MEDA Conference 2020

25 Years of Connecting Our Community

May 8 & 9, 2020
Boston Marriott - Newton

www.medainc.org
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2020 Conference Information

Conference Description

MEDA’s 2020 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 2020 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

1. Examine longstanding medical myths of eating disorders
2. Determine the dangers of diet culture and summarize how it contributes to the development of eating disorders
3. Recognize and interpret clinical challenges for minority populations suffering from eating disorders
4. Identify HAES techniques that can be implemented into your clinical practice
5. Detect ways in which the LGBTQ population may experience stigma and shame in treatment.
6. Evaluate how the role of social media negatively impacts body image and self-esteem
7. Examine clinical applications for treatment of eating disorders and common comorbidities
8. Analyze treatment priorities for gender diverse clients with eating disorders
9. Explain the impact of trauma on the development of eating disorders
10. Compare nutritional interventions for clients suffering with eating disorders and chronic illness

Who Is Invited?
MEDA’S 2020 Conference is a course 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. We organize the event to offer education to meet the needs of both highly experienced providers and those new to the field.

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: 6 continuing education credits.
Saturday single-day registration: 7.5 continuing education credits.
Full Conference (two-day registration): 13.5 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 13.5 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 6 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 7.5 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 13.5 C.E. hour(s) for psychologists.

Registered Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 13.5 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: CEU submission PENDING. This program has been submitted to MAMHCA for up to 13.5 continuing education units. Friday single-day registration: 6 continuing education credits and Saturday single-day 7.5 continuing education credits.

Social Workers: CE submission PENDING. This program has been submitted for 13.5 Continuing Education hours for re-licensure, 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. Friday single-day registration: 6 continuing education hours and Saturday single-day 7.5 continuing education hours

Dietitians: CEU submission PENDING. This program has been submitted to the Commission on Dietetic Registration for 13.5 continuing education credits. Friday single-day registration: 6 continuing education credits and Saturday single-day 7.5 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.

For more information about the conference, please email conference@medainc.org.
### MEDA’S 25th National Conference Speakers

*In Alphabetical Order*

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<th>Speaker</th>
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<tr>
<td><strong>Corrinne Archibald RD, LDN</strong></td>
<td>is the Coordinator of Outpatient Nutrition Services – MA Region and has been part of the Walden team for over 12 years. Her kind and empathic approach to nutrition counseling helps individuals in her care to feel more at ease. With a constant smile and a bright demeanor, Corrinne is a valued member of the clinical team and is looked to for nutritional guidance by her clients and her colleagues alike. In her current role, Corrinne is responsible for providing nutritional support and consultation across our various Massachusetts outpatient clinics. Corrinne earned her BS in Dietetics from the University of Northern Colorado in 2006 and completed her dietetic internship through Simmons College in 2007. When she’s not wearing her dietitian hat, Corrinne is a proud mother to a daughter and new baby boy and a fur mama to her “fun-loving” lab named Finn.</td>
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<td><strong>Amy Aubertin MS, RDN, LDN</strong></td>
<td>is a nutrition therapist with a private practice in Leominster, MA. She specializes in the treatment and prevention of eating disorders, PCOS, digestive health, and intuitive/mindful eating. She incorporates mindfulness practices in her work with clients, being trained in Mindfulness-Based Stress Reduction, Mindfulness-Based Eating Awareness, and Mindful Eating Conscious Living. She is trained in NEDA’s Body Project through MEDA. Amy provides clinical supervision for dietitians.</td>
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<td><strong>Tammy Beasley, RDN, CEDRD, CSSD, LD</strong></td>
<td>has been practicing as a registered, licensed dietitian/nutritionist for over three decades, specializing in eating disorders. She joined Alsana Eating Recovery Communities in 2015 as National Director of Nutrition Education, and now serves as Vice President of Clinical Nutrition Services, working closely with the Clinical Leadership Team to ensure that the nutrition programming blends both evidence-based science and cutting-edge practice. Tammy was the first registered dietitian to become certified with the International Association of Eating Disorder Professionals (iaedp) in 1993, and served on the Certification Committee for nine years, stepping into the role of Director from 2013-2017. During her tenure, the Commission on Dietetic Registration approved the CEDRD Certification for RDs in the field of eating disorders. As a frequent speaker at regional to international conferences, Tammy enjoys translating evidence-based science into practical and insightful messages for clients to begin healing their relationship with food and body and for clinicians to incorporate into their own practices.</td>
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<td><strong>Rebecca Berman LCSW-C, CEDS, MLSP</strong></td>
<td>is a Clinical Training Specialist for The Renfrew Center. She specializes in treating eating disorders, self-injurious behavior and trauma. Ms. Berman has presented nationally on the transdiagnostic treatment of eating disorders and the treatment of trauma and eating disorders. She has hosted several webinars on a variety of eating disorder related topics including recovery, self-harm, substance use, and trauma, and has also lobbied on Capitol Hill on mental health parity. Maintaining a private practice in Arlington, VA and Bethesda, MD, she is a member of the Eating Disorders Coalition, the Academy of Eating Disorders, the International Association of Eating Disorder Professionals, and the National Association of Social Workers.</td>
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Bonnie Brennan MA, LPC, CEDS-S directs adult Inpatient, Residential, Partial Hospitalization, Intensive Outpatient and Outpatient levels of care at Eating Recovery Center in Denver, CO. Bonnie is a Licensed Professional Counselor and a Certified Eating Disorders Specialist and Supervisor. She is also the President of the Rocky Mountain Association of Contextual Behavioral Science and an active member of the International Association of Eating Disorder Professionals. In addition, Bonnie has a Master’s Degree in Counseling Psychology and Counselor Education with an emphasis on Marriage and Family Therapy from the University of Colorado at Denver.

