MEDA CONFERENCE 2019

LEARN.

Moving Forward with MEDA: Catalyzing Change in Eating Disorder Treatment

INSPIRE.

April 12th and 13rd, 2019
Boston Marriott - Newton

COLLABORATE.

www.medainc.org
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2019 Conference Information

Conference Description

MEDA’s 2019 Conference will provide the latest treatment modality updates for eating disorder diagnostic criteria per the revised edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) and how this impacts people across all populations. The conference will also highlight the need for advocacy and promotion of policies to eliminate and prevent eating disorders. The 2019 MEDA Conference looks forward to highlighting various evidence based treatment modalities, while working within a multidisciplinary team approach, and educating providers about how to advocate for patient care across all populations.

Conference Objectives

- Examine clinical applications for treatment of all eating disorders within a multidisciplinary team framework
- Identify clinical challenges within minority populations in treatment of all eating disorders
- Define problems associated with access to care for eating disorder treatment and illustrate concrete steps for patient advocacy

Who Is Invited?

MEDA's 2019 Conference is designed for doctors, nurses, psychologists, mental health clinicians, social workers, other healthcare professionals, students and other professionals who focus on the treatment and care of patients with eating disorders and subclinical 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.

Accreditation:

Friday single-day registration: 5.75 continuing education credits.
Saturday single-day registration: 6.25 continuing education credits.
Full Conference (two-day registration): 12 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 providership 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 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists:

Friday one-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 one-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 6.25 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 C.E. hour(s) for psychologists.

For more information, please email conference@medainc.org.

Registered Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 12 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 12 continuing education units. Friday single-day registration: 5.75 continuing education credits and Saturday single-day 6.25 continuing education credits.

Social Workers: This program has been approved for 11.5 Continuing Education hours for relicensure, 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. Credits will be rounded down to 5.5 Continuing Education Hours on Friday and 6 Continuing Education Hours on Saturday.

Dietitians: This program has been approved by the Commission on Dietetic Registration for 12 continuing education credits. Friday single-day registration: 5.75 continuing education credits and Saturday single-day 6.25 continuing education credits.

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 24th National Conference Speakers

**In Alphabetical Order**

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<thead>
<tr>
<th>Speaker Name</th>
<th>Background and Expertise</th>
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<tr>
<td><strong>Ashley Bade RD, LDN, CSP</strong></td>
<td>is a Registered Dietitian in private practice specializing in eating disorders, pediatric nutrition, intuitive eating, family nutrition, picky eating, and body image challenges. Her particular area of expertise is in treating eating disorders including binge eating, anorexia, and bulimia. Ashley practices an Intuitive Eating and Health-At-Every-Size ® model, working collaboratively in a team approach to develop a compassion based and sustainable nutrition path for her clients.</td>
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<tr>
<td><strong>Chase Bannister</strong></td>
<td>MDIV, MSW, LCSW, CEDS, is President of the Board of the Eating Disorders Coalition for Research, Policy &amp; Action, a Licensed Clinical Social Worker, and CEO/Principal of Bannister Consultancy. Chase is a prominent figure in the architecture of mental health, recognized for his commitment to clinical excellence in the treatment of eating disorders and advancement of meaningful healthcare policy through advocacy and strategic engagement. He has offered expert guidance to the Food &amp; Drug Administration, the National Institute of Mental Health, the White House, the U.S. Department of Health and Human Services’ Office of Women’s Health and has provided testimony to the U.S. Department of Labor on access to care. Bannister founded and served as the Chief Strategy &amp; Clinical Integrity Officer of Veritas Collaborative, a specialty healthcare system for the treatment of eating disorders. He has held roles as Clinical Director and founding clinician of Carolina House, a residential treatment center for eating disorders. Bannister completed his clinical training at Duke University's Counseling &amp; Psychological Services and Duke University Medical Center Infectious Disease Clinic. Bannister holds a Master of Social Work from the University of North Carolina at Chapel Hill, a Master of Divinity from Duke University, and is a Phi Beta Kappa graduate of Wofford College, where he earned a Bachelor of Arts in English Language &amp; Literature. Bannister is the recipient of The Arthur B. &amp; Ida Maie Rivers Award for Integrity, Virtue, Gentleness &amp; Character and The L. Harris Chewning Award for Scholarly Achievement and Intellectual &amp; Moral Integrity.</td>
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<td><strong>Jessie Batchelder LICSW</strong></td>
<td>is the Director of Admissions and Utilization Management at Walden Behavioral Care since 2014. Prior to 2014, she worked at Blue Cross Blue Shield of MA as a Manager in the Behavioral Health Utilization Management department, a utilization review clinician at Walden Behavioral Care for the Inpatient Eating Disorder unit, Adult Residential program, and the Adult Partial Hospitalization Program. She has also been a clinician on the Inpatient Eating Disorder and Psychiatric units at Walden and been a Care Coordinator for a wraparound team in San Francisco. Jessie’s areas of passion are supporting clients in gaining access to health care and supporting health care providers in creating safe environments for the LGBTQ community. She has been a domestic violence advocate, developed trainings on domestic violence in the LGBTQ community, and was a case manager in London at an organization providing services for those living with HIV/AIDS, helped local police improve safe hate crime reporting programs, and worked with LGBTQ youth. Jessie completed her MSW program at Florida State University and received her BA in Psychology from Simmons College.</td>
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<td><strong>Bob Bordonaro, MSW, LICSW</strong></td>
<td>has worked in the mental health field for over the past 25 years working at many different levels of care. He worked as a crisis clinician in the emergency room at a metro west Boston Hospital, case managed at Walden Behavioral Care for inpatient eating disorders unit, inpatient psychiatric unit and residential program, and directed their PHP and IOP eating disorders program. He was the Admissions Director at Laurel Hill Inn for residential eating disorders program, then spent 2 years as the Professional Outreach Representative for Timberline Knolls Residential Treatment Center, and currently is the Program Director at Walden Behavioral Care in Peabody, MA. He also maintains a small private practice treating clients and families struggling with eating disorders.</td>
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Lori Ciotti, LICSW is a Regional Vice President of Operations of The Renfrew Centers. Ms. Ciotti received her Bachelor’s degree from Tufts University and her Master’s degree in social work from Simmons College. Prior to opening Renfrew’s Massachusetts site in 2014, she was the Corporate Clinic Director for a multi-site mental health facility in the Boston area. Ms. Ciotti is a frequent speaker at professional events and on college campuses about the risks and treatment of eating disorders, and has been featured in The Boston Globe, Health magazine, Self magazine, and Today.com.

