery program (Get Real & Heal) and discovered her passion for understanding how others overcome adversities throughout the lifespan. Brie went on to complete research under Dr. Cindy Bulik at The Center of Excellence for Eating Disorders at UNC (CEED) during her graduate studies. Since then, Brie has gained experience working in all levels of care and at other various treatment programs including: Veritas Collaborative's adolescent continuum, an Adjunct Instructor on CEED's inpatient and transitional units, Monte Nido's Eating Disorder Center of Boston's PHP/IOP unit, and McLean Hospital's 3East DBT-focused inpatient and transitional units.

Joy Ssebikindu Med, NCC, LPC graduated from Vanderbilt University with not only her BA in Sociology and Child Development, but also her MEd in Clinical Mental Health counseling. Shortly after finishing graduate



school, Joy moved to Atlanta in pursuit of a career as a mental health therapist, where she continues to provide therapeutic services today. Joy comes with over a decade of experience in working with children, adolescents, and their families. As a Licensed Professional Counselor, she specializes in working with individuals, couples, and families who have issues with communication, family transitions including divorce, trauma, depression, anxiety, and disordered eating/eating disorders. She is also very passionate about strengthening the family system. In her free time, Joy enjoys spending time with loved ones, running, thrifting, and writing



Dana Sturtevant MS, RD is a trainer, mentor, Kripalu Yoga teacher, and dietitian specializing in Health at Every Size® and intuitive eating. She is the cofounder of Be Nourished, a revolutionary business helping people heal body dissatisfaction and reclaim body trust. Dana loves incorporating mindfulness and self-compassion practices into her work. A member of the International Motivational Interviewing Network of Trainers, Dana has facilitated more than 300 workshops throughout the United States for health care providers looking to enhance their skills in behavior-change counseling. Her work has been featured in the Huffington Post. benourished.org.




Rebecca Taylor EdD is presently the Director of Utilization Review at Fairhaven Treatment Center. She is also an assistant professor at Colorado Christian University where she teaches classes in counseling theory and serves as a clinical supervisor.



Caitlin Martin-Wagar M.A. is the research-practice integration manager at The Emily Program and an eating disorder clinician. She specializes in treating Binge Eating Disorder and PTSD. She is currently a doctoral student in counseling psychology at The University of Akron. She has experience presenting locally, nationally, and internationally and is involved on several committees in the Academy for Eating Disorders. She is most passionate about social justice related to weight and body shape.



Andrew Walen LCSW-C, LICSW, CEDS is the founder and Executive Director of The Body Image Therapy Center in Columbia, Maryland, and Washington, DC (www.thebodyimagecenter.com). He is a psychotherapist, author, speaker, and advocate in the eating disorders field, with particular emphasis on binge eating disorder and males with eating disorders. Mr. Walen currently serves as President of the board of directors for the National Association for Males with Eating Disorders (NAMED), and is a past board member of the Binge Eating Disorder Association (BEDA). He has appeared on The Today Show, was featured in The New York Times, and interviewed on television and radio stations in the Baltimore/DC area as an expert in the field of eating disorders. In addition, he has authored numerous articles and presented workshops on eating disorders, body image disturbance, exercise addiction, bariatric surgery recovery, and binge eating disorder. His first book, Man Up to Eating Disorders, which is a memoir and self-help book directed at males with an emphasis on binge eating disorder, was published May 2014, and was featured in the Gurze Catalog in 2015. Mr. Walen is a magna cum laude graduate of the University of Tennessee College of Social Work in Nashville. He is the father of George, 14, and husband for 16 years to Jennifer. He also is a graduate of the Berklee

	<p>College of Music, and is a published singer/songwriter who continues to write and perform (www.andrewwalen.com) in the metro Baltimore area.</p>
	<p>April N. Winslow MS, RDN, CEDRD (@AprilWinslow) is a Psychiatric Registered Dietitian Nutritionist and the founder of Choose to Change Nutrition Services. An amateur chef, critical thinker, and advocate for the healing power of food, April focuses on consciously living her life to the fullest capacity. She speaks internationally on the topic of the topic of malnutrition in Psychiatric diseases. You can watch her TEDx talk entitled, "Turn in at the fork" or find numerous pictures of her culinary creations on instagram (healingkitchen). Her extensive training in Psychiatric Medical Nutrition Therapy began while creating nutritional restoration protocols for the Adolescent Eating Disorder program at Alta Bates Summit Medical Center – Herrick Campus in Berkeley, CA. Additional training in gastroenterology, pediatrics, professional development and management, food chemistry, psychology, and neuroscience from New York University, University of Virginia, University of California, San Francisco, UC Berkeley, La Ventana Eating Disorder Programs, Monarch Cove/Castlewood Eating Disorder Treatment Center, and University of Illinois at Urbana-Champaign served as steps in her professional expertise.</p>