Brianna Campos LPC is a Licensed Professional Counselor in the state of NJ. She has worked with Eating Disorder patients for the last four years and has a special interest in body image; she has worked in an outpatient treatment center, as well as a meal support coach, recovery coach, & a body image coach and therapist. She also teaches Introduction to Eating Disorders at St. Thomas Aquinas College in New Jersey. She has written extensively on the topic of body image, and has presented on this topic on a number of occasions, most recently, at the WIND Symposium in Washington, DC.

Ralph Carson, RD, LRD, 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 Senior Clinical and Research Advisor for the Eating Recovery Center’s BETR Program for Binge eating disorders and loss of control eating in Denver, CO 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. Additionally, Dr. Carson has set up several eating disorder programs and corporate wellness programs. He is an active board member of the International Association of Eating Disorder Professionals (IAEDP). He authored several popular books on nutrition, lifestyle practices, good health and the brain: Harnessing the Healing Power of Fruits and The Brain Fix: What’s the Matter with Your Gray Matter?

Karen Chinca LICSW, CEDS, MSW has a private practice in Brookline, MA. Karen is a founding member of the Greater Boston Wellness Collaborative which treats clients with eating disorders. Karen obtained an MBA in Health Care Management from Boston University in 1995 and received her MSW from Boston College in 2004. Karen is a member of NASW, the Academy of Cognitive Therapy, IAEDP, the International OCD Foundation, and the Multi Service Eating Disorders Association. Karen obtained an advanced certificate in Cognitive Behavioral Therapy from Boston University, and then earned her Diplomate Status with the Academy of Cognitive Therapy. Karen specializes in treating clients with eating disorders, OCD, body dysmorphic disorder, and other related disorders.