Emily Fuentes Dumas, MA, LMFT has dedicated the majority of her career to working with those impacted by eating disorders. Being a licensed marriage and family therapist, she takes a relational approach to her work where her clinical focus revolves around strengthening a client’s relationships- with self, romantic partners, friends, family, and others. She has worked in various levels of care and treatment settings where she is currently the clinical director of Monte Nido Eating Disorder Center of Philadelphia and in private practice. Emily earned her bachelor’s degree in psychology from St. Joseph’s University and then moved forward to receive her master’s degree in clinical counseling psychology from LaSalle University. She is also a American Association for Marriage and Family Therapy board approved supervisor. Utilizing a direct and integrative approach to therapy, Emily works to help her clients find a healthy balance in their lives and uncover a sense of their authentic selves.

Mary Dye, MPH, RD, CEDRD-S, LD/N is the Director of Nutrition Services for the Oliver-Pyatt Centers. She has maintained a private practice for 12 years and formerly was the lead dietitian for New York University’s Student Health Center and the first dietitian to consultant for New York University Abu Dhabi. Ms. Dye is an active member of both the Excellence in Practice Committee and the Communications Outreach and Mentoring Committee of the International Association of Eating Disorder Professionals (IAEDP). She is co-authored the IAEDP publication “CEDRD in Eating Disorder Care”, March 2015. Ms. Dye has conducted numerous workshops and seminars across the country.

Seda Ebrahimi, Ph.D. is the Founder and Director of the Cambridge Eating Disorder Center (CEDC) a nationally renowned specialty center providing a full continuum of care to individuals who struggle with eating disorders. Her career began at Brown University where she held a postdoctoral fellowship and an assistant clinical professor. Over her career, she has held positions as Director of the Eating Disorders Research Program at Butler Hospital and the Director of the Eating Disorders Treatment Program at McLean Hospital (1993-1998). She has been also been an Instructor of Psychiatry at Harvard University since 1993.

Kamryn Eddy, PHD is the co-director of the Massachusetts General Hospital Eating Disorders Clinical and Research Program and associate professor of psychology at Harvard Medical School. She is a clinical psychologist with expertise in the delivery of evidence-based treatments for eating disorders. She is a Fellow of the Academy for Eating Disorders and a member of the Eating Disorders Research Society and her research is supported through the National Institutes of Health and private foundations. Her program of research focuses on diagnosis, treatment, and neurobiological bases of eating disorders and along with Dr. Jennifer Thomas she developed a novel psychotherapy for avoidant/restrictive food intake disorder. She is the author of Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (CBT-AR): Children, Adolescents and Adults and over 120 published research papers and book chapters.

Ruth Elliott LICSW, has worked in the eating disorders field as a therapist for the last 12 years. She is currently the director of the Cambridge Eating Disorder Center in NH, providing therapy and education to those struggling with eating disorders and their supports. Ruth provides outreach to the community and passionately educates other providers who work with eating disorders. She is an active supporter of ethical and respectful treatment for people of all sizes, genders, and ethnicities.
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<th>Name</th>
<th>Title and Details</th>
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<tr>
<td>Nicole Farnsworth, MS, RD, LDN, CPT</td>
<td>Licensed Dietitian/Nutritionist and Certified Personal Trainer who joined Van Dusen Nutrition™ in 2017. She is a clinician specializing in sports nutrition and eating disorders, as well as the Clinical Coordinator of Programming and Outreach at Van Dusen Nutrition. As a previous Varsity Track and Field Athlete at Harvard University and NASM Certified Personal Trainer, Nicole has developed a special interest in helping clients heal their relationships with exercise and body.</td>
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<td>Nicholas Farrell, Ph.D</td>
<td>Directs and supervises psychotherapy services provided in eating disorders programs at Rogers Behavioral Health (Oconomowoc, WI). He completed his predoctoral internship in eating disorders at St. Joseph’s Healthcare &amp; McMaster University (Hamilton, Ontario). He routinely presents training workshops and research symposia at various international conferences. He has authored numerous articles that have been published in peer-reviewed journals, some of which have been featured by the National Eating Disorders Association. In conjunction with Dr. Becker (Presenter #2), he has recently contracted to write the seminal book that will provide clinicians guidance in implementing exposure-based therapy for individuals with eating disorders.</td>
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<td>Aaron Flores, RDN</td>
<td>Registered dietitian at Center for Discovery's Outpatient Woodland Hills location. He also has a private practice in Calabasas, CA. He uses Intuitive Eating and Health at Every Size® in his work to help individuals learn how to make peace with food and their bodies. He is a Certified Body Trust® provider and he also the co-host of the popular podcast, Dietitians Unplugged.</td>
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<td>Katherine Godwin, MD</td>
<td>Board certified by the American Board of Psychiatry and Neurology. With more than ten years of experience treating eating disorders, she serves as the medical director of the Laureate Eating Disorders Adult Program. Dr. Godwin is an advocate for patients and families and encourages her patients to participate actively in treatment to work together toward optimal symptom management.</td>
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<td>James M. Greenblatt, MD</td>
<td>Chief medical officer and vice president of medical services at Walden and provides medical management, leadership and oversight of Walden’s eating disorder and psychiatric programs in Massachusetts, Connecticut, and Georgia. He received his medical degree and completed his adult psychiatry residency at George Washington University in Washington, D.C. He completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. In addition, Dr. Greenblatt is a clinical faculty member in the psychiatry department at Tufts Medical School as well as the Geisel School of Medicine at Dartmouth College in New Hampshire. Dr. Greenblatt is the author of six books including those on Alzheimer’s, Depression, Anorexia Nervosa, Binge Eating Disorder, and ADHD.</td>
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Erin Harrop, MSW, is a medical social worker at Seattle Children’s Hospital and doctoral student in social welfare at the University of Washington. Her dissertation research concerns patient perspectives of illness, treatment, and remission from Atypical Anorexia and other Otherwise Specified Feeding and Eating Disorders (OSFED). She also is actively involved in several social justice organizations which address weight stigma including the Association for Size Diversity and Health and SWAG: Sizeism, Weightism Advocacy Group. She also conducts provider trainings to medical professionals and health sciences students on weight stigma, eating disorders, and other social justice topics.