Program Directors: Michelle Pierce MA, MHC & Beth Mayer LICSW

FRIDAY March 16, 2018

8:00-8:30AM	Registration and Breakfast Location: Main Lobby
8:30-9:00AM	Welcome
9:00-10:15AM	<p>Keynote Address delivered by Jennifer Gaudiani MD, CEDS, FAED <i>"When They Can't 'Just Eat': Palliative Approaches and End-of-Life Considerations in Adults with Eating Disorders"</i></p> <p>Severe and enduring anorexia nervosa (AN) develops in up to 20% of patients who are diagnosed with AN. While it is always appropriate to maintain hope that full recovery is possible, it is clear that repeated treatment (voluntary or mandated) carries a cost for some that outweighs an increasingly unlikely benefit. How do we know when enough is enough? When have adults with anorexia nervosa suffered enough, and not benefitted enough from standard of care, to allow them to seek palliative care options rather than push them to try again for recovery? This talk will explore the complicated concepts and ethical dilemmas important to severe and enduring anorexia nervosa.</p>
10:15-10:30AM	Refreshment Break Location: Main Lobby
10:30AM-12:00PM	<p><u>Concurrent Session 1</u></p> <p>April N. Winslow MS, RDN, CEDRD - <i>My Story in food: Allowing your beliefs and fears to lead you to freedom.</i></p> <p>Discover and explore the many psychological roles food may play in your life. Rooted in "attachment theory," learn concepts about creating food narratives, extinguishing nutritional disinhibition, as well as, allowing the language of the eating disorder to be fully communicated through culinary expression. Blend experiential, biochemical, neurological, and magical all into one session! Personal stories related to social anxiety, binge eating disorder, and depression will be shared to support practical illustration.</p> <p>Malak Saddy RDN, LD, Joy Ssebikindu MEd, NCC, LPC - <i>Stirring the Pot: Cultivating Curiosity in the Treatment of Eating Disorders in Diverse Communities</i></p> <p>It has been commonly recognized that Eating Disorders do not discriminate, as they can affect all persons in spite of race, ethnicity, social economic status, or religion, etc. Despite this postulation, Eating Disorders are often under diagnosed in many cultures, due to the lack of knowledge/understanding and the potential distress that having a Mental Health Diagnosis could bring to one's family and reputation. Throughout this lecture and discussion, listeners will conceptualize diversity, culture, and the impact of micro aggressions in the outpatient and inpatient treatment of Eating Disorders. Post lecture, participants/audience will be adapt to gaining competence in the various aspects of consideration, while acquiring 2-3 strategies that can be put into practice, as treatment providers working with these diverse populations.</p> <p>Allison Rencher LMFT, Matt Bartlett LMFT - <i>Eating Disorders in the Family System: Understanding and changing the rules</i></p> <p>Eating Disorder Family Systems (EDFS) are complex and challenging to work with. The rules, roles and relationships of the system often keep the family stuck in the homeostasis that can be so detrimental to the long term recovery of the eating disorder client. Through case study, experiential activities and group involvement we will focus on identifying, shifting and restructuring those family system dynamics.</p> <p>Jillian Lampert PhD, RD, LD, FAED <i>Calming the mind and the gut: Rediscovering nutrition's role in eating disorder recovery</i></p> <p>There is increasing evidence that a healthy digestive system plays a significant role in having a healthy mind. We know our clients often face challenges of impaired digestion, especially during the nutritional rehabilitation process, across diagnoses. How can we make the process more tolerable? These complex situations demand creative approaches steeped in research in order to have the tools needed to assess, address, educate and treat our client's nutritional and stress management issues and promote health and recovery. This workshop will present practical, hands on nutritional interventions useful for all clinicians to help address these concerns with clients.</p>