Katherine Craigen PhD is the Director of Clinical Integrity and Innovation at Walden Behavioral Care. In this role she is responsible for consistently evolving programming at Walden to ensure that what is being offered is the best, innovative, evidence-based therapies and programs that blend client needs with clinical integrity. Prior to stepping into this position, Kate was Walden’s Director of Binge Eating and Bariatric Support Services. Before joining the company in 2014, Kate conducted her postdoctoral fellowship and was a clinical instructor at the Eating and Weight Disorders Program in the Department of Psychiatry at the Mount Sinai School of Medicine. Kate received her doctorate in clinical psychology from Fairleigh Dickinson University.
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<th>Vaughn Darst MS, RD</th>
<th>Vaughn Darst MS, RD is a Registered Dietitian who specializes eating disorders among under-served populations, including transgender and nonbinary individuals, large bodied individuals, and neurodivergent youth. Vaughn received his MS in Nutrition from the USC, and his BA in Critical Theory and Cultural Studies, with a concentration in Transgender Studies, from Scripps College. Vaughn completed two fellowships at Children’s Hospital Los Angeles, gaining clinical experience in adolescent medicine, transgender healthcare, and family-centered care for children with neurodevelopmental delay. Vaughn also served as a Health Educator in the Cal State System for over a decade before moving into eating disorder treatment. Vaughn’s main areas of focus are intuitive eating, Health at Every Size®, and body liberation advocacy. He seeks to work collaboratively with clients to establish a nourishing relationship to food and their body. Vaughn owns a private practice in Los Angeles, serving primarily queer, transgender and gender diverse clients with disordered eating and body image concerns.</th>
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<td>Lauren Dear MS, RDN, LDN</td>
<td>Lauren Dear MS, RDN, LDN is a Registered Dietitian Nutritionist with a private practice in Boston. She specializes in digestive health and eating disorders and has developed a keen interest in how the two overlap. She is an expert on the low FODMAP diet and treats a wide range of clients with digestive disorders including IBS, SIBO, Crohn's disease, celiac disease, ulcerative colitis, and gastroparesis. Lauren is also trained in clinical hypnotherapy and offers this modality as an adjunct treatment to help manage digestive symptoms.</td>
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<td>Angela Derrick Ph.D., CEDS-S</td>
<td>Angela Derrick Ph.D., CEDS-S is a licensed clinical psychologist in private practice and a Senior Clinical Advisor at Eating Recovery Center in Chicago where she provides supervision and training to staff and students. Dr. Derrick has over 15 years of experience treating eating disorders and is especially interested in the role of mindfulness-based treatment interventions. She is on faculty at Northwestern University Feinberg School of Medicine and is an Assistant Professor at Rush Medical School. Dr. Derrick has been credentialed as a Certified Eating Disorder Specialist and Supervisor and is a co-chair of the Somatic Therapies Special Interest Group in the Academy for Eating Disorders.</td>
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<td>Ruth Elliott LICSW</td>
<td>Ruth Elliott LICSW has worked in the eating disorders field as a therapist for the last 13 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.</td>
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<td>Carol Feldman Bass JD, Psychodramatist</td>
<td>Carol Feldman Bass JD, Psychodramatist has worked extensively with neuro-diverse teens, adults, couples and families. She has written numerous articles and has presented her methods at local and national conferences. She’s recognized as the expert on the use of psychodrama with the neuro-diverse population.</td>
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<td>Amy Gardner MS, RD</td>
<td>Amy Gardner MS, RD provides nutrition therapy to individuals with eating disorders and disordered eating. She owns Metrowest Nutrition, an organization dedicated to creating a safe, comfortable environment for people of all ages, races, bodies and abilities to explore their relationship with food and body image while moving towards greater overall wellbeing. She sees clients in her private practice in Newton, Framingham and Westborough and also supervises other clinicians at Metrowest Nutrition. Amy has extensive experience working worked at all levels of eating disorder care. She incorporates mindfulness, experiential work and various psychotherapy models (CBT, DBT, IFS, ACT) into her nutrition therapy with clients.</td>
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| Leah Graves RDN, LDN, CEDRD-S, FAED | is the Vice President of Nutrition and Culinary Services for Veritas Collaborative and has been treating patients with eating disorders for over 30 years. She is highly respected within the eating disorders field for her expertise in medical nutrition therapy, nutrition counseling, clinical supervision, and research. A founding member of the Academy for Eating Disorders, Graves has served on the Academy’s Executive Committee, Board of Directors, and the Fellowship Selection Committee. She is credentialed as a Certified Eating Disorders Registered Dietitian by the International Association of Eating Disorders Professionals and has also been honored as a Fellow of the Academy for Eating Disorders.