After recovering from a ten-year-long battle with various eating disorders, Johanna Kandel founded The Alliance for Eating Disorders Awareness. Since its inception in 2000, The Alliance has brought information and awareness about eating disorders to more than 300,000 individuals nationally and internationally. In addition, Johanna runs free weekly support groups, mentors individuals with eating disorders and their families, and helps thousands of people gain information and find the help they need. As a passionate advocate for mental health and eating disorders legislation, Johanna has spent a lot of time meeting with numerous members of Congress, and was part of the first-ever Eating Disorder Roundtable at the White House. Johanna is a member of the Board of Directors for the Eating Disorders Coalition, member of the Academy for Eating Disorders Advisory Board, and a member of the Eating Disorders Leadership Summit. She has received many awards including the Jefferson Award for Public Service© and Harlequin Enterprises’ More Than Words Award. Johanna has appeared on national television programs including NBC Nightly News and The Today Show, and profiled in the New York Times, Cosmopolitan Magazine, and Glamour Magazine.

Mary Kruger, MS, LMFT is an AAMFT supervisor and an IFS Lead Trainer. She is founder of Rimmon Pond Counseling, LLC; an IFS based group practice located in the New Haven, Ct. area. She also offers private therapy, consultations and workshops nationally and internationally through her newly established New Paths Counseling & Consulting. Mary developed the IFS L2 Training for Addictions and Eating Disorders several years ago. She has been working in the field of addictions, eating disorders and trauma, with individuals, couples, families and groups, for over twenty-five years. Mary has a passion for engaging with people; and shares her experiences in fun and creative ways.

Christine Lang, MSW, M.Div., is an adolescent clinician in the partial hospitalization and intensive outpatient programs in Amherst, providing individual, family and group counseling for adolescents and families with eating disorders. She received her bachelor’s degree in Psychology and English from Clark University, a master’s of divinity from Pacific School of Religion, and a master’s degree in Clinical Social Work from Simmons College. Christine is particularly interested in working at the intersection of trauma and addiction, and how that connects to identities of gender, sexuality and religion/spirituality. She utilizes Motivational Interviewing, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy in her relational, strengths based and trauma-informed approach. In her spare time she enjoys reading and writing poetry, taking pictures outside and spending time with friends and family.

Fiona LaRosa-Waters, BS is Community Relations Specialist for Walden Behavioral Care. She earned her Bachelor of Science degree in Human Services at Lesley University, and is currently pursuing an M.Ed in Health Education through the Eating Disorders Institute at Plymouth State University. Prior to coming to Walden, Fiona held positions as a professional outreach representative for eating disorder, substance use, and trauma treatment facilities, was a counselor in a treatment center for adult women with eating disorders and provided outpatient case management for clients struggling with addictions and eating disorders. She is passionate about helping people locate resources to support treatment and recovery, advancing education about eating disorders and addiction and about connecting with the mental health community.
Anna Lutz MPH, RD, LDN, CEDRD-S specializes in eating disorders and pediatric/family nutrition. Anna received her Bachelor of Science degree in Psychology from Duke University and Master of Public Health in Nutrition from The University of North Carolina at Chapel Hill. She is a Certified Eating Disorders Registered Dietitian (CEDRD) and an Approved Supervisor both through the International Association of Eating Disorder Professionals (iaedp). Anna previously worked at Children’s National Medical Center in Washington, DC where she served as an outpatient Registered Dietitian at the Delaney Eating Disorders Clinic. Anna most recently worked on the Eating and Body Image Concerns Treatment Team at Duke University Student Health. Anna is a national speaker and delivers workshops and presentations on eating disorders, the non-diet philosophy, and childhood feeding. She also writes about nutrition and family feeding at Sunny Side Up Nutrition.

Ashley Lytwyn, MS, RDN, is the Director of Nutrition at Breathe Life Healing Centers, where she treats clients concurrently for eating disorders and substance use disorder. She believes in making peace with food and the body and aims to help individuals ditch the diet mentality and learn to nourish the body, mind, and soul. Ashley is particularly interested in the relationship between eating disorders and substance use and believes treating these diagnoses concurrently is optimal for long-term recovery. In addition to her work at Breathe, she owns and operates a private practice, focusing on eating disorders and disordered eating.