12:00-1:00PM	Lunch Location: Downstairs
1:00-2:30PM	<p><u>Concurrent Session 2</u></p> <p>Rachel Benson-Monroe LMHC – <i>Eye of the Storm: The Intersection of Trauma and Eating Disorders</i></p> <p>The eye is a region of calm, low pressure weather at the center of strong cyclones. It is surrounded by the eyewall, a ring of towering thunderstorms where the most severe weather occurs. The goal of this presentation is to help clinicians understand that healing from trauma and eating disorders is possible. We can help our clients find their own “eye of the storm”- calm acceptance despite the chaos that surrounds them. Rachel Benson Monroe, LMHC specializes in trauma and eating disorders , in particular understanding how interpersonal neurobiology and body based interventions can heal and empower. She brings a background in body and movement oriented therapies to her clinical work and career in the movement field. Rachel will provide participants with both concrete tools and interactive exercises to bring back to their clinical practices. Case studies and clinical anecdotes illustrate the ways clients can heal in diverse ways. Themes will include: symptomology, experiential therapies, vicarious traumatization, food related trauma, and holistic treatment strategies.</p> <p>Dana Sturtevant MS, RD, Hilary Kinavey MS, LPC - <i>Making the Case for Embodied Practitioners</i></p> <p>Healing body dissatisfaction and embracing body acceptance is a complex and ongoing process, especially in a world where weight stigma is commonplace. Size bias impacts people of all shapes and sizes, and treatment professionals are not immune. An embodied practitioner serves as a body-positive role model, demonstrates self-acceptance, care, and love for their own body, knows how to navigate negative body thoughts without being destructive to themselves, and understands the direct relationship between dieting and body shame. This interactive workshop is designed for helping professionals who want to put body respect and trust front and center. Dana Sturtevant, MS, RD and Hilary Kinavey, MS, LPC, co-founders of Be Nourished, will discuss how having a connected, trusting and compassionate relationship with one’s own body influences treatment efficacy. They will highlight the necessity for authenticity, vulnerability and courage on the path to building resilience to body shame and combating weight stigma, and offer ideas and practices to carry it forward into your own life and the lives of the people you serve.</p> <p>Angela Rowan LICSW - <i>Identity, Body Image, and Disordered Eating: Treating LGBTQ+ People with Eating Disorders</i></p> <p>This course will focus on issues particular to working with LGBTQ+ people who have eating disorders. The workshop will provide basic definitions of sexual orientation and gender identity, as well as familiarize participants with current language and terminology used with this population. We will explore the roles of gender identity, sexual identity, and societal oppression in the development and maintenance of eating disorders, including a review of current research in the field. Lastly, we will discuss best practices for working with LGBTQ+ people in all treatment settings, and examine common dilemmas faced by practitioners.</p> <p>Jeanne Catanzaro PhD, Diana Richards RDN LDN - <i>Benefits of the Multidisciplinary Use of Internal Family Systems in Eating Disorder Treatment</i></p> <p>Effective treatment of eating disorders typically requires the coordinated efforts of a multidisciplinary treatment team. While everyone on the team usually agrees on an end goal, the philosophies and approaches used by members of the treatment team often differ. This can lead to confusion and conflict and result in treatment that is often fragmented. In this workshop, we discuss how the Internal Family Systems model can be used with registered dietitians along with therapists to allow for greater integration of the emotional and physical healing that needs to take place for eating disorder recovery.</p>
2:30-2:45PM	Refreshment Break Location: Main Lobby
2:45-4:15PM	<p><u>Concurrent Session 3</u></p> <p>Arden O'Connor MBA, Brie Shelly MS, LMHC, CRC, Lisa Cukier JD - <i>Getting Beyond "No": Using Interventions, Guardianship, and other Creative Tools to Manage Resistant and Clinically Complex Clients and Their Families</i></p> <p>When clients refuse to engage in treatment, restrict information between members of their care team, and continue to put their health at risk, providers need to understand the range of therapeutic and legal tools available to help advance these challenging cases. Although every patient presents with his or her set of unique needs, there are certain patients</p>

and family systems that are particularly challenging to even most experienced practitioners. In some circumstances, clients refuse treatment or restrict important clinical information between providers while they continue to put their health at risk. In other cases, family members fuel severity of their loved one's situation. These situations cause practitioners to work longer hours, manage seemingly-never-ending crises, and worry about legal liability. Through an interactive series of case studies, our presentation will demonstrate the array of clinical and legal solutions available to clinical providers and families to manage the most complex cases.