She has written several publications pertaining to nutrition and eating disorders and has been invited to present at the International Conference on Eating Disorders, International Association of Eating Disorders Professionals Symposium, and the Academy of Nutrition and Dietetics — in addition to numerous regional and local conferences. She has also been active with the National Eating Disorders Association as a member of the 2013 and 2014 Conference Planning Committees. Graves received her Bachelor of Science in Clinical Dietetics with highest distinction from the University of Oklahoma Health Sciences Center in 1985. Prior to joining Veritas, Leah was the Manager of Eating Disorders Nutrition Therapy for the Laureate Eating Disorders Program in Tulsa, Oklahoma. |
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<td><strong>Christy Harrison, MPH, RD, CDN</strong> is an anti-diet registered dietitian nutritionist, certified intuitive eating counselor, and author of the book Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating (Little, Brown Spark 2019). She offers online courses and private intuitive eating coaching to help people all over the world make peace with food and their bodies. Since 2013 Christy has hosted Food Psych, a weekly podcast exploring people’s relationships with food and paths to body liberation. It is now one of iTunes’ top 100 health podcasts, reaching tens of thousands of listeners worldwide each week. Christy began her career in 2003 as a journalist covering food, nutrition, and health, and she’s written for major publications including The New York Times, SELF, BuzzFeed, Refinery29, Gourmet, Slate, The Food Network, and many others. Learn more about Christy and her work at christyharrison.com.</td>
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<td><strong>Cynthia Kaufman DDS</strong> is a retired dentist from Bucks County, PA, a scientist, writer and public speaker. She is a graduate of Smith College and The University of Maryland, Dental School. Presently, her focus is to use her personal experiences along with her medical background to help educate and support patients, clinicians and laymen alike, about DID, eating disorders and the mental healthcare system.</td>
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<td><strong>Angela Kaloudis LMHC, NCC</strong> is a clinical training specialist at the Renfrew Center. She received her Bachelor’s degree in Psychology and Gender Studies from the University of Rhode Island and her Master’s degree in Mental Health Counseling and Behavioral Medicine from Boston University School of Medicine. She specializes in the treatment of eating disorders and trauma and has a wide range of experience providing individual, family, and group therapy for eating disorders, trauma, substance abuse, and mood disorders. Maintaining a private practice in Massachusetts, she is a member of the American Mental Health Counselors Association (AMHCA) and a professional provider for the Multi-Service Eating Disorders Association (MEDA).</td>
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<td><strong>Norman Kim PhD</strong> completed his B.A. at Yale and his Ph.D. in Psychology at UCLA. His research and clinical interests include the neurobiology and social development of people with autism, the developmental course of bipolar disorder, and the treatment of anxiety disorders. In conjunction Norman has developed an expertise in treating and teaching about psychiatrically complex populations, multi-modal treatment, and diagnostic assessment with a particular focus on Eating Disorders, Trauma, and Bipolar Disorder. He is a regular national speaker, educator, and passionate advocate for eating disorder awareness and legislation with a particular focus on marginalized communities. He is on the Board of Directors of the Eating Disorders Coalition, the co-chair of the People of Color Subcommittee of the African American Eating Disorder Professionals Committee of IAEDP, co-chair of the Transcultural SIG for the Academy of Eating Disorders, and on the Advisory Boards of Recovery Warriors, Spectrum CBT and Tikvah V’Chizuk. Norman is the co-founder and National Director of the Reasons Eating Disorder Center.</td>
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<td><strong>Kristin Kwak RDH</strong> is a registered dietician and nutritional therapist who specializes in working with eating disorders. She also works with several patients with Dissociative Identity Disorder. She was an out-patient manager in Nutrition Services at the Renfrew Center in Philadelphia and now works in private practice.</td>
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<td><strong>Anna Lutz MPH, RD, LDN, CEDRD-S</strong> is a Nutrition Therapist with Lutz, Alexander &amp; Associates Nutrition Therapy in Raleigh, NC and 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 is a national speaker and delivers workshops and presentations on eating disorders, the non-diet philosophy, and childhood feeding. She also writes about family feeding and simple cooking at Sunny Side Up Nutrition.</td>
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<td><strong>Lauren Manasse MSW, LICSW, CEDS-S</strong> 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 and are transformed along with our clients.</td>
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<td><strong>Christine Marston PhD</strong> is a licensed psychologist in private practice in Bucks County, PA. She completed her doctoral degree at the California School of Professional Psychology, with an emphasis in health psychology and brings over 20 years of clinical experience to her work with clients, treating eating disorders, dissociative disorders, depression, anxiety and trauma. She completed her postdoctoral training at the Renfrew Center in Philadelphia and serves on the board of the Greater Philadelphia chapter of the International Association of Eating Disorders Professionals.</td>
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**Susan McClanahan PhD, CEDS** is a licensed clinical psychologist, the Chief Clinical Development Officer of Eating Recovery Center and the President and Founder of Insight Behavioral Health Centers. She has specialized in the treatment of eating disorders for over 20 years. Dr. McClanahan is active on the boards of several professional organizations and is a founding member of ANAD’s Medical and Scientific Advisory Board and a current co-chair for the Residential and Inpatient SIG in the Academy for Eating Disorders. Dr. McClanahan is an Assistant Professor at Rush Medical Center and Northwestern University Feinberg School of Medicine.

**Philip Mehler MD, FACP, FAED, CEDS** began his career at Denver Health more than 30 years ago and was formerly its Chief of Internal Medicine. He was Denver Health’s Chief Medical Officer (CMO) for 10 years until he was promoted to its Medical Director, a position he held until his retirement in 2014. He is also the Glassman Professor of Medicine at the University of Colorado School of Medicine and has conducted research into the optimal medical treatment of the most severe cases of Anorexia Nervosa and Bulimia. He founded ACUTE at Denver Health, the country’s center of excellence for those with the most extreme forms of Anorexia Nervosa and continues to serve as its Executive Medical Director. Dr. Mehler has authored 460 scientific publications, including 3 textbooks, Medical Complications of Eating Disorders, published by Johns Hopkins University Press and is now in its third edition. His newest book was just released in November 2017. Dr. Mehler was the recipient of the Academy of Eating Disorders 2012 Outstanding Clinician Award, has been recognized among the “Best Doctors in America” for the past 22 years in a row, and was voted the “Top Internal Medicine physician in Denver” multiple times by 5280 Magazine. Dr. Mehler is a member and fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a member of the editorial board of the International Journal of Eating Disorders. He has lectured extensively on a national and international level as the leading medical expert on the topic of the medical complications of eating disorders.