Lauren Manasse MSW, LICSW, CEDS-S, is a Clinical Social Worker who has worked with kids, teens, adults and families in Boston for 30 years. Her primary focus as a therapist, supervisor and teacher has been in the field of disordered eating and concerns around weight, shape and size over the past 20 plus years. She views the relationships we create in life and in therapy, behavioral tools and body-based mindfulness as key elements of self-awareness and in keeping hope for change possible. If we are doing our work well, we bring our whole selves into the room are transformed along with our clients.

Iris Mosah, BA is a Clinical Mental Health Counseling graduate student at Indiana State University. She will be graduating in May 2019 and pursuing counseling licensure. Iris has a special interest in working with eating disorders as well as advocating for marginalized sufferers.

Mia Nunez, Ph. D, directs and supervises psychotherapy services provided in eating disorders programs for children and adolescents at Rogers Behavioral Health (Oconomowoc, WI), where she also completed her predoctoral internship in exposure and response prevention for obsessive compulsive disorders and anxiety. She has authored several articles published in peer-reviewed journals and presented at international conferences. She is a graduate of UCLA and Northwestern University, where her research focused on identifying mechanisms of successful exposure-based treatment and developing means of enhancing treatment outcomes.
As Director of Clinical Operations, Melissa O’Neill LCSW provides leadership and management of the clinical system to ensure the highest quality of residential services. Additionally, she has over 15 years experience working in higher levels of care with those who are struggling with trauma, substance use disorders, eating disorders, mood and personality disorders. Melissa received her Bachelor of Arts degree in Psychology from Vanderbilt University. She earned a Master’s degree in Social Work from the University of Illinois.

Melissa Orshan Spann, PhD, CEDS is a licensed psychotherapist who specializes in working with women and families to effectively engage them in treatment. Dr. Spann has presented nationally on topics related to adolescent development and body image issues. Her clinical interests include body image development, proactively building for health, and women’s issues across the lifespan. She received her bachelor’s degree from the University of Florida, master’s degree from the University of Miami, and her doctoral degree from Drexel University. Dr. Spann is a native of Miami, and lives with her husband and two wonderful children.

Megan Ross, Ph.D., is a cultural anthropologist, healthcare administrator, dancer, and somatic psychologist. She serves as Chief Clinical Officer for Aloria Health, where she directs the integrity and values planning of the organization’s strategic goals, staff development, and client care. Ross lectures widely on various relational, cultural, and psychological subjects.

Amber Parris is a licensed clinical social worker and a Certified Eating Disorder Specialist (CEDS). She is the Director of Clinical Services for Residential Services at the Alsana Birmingham location. In addition to her specialization in eating disorders, Amber has additional training in symptoms of self-harm, suicidality, trauma, and sexual addiction. She has had specialized training and experience in EMDR, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Prolonged Exposure for PTSD. She is a candidate for the Certified Sex Addiction Therapist designation and has a particular interest in issues of intimacy and sexual addiction in eating disorders. She currently serves as Chair of Hospitality for the Alabama Chapter of International Association of Eating Disorders Professionals. Amber is committed to helping clients rediscover their sense of self and reconnect with their values and purpose to drive them towards recovery.

Heidi Schauster, MS, RDN, LDN, CEDRD-S is a certified eating disorders registered dietitian and supervisor with over 20 years of experience in the field. Heidi is the founder of Nourishing Words Nutrition Therapy, based in the Greater Boston area, and an instructor in the Eating Disorders Institute (EDI) graduate certificate program at Plymouth State University. Heidi is also the author of Nourish: How to Heal Your Relationship with Food, Body, and Self, published earlier this year. Heidi is a Health-at-Every-Size (HAES) practitioner who encourages embodied eating and living for all. In addition to individual nutrition therapy teaching, and writing, she facilitates the No Diet Book Clubs and supervises other dietitians, locally and virtually, who treat clients with disordered eating.
Nicole Siegfried is a Certified Eating Disorder Specialist (CEDS) and a licensed clinical psychologist. She is the Chief Clinical Officer for Alsana Eating Recovery Communities (formerly Castlewood treatment centers). She is an Adjunct Associate Professor of Psychology at University of Alabama at Birmingham. She is an international speaker and has published research, magazine articles, and book chapters in the field of eating disorders and suicide. Dr. Siegfried is president of the Alabama Regional Chapter of IAEDP. She is a member of the Academy of Eating Disorders (AED) and Co-Chair of the Eating Disorders and Suicide Prevention AED Special Interest Group.

Brad Smith, MD is the medical director of eating disorders services at Rogers Behavioral Health (Oconomowoc, WI). He frequently gives presentations on the nature and treatment of eating disorders at a variety of national conventions. His research efforts aimed at better understanding eating disorders in males has yielded several important publications in peer-reviewed journals. Dr. Smith has particular expertise in the use of exposure therapy to address binge eating.

Melissa Taylor, MS, LMFT, CEDS-S received her master’s degree from the University of Kentucky in marriage and family therapy, discovering early in her career that she had a passion for eating disorder recovery work. Melissa is the Outpatient Clinical Director and runs the Partial Hospitalization Program (PHP), the Intensive Outpatient Program (IOP), the Independent Living Program and the Outpatient Clinic at our Orem, Cottonwood Heights, and Boise locations. Melissa enjoys speaking around the country, educating professionals about the prevention and the treatment of eating disorders.