Lauren Schiffer LICSW, MPH - *Eating for Two: Nourishing Emotional Wellness and Preventing Relapse During Pregnancy and Postpartum*

While exciting and joyful, pregnancy can also be anxiety provoking and unpredictable. Hormonal swings, nausea, cravings, weight checks, rapid body changes and lack of control over outcomes, pose special challenges for women in ED recovery. In addition society's unrealistic expectations of getting back to a "pre-baby body" and other challenges of the newborn period make this an important time for extra support.

Kyle Ganson LICSW - *Out of the Shadows: Revealing the Importance of Caregivers in the Eating Disorder Recovery Process*

Much of the focus of eating disorder treatment is on the individual suffering. While this is rightfully warranted, it leaves caregivers, who spend extensive time and effort providing for the individual emotionally, psychologically, financially, and logistically, in the shadows. This is concerning as it is becoming clearer that eating disorders significantly impact the wellbeing of caregivers, which equally impacts the recovery process. Through highlighting current research, case examples, and discussions, participants will acquire a new understanding of the importance of caregivers and the means to engage and support them in the recovery process.

Shiri Macri MA, LCMHC, Anne Poirier BS, CSCS, CIEC - *Therapists Who Beat to a Different Drum*

Many of our clients have histories of trauma, stress and social threats which have literally compromised their nervous systems. Neuroscience can now explain the bio-behavioral responses we see in our clients with eating disorders. Most of us trained in top down cognitive theory and protocols find ourselves scrambling to learn bottom up strategies shown to regulate the nervous system, create safe therapeutic spaces and heal mind body separation. This workshop introduces nontraditional treatment methods in a fun, experiential way, while providing the science that supports its effectiveness.

SATURDAY March 17, 2018

8:00-8:30AM	Registration and Breakfast Location: Main Lobby
8:30-9:00AM	Welcome
9:00-10:15AM	<p>Keynote address delivered by Ragen Chastain ACE Certified Health Coach - Size Acceptance and Eating Disorders - A Critical, Crucial, Core Conversation</p> <p>This workshop will begin by examining the messages that come to clients (and to all of us) through our culture about beauty, our bodies, and health. We'll discuss the ways that these messages can harm clients' relationships with their bodies, food, and movement. We'll look at how these messages can disrupt recovery efforts and prevent long term recovery from eating disorders. Finally we'll discuss how using a framework of Size Acceptance and Health at Every Size can give us practical, realistic options to help clients repair the damage that these messages have done, and create strategies that will support them in dealing with these messages through their recovery journeys and beyond.</p>
10:15-10:30AM	Refreshment Break Location: Main lobby
10:30AM-12:00PM	<p><u>Concurrent Session 1</u></p> <p>Dena Cabrera PsyD - Moving Away from the Mirror: Working with Mothers with Eating Disorders</p> <p>Being a mother with an eating disorder can make the already challenging role of childrearing even more difficult. Treatment professionals have seen a substantial increase in the number of women with eating disorders who have children. This presentation therefore addresses the necessity for the treatment team to take into account mothers' critical parenting role in both the assessment and treatment of eating disorders. This presentation aims to identify the unique issues specific to mothers with eating disorders such as breast feeding difficulties, attachment issues, feeding concerns, mealtime disorganization, body image issues, negative perceptions of motherhood, and concerns about children's weight and body image. The presentation specifically provides tools to help mothers promote healthy upbringing of their children, to feel more positive about their role and build their competence as parents, thereby potentially enhancing progress toward their own recovery. Drawing on material from <i>The Mom in the Mirror</i>, a book Dr. Cabrera authored, this workshop will provide a blend of clinical expertise and personal experience.</p> <p>Lee Neagle Master of Arts Clinical Psychology, LPC-IT - Working with Male Athletes and Eating Disorders: Challenges and Opportunities</p> <p>Males with eating disorders are often an under treated population partially due to limited recognition by provides as well as a continued cultural perceptions that eating disorders are a "female issue". This can be further compounded when males are also athletes due to body, weight, shape expectations and increased pressure to perform. Though the course of this discussion we will review the unique challenges identifying and working with this population as well as treatment options.</p> <p>Leah Graves RDN, LDN, CEDRD, FAED - The Joint Commission: Integrating the Standards for Eating Disorders Across the Treatment Continuum</p> <p>The Joint Commission has released specific Requirements for Organizations Providing Care for Individuals with Eating Disorders. Along with the American Psychiatric Association Guidelines for the Treatment of Eating Disorders, providers now have specific guidance to inform care. This workshop will review the new TJC standards within the context of the APA guidelines providing examples of documentation to meet both standards. Participants will be provided with a summary of TJC standards formatted in a checklist to inform treatment recommendations, assist clients and their families in assessing potential treatment and guide clinicians with adequate documentation.</p> <p>Ralph Carson RD, PhD - The Etiology & Treatment of Comorbid Sleep & Circadian Rhythm Dysfunction & Night Eating Syndrome</p>