**Alexandra Meyers-Ellett PHD, LPC, RPT** is a PhD graduate from the University of Arkansas, where she received her Doctorate of Philosophy in Counselor Education and Supervision. She is a Licensed Professional Counselor in both Oklahoma and Arkansas and a nationally Registered Play Therapist. Dr. Meyers has worked with children as young as 2 years old with extensive trauma, anxiety, and severe eating disorders. She currently works as a therapist at Laureate Psychiatric Clinic & Hospital in the inpatient adolescent eating disorders program. Dr. Meyers also has a part-time private practice where she treats a wide range of clients with an emphasis in anxiety disorders.

**Anne Mittnacht MPH, RD, CEDRD, TCTSY-F** is an outpatient dietitian at Metrowest Nutrition in Newton Center where she specializes in eating disorders and family nutrition and takes an Intuitive Eating/ Health at Every Size® approach to nutritional counseling. She was the primary investigator on a study that evaluated the consensus on nutrition counseling practices among registered dietitians treating individuals with anorexia nervosa, and findings were published in the International Journal of Eating Disorders. She is a certified Sivananda Yoga Instructor and has received specialized training in Curvy Yoga and Trauma Center Trauma-Sensitive Yoga (TCTSY). She teaches Trauma-Sensitive Yoga at The Trauma Center in Brookline, MA and, when appropriate, integrates this approach into her nutrition sessions with clients.
Caroline Nichols LICSW, CEDS-S received her Master of Social Work degree, with a concentration in Mental Health, from the University of Alabama and is a Licensed Independent Clinical Social Worker in the State of Alabama and a Certified Eating Disordered Specialist. Caroline has previous experience working with individuals with eating disorders at the residential, partial hospitalization and intensive outpatient levels of care. She also has extensive experience working with issues related to PTSD, addiction, co-dependency, chronic pain management, self-harm, suicidality, family dynamics and personality disorders. She has specialized training in Dialectal Behavior Therapy, Cognitive Processing Therapy, Prolonged Exposure Therapy, Emotion Focused Family Therapy and is a Level II Trained EMDR therapist. She currently serves as the Hospitality Co-Chair for the Alabama Chapter of International Association of Eating Disorder Professionals (IAEDP). Caroline employs a wide variety of therapeutic modalities to treat the whole person and is committed to empowering clients in developing a “life worth living.”

Nicole Patience, MS, RD, LDN, CDE, CEDRD provides diabetes education and nutrition counseling at both the Joslin Diabetes Center and the Counseling and Nutrition Center 360. She specializes in eating disorders and post-bariatric hypoglycemia. She has 13 years of experience in the diabetes realm as an educator and served four years as the lead dietitian at the ADA’s Camp Freedom. With a fluency in Spanish, Nicole facilitates Spanish language trainings for health care professionals. She teaches mindful eating workshops and incorporates mindfulness and mindful eating into her nutrition appointments with clients.

Michelle Pierce A graduate of Lesley University, Michelle earned her Master’s degree in Clinical Mental Health Counseling with a focus in Holistic Studies. Michelle’s specialty areas include substance abuse, LGBTQ+ populations, Autism Spectrum Disorder, and Family therapy. Michelle believes in bringing to her clinical work an approach that includes a sense of calmness and tranquility. She has extensive experience in mindfulness and meditation training. Michelle loves to provide support and education in both group and individual settings. She brings with her a strong sense of social justice and balance to the work. Michelle is a certified yoga instructor values creating space that allows her students to explore movement free from self-judgement. She is also BLS/CPR certified. Michelle is dedicated to promoting increased acceptance and sensitivity toward eating disorders.

Paula Quatromoni DSc, MS, RDN, LDN is an Associate Professor of Nutrition and Epidemiology and Chair of the Department of Health Sciences at Boston University. Her research program includes a focus on eating disorders treatment and prevention, and she has been an investigator on the world-renowned Framingham Heart Study for more than 20 years. Dr. Quatromoni is widely published, including several clinical case studies and research papers on athletes’ eating disorder onset and recovery experiences. In 2015, she joined Walden Behavioral Care as a Senior Consultant to the Department of Nutrition where she led the creation of the GOALS Program, an intensive outpatient specialty program that treats competitive athletes with eating disorders.