Sarah Thompson, BS is an eating disorder recovery coach, Certified Body Trust® provider, writer, and consultant. They identify as white, fat, queer, and nonbinary. Sarah is committed to educating health care professionals on creating better relationships with larger-bodied clients, eating disorder awareness, body liberation, and creating community. All of their work is done through an anti-oppression social justice lens, because acknowledging the trauma of oppression and stigma is a part of healing. Find them at www.resilientfatgoddess.com and at @resilientfatgoddess on social media.

Alvin Tran ScD, MPH is a Postdoctoral Associate at the Yale School of Medicine. He received his Doctor of Science from the Harvard T.H. Chan School of Public Health where he focused on body image and disordered eating behaviors among men. Alvin’s current work explores associations between dating app use, social media, and disordered eating behaviors among sexual minority men, including gay and bisexual men.
**Leigh P. Van Dusen, MS, LDN**, is a Licensed Dietitian/Nutritionist and the owner of Van Dusen Nutrition™. She has been a practicing clinician for more than 15 years with her primary specialties being eating disorders and sports nutrition. Leigh has worked in inpatient, residential, partial hospitalization, outpatient and research settings, and she recently expanded her practice to include additional dietitians as well as enhanced services centered in experiential therapy to help more clients reach a full recovery.

**Katherine Zavodni, MPH RD/CEDRD, CD** is a nutrition therapist specializing in eating disorders, child and adolescent feeding and development, and Intuitive Eating/Health at Every Size. She has been working in the field of eating disorders for over ten years, since her graduate school practice experience allowed her to engage with eating disorder treatment and prevention both clinically and environmentally. As an outpatient dietitian in solo practice, she works with individuals to heal their relationship with food and body as well as with parents concerned about feeding their children appropriately. In addition to her clinical work, she is working on reforming children’s nutrition education and is co-authoring a school nutrition curriculum that is developmentally appropriate, food positive, and celebrates body diversity.

**Program Directors: Amanda DeStefano, LICSW & Carolyn Judge**
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<tr>
<td>8:00-8:30AM</td>
<td>Registration and Breakfast</td>
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<tr>
<td>8:30-9:00AM</td>
<td>Welcome</td>
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| 9:00-10:15AM | **Keynote Address delivered by Kamryn T. Eddy PhD**<br>
|              | *Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults*  |
|              | Avoidant/restrictive food intake disorder (ARFID) was introduced into the diagnostic classification system in DSM-5 in 2013. While research on ARFID has proliferated in the past six years, as a field, we are still in our infancy of understanding how best to treat this heterogeneous illness. Building on a multi-disciplinary research-based conceptualization of ARFID characterized by sensory sensitivity, lack of interest in eating or food, and/or fear of aversive consequences, we developed a manualized cognitive-behavioral therapy for ARFID (CBT-AR). CBT-AR comprises 20-30 outpatient sessions which can be delivered in a family-supported or individual format to children, adolescents, and adults. This talk will describe the fundamentals of CBT-AR, introduce data supporting its efficacy, and outline next steps to guide clinical research in ARFID. |
| 10:15-10:30AM| Refreshment Break                                                    |
| 10:30AM-12:00PM| **Concurrent Session 1**<br>
|              | *James Greenblatt, M.D.*<br>
|              | *23 and You: Exploring the Hype and Hope of Genetic Testing in the Treatment of Eating Disorders*  |
|              | With the field of genomics having inspired a worldwide surge in interest into the genetic correlates of human health, behavior, and aging, and the popularity of direct-to-consumer genetic testing kits bringing companies such as 23andMe annual profits in the order of billions, many healthcare practitioners today are under increased pressure to understand the role of genetic testing for their patients. This Workshop “23 and You” will provide attendees with an overview of how genetic testing can be utilized to augment current Binge Eating Disorder (BED) treatment. The roles of specific genes associated with BED symptomatology, treatment response, and medication selection will be described. Specific genes linked to medication-induced weight gain and appetite regulation will be discussed and clinical relevance will be highlighted. This presentation will provide clinicians with the knowledge and confidence needed to effectively discuss the role of genetic testing in psychiatry and specifically for Binge Eating Disorder. |
|              | *Melissa Orshan Spann Ph.D., CEDS, LMHC*<br>
|              | *Eating Disorders within the Jewish Community: The Intersection of Culture and Values*  |
|              | This presentation seeks to dive deep in looking at eating disorders within the Jewish community. Attention will be focused on the intersection of cultural sensitivities within the Jewish community and eating disorders such as our cultural relationship to food, pressures on Jewish women to meet the “body ideal”, and observancy through recovery. The presentation seeks to highlight issues that are often not brought to the discussion including using values as resources, creative interventions with Jewish clients and the dialectic of religion. |
Nicholas Farrell Ph.D., Mia Nunez Ph.D., and Brad Smith M.D.
Harnessing the Power of Exposure-Based Therapy: A New (and Old) Frontier in the Treatment of Eating Disorders

The last decade has witnessed a resurgence of clinical and research interest in the use of exposure-based therapy in the treatment of individuals with eating disorders. The objective of this keynote address will be to impart a thorough understanding of the rationale for using exposure-based therapy to address several key transdiagnostic features in eating disorders, including fear and avoidance of eating, body image disturbances, and problematic binge eating. We will present a compelling argument for the use of exposure therapy that is based on a wealth of recent literature on the central role of fear and avoidance behaviors in the maintenance of eating disorders. We will then comprehensively describe and demonstrate the use of three key types of exposure therapy: (a) food exposure to address eating-related fear and avoidance, (b) body image focused exposure to address body image disturbance, and (c) cue exposure to address binge eating. In addition reviewing our own research studies and those of others that attest to the efficacy of these exposure techniques, we will use numerous case presentations to give audience members the opportunity to conceptualize the hypothetical treatment of cases from an exposure-based therapy framework.