	<p>Night eating syndrome (NES) is listed in the DSM-5 as an OFSED, but it was first described as long ago as 1955. There are varying operation definitions that categorize the syndrome as a combination of eating, sleeping and mood disorders. Too often NES is not identified nor treated by medical professionals despite its prevalence which is estimated to be as high as 25% of the obese population. Failure to address the condition can result in significant detriment to health and well-being. This talk will focus on the dysregulation of the circadian rhythm and provide insights into sleep improvement. Interventions for treating NES will touch on medications, nutritional therapy, psychotherapy, phototherapy and behavioral approaches.</p>
12:00-1:00PM	<p>Lunch Location: downstairs</p>
1:00-2:30PM	<p><u>Concurrent Session 2</u></p> <p>Teresa May-Benson Sc.D., OTR/L, FAOTA, Lori Goodrich OTR/L, C/NDT - <i>FOCUS Clinical Reasoning Model for Addressing Eating and Mealtime Challenges in Children and Teens: A Multi-Disciplinary Team Approach</i></p> <p>This workshop is designed to educate professionals working with restrictive eaters about a clinical reasoning model used by occupational therapists to identify and address sensory and motor challenges that impact an individual's food preferences. Participants will learn about the FOCUS Program's 8 step clinical reasoning process in order to expand their knowledge of a multi-disciplinary team approach to addressing eating and mealtime challenges of clients with restrictive eating patterns. Learning will be facilitated through the use of case studies with an emphasis on how the FOCUS Program is used to address the sensory-motor, oral motor and social-emotional components necessary for mealtime success. Learning during this workshop will be enhanced by case studies and provided resources.</p> <p>Carole Rudman RN,MSN,CPNP,CLNC - <i>Medical Diagnoses & Eating Disorders: The Ultimate Chicken or Egg Dilemma</i></p> <p>Various disease states create a vulnerability to the development of and eating disorder and vice versa! In this information packed session, nurse practitioner Carole Rudman, will explain the physiology of 8 body systems and corresponding diseases. Simply put, she will explain how they relate to, impair recovery from, or serve as a risk factor for the expression of an eating disorder. Carole will integrate current research and clinical case studies leaving you with the most up to date and practical information for better understanding and treating your clients.</p> <p>Andrew Walen LCSW-C, LICSW, CEDS - <i>Bringing men to the table: research, practice, and real-world experience from the trenches</i></p> <p>The workshop will feature an overview of current research on body image and eating disorders among males, and identification of critical gaps between research and clinical practice. A case example will be unpacked including etiology, internal awareness, experience in seeking treatment, and experience of sharing the process and how it affected him. Additional practical tools for treatment and prevention will also be presented.</p> <p>Teri McCann PhD, CEDS, Rebecca Taylor EdD - <i>Internal Family Systems as a Way of Treating Eating Disorders Conceptualized as a Disorder of Attachment and Affect Regulation</i></p> <p>Clear and impressive evidence supports a correlation between eating disorders and early attachment difficulties between children and their care-givers. Innovative protocols targeting the right hemisphere of the brain rather than the logical left hemisphere may well improve treatment outcomes as the client gains the ability for emotional regulation and secure attachment. Internal family systems is an evidence based approach which facilitates the client giving up the eating disorder as a tool for emotional regulation.</p>
2:30-2:45PM	<p>Refreshment Break Location: Downstairs</p>
2:45-4:15PM	<p><u>Concurrent Session 3</u></p> <p>Caitlin Martin-Wagar M.A. - <i>Dismantling Weight Bias and Thin Privilege in Healthcare: Strategies from Individual to Institutional Levels</i></p> <p>Clinicians have been found to hold negative attitudes toward individuals of size. These attitudes are often unnoticed by clinicians, but can severely impact client care. This workshop is focused on increasing participant awareness of weight bias, internalized weight bias, and issues of thin privilege, especially as they relate to treating clients of size. Strategies</p>