Melanie Rogers, MS, RDN, CDN, CEDRD-S is a Certified Eating Disorder Registered Dietitian and accredited supervisor in the treatment of eating disorders. She is the Founder and Executive Director of BALANCE eating disorder treatment center™ and melanie rogers nutrition, llc in New York City. Among her many affiliations Melanie is the founder and recent past president of the New York City Chapter of the International Association of Eating Disorder Professionals (IAEDP), an Advisory Board Member at the Center for the Study of Anorexia and Bulimia (CSAB) and a former Board Member of the Binge Eating Disorder Association (BEDA). She is also an adjunct professor in the Department of Nutrition and Food Studies at New York University. Melanie has earned a
Mary Anne Roy PsyD, CCS is a licensed psychologist and certified clinical supervisor who has expertise in the co-occurring treatment of women with addiction. Her extensive career in the mental health and addiction field has provided her with the experience and knowledge necessary to provide strong leadership and direction throughout Crossroads’ continuum of care. As Chief Clinical Officer, Dr. Roy oversees all clinical operations of the organization which includes multiple outpatient and inpatient programs.

Meg Salvia MS, RDN, CDE, CEDRD-S is an experienced clinician in the field of eating disorders, having worked as a dietitian at all levels of care, and she now runs a group outpatient private practice in Harvard Square. She also works as the Research Assistant for the Nutritional Epidemiology lab at Boston University with Dr. Paula Quatromoni, conducting research on nutrition and eating disorders outcomes. She is currently pursuing a PhD in Population Health Science at Harvard’s T. H. Chan School of Public Health. She can be found on Instagram @MegSalviaNutrition and @MostlyBalanced.

Christin Saucier RDN, LDN has a Bachelor of Science degree in Nutrition from Keene State College, which is also where she completed her Dietetic Internship in 2009. She is currently licensed to practice nutrition in the states of New Hampshire and Massachusetts. She has worked within the field of eating disorders at various IOP and PHP programs as well as in the school and private practice setting since 2012. She has been a Registered Dietitian with the Commission on Dietetic Registration since 2010, a Licensed Dietitian of the State of New Hampshire since 2010 and a Licensed Dietitian of the Commonwealth of Massachusetts since 2012.

Nicole Siegfried PhD, CEDS-S is the Chief Clinical Officer for Alsana Eating Recovery Communities. She is a Certified Eating Disorder Specialist (CEDS) and a licensed clinical psychologist. She also serves as an Adjunct Associate Professor of Psychology at University of Alabama at Birmingham. She has treated eating disorders for over 20 years. 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 chair of the Research Committee for the Residential Eating Disorder Consortium (REDC). She is a member of the Academy of Eating Disorders (AED) and former Co-Chair of the Eating Disorders and Suicide Prevention AED Special Interest Group.

Emily Slager MS, LMHC is the Assistant Vice President of Clinical Operations for the Eastern Massachusetts region of Walden Behavioral Care. In her current role, she oversees all clinical, operational and financial aspects of five ambulatory clinics and works closely with leadership of the residential and inpatient programs as a member of the senior staff. Emily has worked at Walden for over 13 years, in various roles and at all levels of care. Her passion for working with athletes preceded her career in mental health as she held roles at the Women’s Sports Foundation and Octagon Worldwide before earning her master’s degree at Boston College. In 2015-16, Emily worked with her co-presenters on creation of the GOALS Program, an intensive outpatient specialty program that treats competitive athletes with eating disorders.
Melissa Spann PhD, CEDS-S is a Certified Eating Disorder Specialist and supervisor. Dr. Spann has presented nationally on topics related to body image development, eating disorders in the Jewish community, and the intersection of trauma and eating disorders. She is currently the Chief Clinical Officer at Monte Nido and Affiliates where she oversees the clinical programming and development for Monte Nido, Clementine and Oliver-Pyatt Centers. Dr. Spann received her Doctoral degree from Drexel University in Philadelphia, PA, Master’s degree from the University of Miami, and her Bachelor's degree from the University of Florida.