Leigh P. Van Dusen MS, LDN & Nicole Farnsworth MS, RD, LDN, CPT
Therapeutic Movement Support™ - An Experiential Therapy for Helping Eating Disorder Clients Build a Positive Relationship with Exercise

Many patients struggling with eating disorders concurrently struggle in their relationship with exercise, whether that be to over-exercise, exercise in an obsessive or compulsive manner, exercise as an obligation, avoid exercise or feel apprehensive about returning to exercise. Processing and goal setting alone are not always sufficient in helping clients shift their thoughts and behaviors related to exercise. Therefore, we at Van Dusen Nutrition, developed and trademarked an adjunct service called Therapeutic Movement Support™. The program is centered in experiential work where we are side-by-side with our clients as they aim to repair their relationships with exercise. We will describe the program’s core concepts, identify distinguishing characteristics and provide case examples of clients building a positive connection to movement and integrating mindful movement into overall life.

12:00-1:00PM Lunch

1:00-2:30PM Concurrent Session 2
Katherine Zavodni MPH, RD, CD, CEDRD & Anna Lutz MPH, RD, LDN, CEDRD-S
The Wonder Years: Advocating for Protective Care for Adolescent Girls

Adolescence and the profound changes that occur during puberty, especially in girls, represent an especially vulnerable time for developing disordered eating and body image concerns, and therefore present a potent prevention opportunity for the eating disorder professional community. When parents, caregivers, and even health professionals are uninformed about normal growth and/or influenced by their own weight bias, observing these changes in young girls bodies can be alarming. Because weight bias is well documented in healthcare settings, providers may conclude that kids who appear “chubby” warrant weight based intervention, even in direct opposition to the current AAP guidelines, inadvertently promoting body image disturbance and eating pathology in vulnerable adolescents. Ironically, the same perspective that allows for errant pathologizing of normal growth can also lead to ignoring or even celebrating weight dysregulation that is actually a cause of grave concern. This presentation will describe in detail the growth pattern of female development during puberty, how to interpret growth and what is normal, as well as identifying when weight dysregulation might indeed be cause for concern, empowering eating disorder professionals to advocate for supportive, appropriate, protective care for adolescents.
**Mary Kruger MS, LMFT**  
*IFS, Addictions & Eating Disorders – A New Perspective*

Many of our clients, particularly those with a trauma history suffer from both eating disorders and addictions, which may not be readily apparent to the clinician. This workshop is designed to bring the IFS view of both to the clinician. Participants will learn the key concepts of IFS, how to identify the “addictive” cycle in clients and a variety of compassionate interventions.

**Ruth Elliott LICSW**  
*Holding up the Mirror: Are we practicing what we preach?*

Recovery from an eating disorder requires willingness, honesty, and vulnerability on the part of our clients. As providers in the field, we cannot ignore the parallel process that occurs as we strive to provide ourselves with support and care while treating this population. This workshop will open a conversation about the difficulties that can arise as providers take the risk to be willing, honest, and vulnerable about their own experiences treating eating disorders and ways that we can come together to provide community and support for ourselves as professionals.

**Lori Ciotti LICSW**  
*The Root of Disconnection: The Role of Emotion Exposures in Family and Support Work*

This workshop will focus on how to utilize Renfrew’s unique Unified Treatment Model in a family therapy session. Participants will be provided with an overview of the principles employed to assist patients in breaking down an emotional experience, and then witness how it can be effectively employed in a family session through an interactive demonstration. The demonstration will be performed utilizing Renfrew staff and actual case data, with identifying information changed to protect patient privacy.

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<th>Time</th>
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<tr>
<td>2:30-2:45PM</td>
<td>Refreshment Break</td>
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<td>2:45-4:15PM</td>
<td>Concurrent Session 3</td>
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**Nicole Siegfried Ph.D. CEDS-S & Amber Parris LICSW, CEDS**  
*Seeing is Believing: EMDR Principles and Techniques Applied to Treatment of Body Image and Eating Disorders*

Variations of Eye Movement Desensitization Reprocessing (EMDR) have been used to treat a range of symptoms, including negative body image. In this workshop attendees will learn EMDR principles and techniques as applied to negative body image in eating disorders, as well as the neurobiology behind the effectiveness of EMDR in this population. This presentation is appropriate for clinicians with and without previous EMDR training. Attendees will leave this session with a step-by-step process from history taking and creating safety to reprocessing to address negative body image symptoms in clients with eating disorders. Video excerpts and in-session demonstrations will be utilized.
Christine Lang LCSW, MDiv & Fiona LaRosa-Waters BS
Transforming Words Into Actions: Implementing LGBTQ+ Inclusive and Gender Affirming Programming into an Eating Disorder Treatment Setting

This panel discussion will present an overview of how an eating disorder treatment center rolled out LGBTQ+-specific programming at one of their locations, and used the experience as a springboard for creating ongoing, system-wide improvements in providing inclusive and affirming care. Panelists will share their experiences, the processes involved, and outcomes from clinical, operational, and community-oriented perspectives. Best practices for working with LGBTQ+ clients will be discussed, as will recommendations for how to implement these practices in varying levels of care.

Ashley Bade RD, LDN, CSP & Lauren Manasse MSW, LICSW, CEDS-S
When Your Client Wants Care, Not Help: A Complex Conversation

Using a multidisciplinary lens, we will explore the challenges that the “unchanging” client can present. The workshop will discuss identification of this client, personal and professional challenges working with this clientele, the role and value of Relationship Centered Care (RCC) alongside relational theories, helpful self-assessment tools, professional boundaries practitioners may need to consider, and the ethical perspective of providing long term care in the absence of client change.