	<p>to reduce bias at several levels, such as individual and institutional, will be provided and explored.</p> <p>Megan Kniskern MS, RD, LD/N, CEDRD-S - <i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics</i></p> <p>It is easy to put people into categories of care; fat, thin, healthy, eating disordered, etc. However, these categories are manifested through clinical values that don't evaluate the core issues. The goals for this presentation are to highlight the similarities between these three populations, and to breakdown their complicated differences. These differences are the KEY to effectively supporting the needs of someone who is obese yet has no emotional eating or body image struggles, or who has BED but is too deeply isolated to receive support, or one who has had a bariatric procedure and is just now seeing the implications of that decision. The guidelines for nutrition evaluation and criteria for care, will be reviewed and are relevant to all professionals working with these populations. A summary of the unique critical nutrition interventions for each diagnosis will be summarized into a "cheat sheet" chart for clinical application.</p> <p>Rachel Lewis-Marlow MS, EdS, LPC, LMBT - <i>Embodiment of Wise Mind: A somatic model of Wise Mind</i></p> <p>Learn how to bring your clients into their bodies and increase their access to Wise Mind. This workshop offers a didactic and experiential exploration of the Body-Mind through the process of Embodiment and introduces a new, somatically integrated model of Wise-Mind. Build skills to enhance your therapeutic presence and deepen the impact of your interventions by applying the principle of "Fullmindedness" from the cutting-edge Embodied Recovery model-a trauma informed, relationally oriented and somatically integrative treatment for eating disorders.</p> <p>Karen Chinca MSW, LICSW - <i>Demystifying and Treating Body Dysmorphic Disorder (BDD)</i></p> <p>This workshop is designed to educate clinicians about the complexities of working with clients with BDD. We will discuss how to assess for BDD, how it overlaps with eating disorders, why individuals develop the disorder, and evidence based treatments for BDD. In addition, we will discuss both overt and subtle safety and treatment interfering behaviors which contribute to and maintain the disorder. A case presentation, as well as hands on exercises and exposures will be incorporated into the workshop.</p>
4:15 – 5:00 PM	<p>Endnote Address delivered by Michael E. Berrett PhD, CEDS - <i>"The Competency of Compassion: A Cornerstone of Healing and Recovery"</i></p> <p>"Compassion is critical in reducing human suffering, and is the cornerstone of healing and recovery. Compassion is a competency and developed through the practice of it. This presentation offers six core competencies of compassion along with principles and interventions for application in the lives of the clinician and their clients. The presentation is didactic, reflective, and experiential.</p>