Matthew Stranberg MS, RDN, LDN, CSSD, CSCS is a licensed Registered Dietitian Nutritionist, Certified Strength and Conditioning Specialist and Board-Certified Specialist in Sports Dietetics. His mission as a provider focuses on translating nutrition and exercise science into practical solutions. Matt Stranberg currently operates as the dietitian and exercise science advisor for the Walden GOALS program and the Sports Nutrition and Exercise Science Specialist for Walden Behavioral Care. As Walden’s Sports Nutrition and Exercise Science Specialist, he is known for his dedication to educating and empowering patients of all backgrounds to facilitate a full and meaningful recovery from disordered eating and problematic physical activity. Matt Stranberg has a B.S. degree in Kinesiology from the Honors College at The University of Massachusetts Amherst, a Master’s degree in Applied Exercise Physiology and Nutrition from Columbia University and completed his dietetic internship at Boston’s Brigham and Women’s Hospital.

Anna Sweeney MS, RD, LDN, CEDRD-S is an active member of the greater Boston area eating disorder treatment community, has spoken locally and nationally on a variety of topics pertaining to eating disorder care, serves on the IAEDP National Certification Committee, and has used her platform to speak about the intersection of disability and clinical care. She is the owner of Whole Life Nutrition, a HAES(R) aligned nutrition therapy practice dedicated to the treatment of individuals struggling with disordered eating, eating disorders and body image concerns, in Concord, Massachusetts.

Heather Thompson-Brenner PhD, FAED is a research consultant at the Renfrew Center and a clinician in private practice. She was the Director of the Eating Disorders Program and a research professor at the Boston University Clinical Psychology doctoral program for over ten years. Dr. Thompson-Brenner is the author of several books and more than forty articles on the treatment of eating disorders, including a forthcoming manual on transdiagnostic treatment of eating disorders and co-occurring emotional disorders from Oxford University Press.

Bernie Vaccaro MD is the Clinical Director of Neuropsychiatry at the Behavioral Neurology Unit at Beth Israel Deaconess Medical Center. He is also the consulting psychiatrist for Monte Nido Laurel Hill and the Eating Disorder Center of Boston, Monte Nido affiliates. He has clinical interests in Neuropsychiatry, PTSD, Eating Disorders, the Psychotherapy of Trauma and neuromodulation in the treatment of psychiatric disorders.
Sandra Wartski PsyD, CEDS is a licensed psychologist and a Certified Eating Disorder Specialist (CEDS). She completed her undergraduate degree at the University of Rochester and received her Doctorate in Psychology from Widener University. After interning at the Renfrew Center (Residential Treatment Facility for Eating Disorders) and Media Child Guidance Clinic, Dr. Wartski moved to Raleigh and joined Silber Psychological Services. Over the past 26 years as a licensed psychologist in North Carolina, Dr. Wartski has been conducting individual, group and family therapy, as well as psychoeducational evaluations, with special interests in eating disorders, mood disorders, anxiety, relationship issues and crisis intervention. Dr. Wartski is also passionate about providing educational programming and articles for the public and for other professionals on a variety of mental health topics, though one of her primary interests include Eating Disorder treatment and prevention.