Emily Dumas MA, LMFT
Living in the Shadows of an Eating Disorder – Incorporating Siblings into the Treatment

Eating disorders are complex and impact all members of the family. In treatment, there might be many areas of focus that revolves around the client’s behaviors and interpersonal work. When it comes to family work- generally, there is more emphasis around the relationship with a client’s parents and/or their romantic partners. With so many different areas, siblings tend to be overlooked when they could be essential in the treatment and recovery process.
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<th>Time</th>
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<tr>
<td>8:00-8:30AM</td>
<td>Registration and Breakfast</td>
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<td>8:30-8:45AM</td>
<td>Welcome</td>
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| 8:45-10:00AM | **Keynote address delivered by Chase Bannister MDIV, MSW, LCSW, CEDS and Johanna Kandel**  
**“We the People: The Practice & Ethics of Eating Disorders Advocacy”**  
In this keynote session, participants will learn how clinicians, individuals in recovery, and loved ones join forces to help influence public awareness and public policy as it relates to early-intervention, access to care, and treatment of eating disorders. Participants will learn a history of advocacy in the field of eating disorders, the ethical imperative for advocacy by clinical providers, and forward-looking pathways to engagement, including:  
• Connecting with local, regional, and national coalitions missioned to increase public awareness of eating disorders illnesses  
• Participating in state and federal lobbying efforts by writing to and meeting with legislators, policy makers, and federal agencies, with the intent to educate public officials on the severity of eating disorders illness, the impoverished research environment, and the importance of increased treatment and early-intervention resources and  
• Collaborating with other clinicians and the recovery community to use personal experience as fuel for fundamental grassroots change. |
| 10:00-10:15AM| Refreshment Break                                                    |
| 10:15-11:30AM| **Concurrent Session 1**  
**Mary Dye MPH, RD, CEDRD-S, LD-N**  
**Hunger to Satiety and all the steps in between: Intuitive Eating Across Levels of Care**  
Intuitive Eating has become a more widely accepted philosophy for treating eating disorders in recent years, however many clinicians question how to implement it effectively and voice concern over it being utilized prematurely in the treatment of eating disorders. This presentation aims to review the research on the effectiveness of this approach in eating disorder treatment, clarify the intuitive eating philosophy and teach participants how effectively use the approach in their practice. Participants will be educated on how to lay the foundation for intuitive eating, assess markers of readiness and provide support for individuals working toward intuitive eating throughout levels of care from residential through out-patient treatment. The presenter, who is a registered dietitian, will provide practical tools for food exposures and meal planning and strategies. |
| 11:30AM     | **Ashley Lytwyn MS, RDN and Alvin Tran ScD, MPH**  
**What’s Love Got to do With It? The Interplay of Sex, Substances, and Eating Disorders in Sexual Minority Men**  
Social media has been associated with body dissatisfaction and unhealthy weight control behaviors among young women and adolescent girls. However, recent evidence and clinical findings are showing susceptibility to body image pressures and similar eating disorder associations in sexual minority men. Eating disorder symptoms may be obscure and may be overlooked with traditional eating disorder assessment tools for treatment of this population. This presentation aims to explore the growing clinical observation and recent research associated with dating apps, body image, substance use, and dysfunctional eating patterns in sexual minority men. |
Katherine Godwin M.D.
Being Human: The Impact of Genetics on Eating Disorders Treatment

This presentation will describe the impact of genetic factors on psychopharmacology and neurotransmitter synthesis specific to eating disorders patients. Further discussion will include current resources available to provide meaningful intervention and the importance of food variety in treatment.

Seda Ebrahimi Ph.D.
Out of the Box: OSFED and UFED, Not Your Stereotypical Eating Disorders

The DSM-5 introduced three new categories to replace Eating Disorders Not Otherwise Specified (EDNOS). Binge Eating Disorder (BED) has been made a separate distinct eating disorder diagnosis, however, Other Specified Feeding or Eating Disorders (OSFED) and Unspecified Eating Disorders (UFED) are diagnoses that often leave patients feeling "not sick enough" to meet the criteria for the more commonly known Anorexia and Bulimia. Evidence-based treatment modalities as well as barriers to treatment will be discussed, and case presentations will highlight the complexities of these disorders. Discussion will address how particular aspects of treatment differ from traditional eating disorder interventions.

11:30AM-12:30PM
Lunch

12:30-1:45PM
Concurrent Session 2
Iris Mosah BA
Black Girls Get Eating Disorders Too: Stats, Stigmas, and Clinical Implications

This presentation will include information about the prevalence of eating disorders in black women as well as the stigmas and barriers to treatment for this population. Through the examination of real-life narratives from impacted women, participants will discuss and reflect on the impact of the stigmas and barriers. Finally, audience members will discuss clinical implications in order to better serve minority clients presenting with eating disorders.

Melissa O'Neill, LCSW
Eating Disorders and Vulnerability: The Deep Impact of Trauma

Those who struggle with eating disorders have higher rates of trauma exposure, both prior to onset of ED and throughout the course of the disorder. This workshop will explore this relationship between trauma and eating disorders, including shared features of both those who have experienced trauma and those struggling with eating disorders such as difficulty identifying and tolerating emotions. This presentation will explore evidenced-based treatment that promotes emotional regulation for PTSD and complex trauma and, in turn, stabilizes eating disorder symptoms when treated concurrently. Finally, this presentation will utilize experientials that are beneficial to those with this complex co-morbidity who struggle with traditional talk therapy.