Registration

Please indicate your first and second choice presentations on the line provide

Refunds are granted at no fee up to March 16th 2018

Friday, March 16, 2018	Saturday, March 17, 2018
<p>Keynote Jennifer Gaudiani, "When They Can't 'Just Eat': Palliative Approaches and End-of-Life Considerations in Adults with Eating Disorders" <i>All attendees</i></p> <p>1A <i>My Story in food: Allowing your beliefs and fears to lead you to freedom.</i></p> <p>1B <i>Stirring the Pot: Cultivating Curiosity in the Treatment of Eating Disorders in Diverse Communities</i></p> <p>1C <i>Eating Disorders in the Family System: Understanding and changing the rules</i></p> <p>1D <i>Calming the mind and the gut: Rediscovering nutrition's role in eating disorder recovery</i></p> <p>First choice: _____ Second choice: _____</p>	<p>Keynote Ragen Chastain, Size Acceptance and Eating Disorders – A Critical, Crucial, Core Conversation <i>All attendees</i></p> <p>1A <i>Moving Away from the Mirror: Working with Mothers with Eating Disorders</i></p> <p>1B <i>Working with Male Athletes and Eating Disorders: Challenges and Opportunities</i></p> <p>1C <i>The Joint Commission: Integrating the Standards for Eating Disorders Across the Treatment Continuum</i></p> <p>1D <i>The Etiology & Treatment of Comorbid Sleep & Circadian Rhythm Dysfunction & Night Eating Syndrome</i></p> <p>First choice: _____ Second choice: _____</p>
<p>2A <i>Eye of the Storm: The Intersection of Trauma and Eating Disorders</i></p> <p>2B <i>Making the Case for Embodied Practitioners</i></p> <p>2C <i>Identity, Body Image, and Disordered Eating: Treating LGBTQ+ People with Eating Disorders</i></p> <p>2D <i>Benefits of the Multidisciplinary Use of Internal Family Systems in Eating Disorder Treatment</i></p> <p>First choice: _____ Second choice: _____</p>	<p>2A <i>FOCUS Clinical Reasoning Model for Addressing Eating and Mealtime Challenges in Children and Teens: A Multi-Disciplinary Team Approach</i></p> <p>2B <i>Medical Diagnoses & Eating Disorders: The Ultimate Chicken or Egg Dilemma</i></p> <p>2C <i>Bringing men to the table: research, practice, and real-world experience from the trenches</i></p> <p>2D <i>Internal Family Systems as a Way of Treating Eating Disorders Conceptualized as a Disorder of Attachment and Affect Regulation</i></p> <p>First choice: _____ Second choice: _____</p>
<p>3A <i>Getting Beyond "No": Using Interventions, Guardianship, and other Creative Tools to Manage Resistant and Clinically Complex Clients and Their Families</i></p> <p>3B <i>Eating for Two: Nourishing Emotional Wellness and Preventing Relapse During Pregnancy and Postpartum</i></p> <p>3C <i>Out of the Shadows: Revealing the Importance of Caregivers in the Eating Disorder Recovery Process</i></p> <p>3D <i>Therapists Who Beat to a Different Drum</i></p> <p>First choice: _____ Second choice: _____</p>	<p>3A <i>Dismantling Weight Bias and Thin Privilege in Healthcare: Strategies from Individual to Institutional Levels</i></p> <p>3B <i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics</i></p> <p>3C <i>Embodiment of Wise Mind: A somatic model of Wise Mind</i></p> <p>3D <i>Demystifying and Treating Body Dysmorphic Disorder (BDD)</i></p> <p>First choice: _____ Second choice: _____</p> <p style="text-align: center;">Endnote Michael E. Berrett - "The Competency of Compassion: A Cornerstone of Healing and Recovery" <i>All attendees</i></p>

Registration Rates

Please note that these rates include cost of Continuing Education Credits
Refunds are granted at no fee up to March 16th 2018

Early Bird Registration Rates (Ends February 15, 2018)

One-Day \$255, Two-Day \$455
Professional Members: One-Day \$235, Two-Day \$405
Full-time Students: One-Day \$120, Two-Day \$210

Registration Rates (Through March 15, 2018)

One-Day \$305, Two-Day \$505
Professional Members: One-Day \$285, Two-Day \$455
Full-time Students: One-Day \$150, Two-Day \$240

At the Door Rates (March 16-17, 2018)

One-Day \$325, Two-Day \$525

10% Discounted admission is available for:

- Groups of three or more individuals from the same organization
- MEDA Professional Members

Weather

March weather in the greater Boston area can drastically vary in temperature and conditions. We recommend packing multiple layers for both inside and outside the conference for your own comfort.

Travel

Boston Marriott Newton: 2345 Commonwealth Avenue Newton, Massachusetts 02466
Nearest Airport Boston Logan International Airport—BOS (The hotel *does not* provide shuttle service)

Self-care

Remember that with all of the excitement and educational opportunities a conference brings... exhaustion and stress can follow! Please remember to take the time to listen to yourself, take breaks when you need, and stay hydrated throughout the conference program. If at any point you need assistance or support just locate a MEDA staff member.

2018 Conference Exhibitors

Platinum Partner:

Walden Behavioral Care

Gold Partners:

*Eating Recovery Center (ERC)
Klarman Eating Disorder Center at McLean Hospital
Monte Nido & Affiliates
The Renfrew Center*

Silver Partners:

*ACUTE
Aloria Health
Cambridge Eating Disorder Center (CEDC)
Carolina House
Center for Discovery
Fairhaven Treatment Center
Green Mountain at Fox Run
McCallum Place
O'Connor Professional Group
Roger's Behavioral Health
Rosewood Centers for Eating Disorders
Sierra Tucson
Timberline Knolls
Veritas Collaborative*

Partner Organization:

Castlewood

+

*Be Nourished
Center for Change
The Emily Program
Gaudiani Clinic
The Koomar Center
Magnolia Creek
Princeton Health
Reflections
Selah House
Tapestry*