Megan Ross, Ph.D.
How Our Language Influences the Care We Give

This workshop is designed to educate attendees about the complexities of language and how words impact the care that we offer. Language is a part of structuring our cognition, emotions, attitudes, culture, and actions. The power of words needs to be critically looked at so that we each get closer to offering the clinical care that we intend. Strategies to increase self-awareness regarding language will be provided and explored.

18 | P a g e
Erin Harrop MSW  
*Anorexia Nervosa in Larger Bodies*

This workshop will review information from an ongoing longitudinal mixed-methods study of women with Atypical Anorexia. Data on weight suppression, eating disorder severity, treatment delay, and psychiatric comorbidity will be presented. Additionally, I will present qualitative themes regarding illness journeys, interactions with medical providers, and experiences at eating disorder treatment. These qualitative findings will be augmented with audio clips of participant interviews, patient quotes, and participant drawings and art projects depicting their experiences. The workshop will end with a case presentation featuring one participant’s story, and the audience will be invited to discuss clinical questions that arise and develop clinical recommendations.

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<th>Time</th>
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<tr>
<td>1:45-2:00PM</td>
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<td>2:00-3:15PM</td>
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<td>Jessie Batchelder LICSW &amp; Robert Bordonaro LICSW</td>
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<td><em>Behind the Scenes of Treatment: Utilization Review</em></td>
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<td>Helping providers understand and gain access to a clients mental health insurance benefits from Inpatient, Residential, PHP, IOP and Outpatient Level of Care. A benefit is not a guarantee of coverage or an admission. Not all plans are created and managed equally - understanding the differences in coverage from in-network, out of network, single case agreements, Geo-access clauses and especially medical necessity which each level of care.</td>
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<td>Melissa Taylor MS, LMFT, CEDS-S</td>
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<td><em>What to Expect When Your Client with an Eating Disorder is Expecting</em></td>
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<td>This workshop highlights the research on pregnancy and eating disorders. It will discuss the risks to mother and baby if a mother engaged in her eating disorder while pregnant and implications post-delivery for the child. It will also review research about nutritional concerns and attachment between mother and baby post pregnancy. Finally, it will review interventions that can help patients remain focused on recovery while pregnant. These interventions will focus on the areas of body image, dietary, and attachment.</td>
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<td>Heidi Schauster MS, RDN, LDN, CEDRD-S</td>
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<td><em>Nourishment in Recovery: 10 Non-Linear Steps to Healing Relationships with Food, Body, and Self</em></td>
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<td>Heidi Schauster, MS, RDN, LDN, CEDRD-S will walk participants through a process designed to help clients build healthier relationships with food, body, and self. Ten non-linear healing steps assist clients in accessing and listening to their inner wisdom in making decisions about food, movement, and other life/recovery work. This healing work uses balanced food principles, intuitive mindful eating, Acceptance and Commitment Therapy (ACT) techniques, and creation of sustaining self-care practices. The presentation builds on Health-at- Every-Size (HAES), intuitive-eating, and mindfulness-based skills and practices that can be incorporated into nutrition therapy and behavioral therapy work. Over two decades of nutrition therapy practice, a personal recovery history, and a recently published book by the presenter inform this presentation.</td>
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<td><strong>Eating Away at Gender</strong></td>
<td><strong>Sarah J. Thompson BS, Certified Body Trust Provider</strong></td>
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<td>This workshop addresses the intersections of eating disorders, size, and gender identity. Trans and gender expansive people are four times more likely to engage in eating disorder behaviors, such as restriction or purging. Personal stories are weaved into eating disorder and weight stigma awareness to create a better understanding of these clinical challenges for professionals and for those seeking help.</td>
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<td>3:15</td>
<td><strong>Endnote Address by Aaron Flores RDN</strong></td>
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<td>4:30</td>
<td><em>Judge Me By Size Do You? Lessons Learned from a Fat Dietician</em></td>
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<td>What do Star Wars, Intuitive Eating, weight stigma, Health at Every Size®, Yoda and Jedis have in common? Much more than you think. Aaron Flores, RDN explores a fun new way of thinking when it comes to learning to ditch our diet mentality and make peace with food and our bodies. This discussion mixes media clips for the popular movie, Star Wars, as a way of demonstrating how non-diet principles can be incorporated into our lives to help improve our relationship with our body and with food.</td>
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Registration Rates

*Please note that these rates include cost of Continuing Education Credits*

Full refunds for any reason will be made up to April 7, 2019. After April 7, 2019 a $75 service fee will be deducted from your refund.

Special note for MEDA Professional Members, Partners and Presenters: This year you will need a special promotional code to register. It will be sent to you soon or contact us conference@medainc.org to receive the code.

Early Bird Registration Rates (Ends March 11, 2019 at midnight)
One-Day $255, Two-Day $455
Full-time Students: One-Day $120, Two-Day $210

Registration Rates (Through April 11, 2019)
One-Day: $305, Two-Day: $505
Full-time Students: One-Day $150, Two-Day $240

At the Door Rates (April 12 and 13, 2019)
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
  Contact us at conference@medainc.org to receive the discount code needed at check out.

Travel

Boston Marriott Newton: 2345 Commonwealth Avenue Newton, Massachusetts 0246
Nearest Airport: Boston Logan International Airport—BOS
Please note: The hotel does not provide shuttle service

A limited number of discounted room rates are available. Mention the MEDA conference when making your reservations.

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.

Cancellation Policy

Full refunds for any reason will be made up to April 7, 2019. After April 7, 2019 a $75 service fee will be deducted from your refund.