Program Directors: Amanda DeStefano, LICSW & Carolyn Judge
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<td>8:00-8:30 AM</td>
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<td>8:30-9:00 AM</td>
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| 9:00-10:30 AM | **Keynote Address delivered by Philip Mehler MD FACP FAED CEDS**  
*Pearls and Myths in the Medical Evaluation of Patients with Eating Disorders*  
Medical issues are a major part of the treatment of patients with eating disorders. Significant improvement has been achieved in the diagnostic accuracy and treatment of the many medical issues which can complicate and impede recovery. However, there are also many persistent medical myths and ongoing controversies which seem to hinder the implementation of an evidenced-based treatment plan. This talk will provide a selection of such dilemmas to define a pragmatic path forward to help achieve a sustained recovery. |
| 10:30-10:45 AM| **Refreshment Break**                                  |
| 10:45 AM - 12:15 PM | **Concurrent Session 1**  
**Ruth Elliott LICSW & Cristin Saucier RDN LDN**  
*Shame, Blame, and Parenting in a Fat Phobic World*  
In a world filled with mixed messages regarding weight, food, and exercise it can be difficult to stay focused on treatment that is evidenced based while treating our young clients. In this workshop we will discuss how our roles and relationships with caregivers are vital to their recovering child and explore how our culture influences caregiver's decision making regarding food, weight, and exercise. This workshop will fill your clinical bucket with the tools and information you need to help support your clients and their caregivers.  
**Paula Quatromoni DSc MS RDN LDN, Emily Slager MS LMHC & Matthew Stranberg MS RDN LDN CSSD CSCS**  
*Multidisciplinary Approaches to Addressing Problematic Physical Activity and Providing Athlete-specific Care in Eating Disorder Treatment*  
This workshop will summarize current recommendations and introduce emerging evidence on best practices for treating eating disorders in athletes and other clients who exhibit problematic physical activity and/or relative energy deficiency in sport (RED-S). Our multidisciplinary team brings expertise in exercise science, behavioral nutrition and eating disorders treatment to an interactive workshop that will showcase assessment tools, intervention strategies, case presentations, and treatment outcomes. A panel discussion will allow participants an opportunity to discuss with our team challenging cases and obstacles to conventional treatment approaches seen in their practices.  
**Philip Mehler MD FACP FAED CEDS**  
*Close-Up with Dr. Mehler: Treatment of Eating Disorders*  
This workshop is intended for dieticians, allied health professional (NPs and PAs) along with medical physicians (OD and MD) who desire a deeper and intensive review OF THE many different medical issues which arise in the treatment of patients with eating disorders. The attendee will thus broaden their medical knowledge base and be increasingly prepared to pursue medical CEDS. This will in turn identify them as experts in their local communities to both treat and to recognize when to refer these patients to a higher level of care.  
**Ralph Carson RD, LRD, PhD**  
*The Amuse System – How to prevent hardening of the attitude and utilize laughter in therapy to counter stress induced dysfunctional eating behaviors*  
We are all very familiar with the basic five senses: taste, touch, sight, sound and smell. But all too often we forget that we actually have a sixth sense, that being a sense of humor. The use of humor and laughter in psychotherapy has great potential in a treatment setting for eating disorders, but little is known, and most is based on theory. The issue comes down to what is it about laughter that is healing? It is about how humor and laughter are used to confront life challenges by reducing stress and creating social bonds more than the laughing itself and the release of endorphins. Laughter provides levity in broaching sensitive topics, stimulates insights, diffuses anger, and relates to patients in a more intimate way. Humor is an innate tool for coping, an
Antidote for stressful situations and a relief from nervous energy. The stress producing hormones cortisol and norepinephrine are reduced. Self-confidence and intelligence are heightened as laughter stimulates creativity and problem solving. Generating humor is not limited to those who seem naturally to be more humorous --- it can be taught. There is a basic premise that self-initiated and stimulated laughter done in a group turns into contagious laughter. This presentation intends to communicate the value of bringing humor into the therapy session, to provide an assortment of skills and tools to implement humor; and to promote humor as a technique for achieving recovery in the eating disorder population.

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<td>12:15-1:00</td>
<td>Lunch</td>
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| 1:00-2:30 PM | **Concurrent Session 2**  
Norman Kim PhD  
*Finding Hope in Telling Our Stories: Understanding the Intersection of Discrimination and Shame in the Treatment of Eating Disorders in People of Color and LGBTQ+ Communities*  
People from ethnic minority groups and the LGBTQ community struggling with eating disorders often grapple with additional stigma and marginalization. Among other risk factors, a history of macro- and micro-aggressions, discrimination and marginalization, and the well-documented confluence of stressors associated with minority status puts people from these communities at particularly high risk for the development of disordered eating behaviors and their attendant consequences. Disparities in access to services reflect a need for culturally competent assessment and treatment services. This workshop will facilitate providers’ cultural knowledge and competencies to work with clients from marginalized populations. |
|            | Anna Sweeney MS RD LDN CEDRD-S & Brianna Campos LPC  
*Body Image: Showing Up for Hard Conversations*  
In this presentation, we will discuss the role of body image in clinical practice, we will discuss the value of sharing lived experiences and provide room for participants to explore their own experience with body image. Presentation will be strongly focused on HAES and body acceptance - not necessarily body positivity - and will discuss why the latter is not required for healing. |
|            | Bernie Vaccaro MD  
*Introduction and Update to Neuromodulation and it’s Evolving Role in the Treatment of Eating Disorders and their Comorbidities*  
The Brain is an electrochemical organ. Historically most of our treatments have been focused on modifying chemical pathways through medication. Neuromodulation is an evolving field that includes Transcranial Magnetic Stimulation, Neurofeedback, and micro-stimulation that seeks study and alter these electrical pathways in the hopes of modifying symptoms and treating the underlying disorders. The goal of this workshop is to review the major methods of neuromodulation and their evolving role in the treatment of neuropsychiatric disorders with special focus on Eating Disorders. |
|            | Cynthia Kaufman DDS, Christine Marston PhD & Kristin Kwak RDH, MS, RD, LDN  
*Dissociative Identity Disorder and The Eating Disordered Client*  
A therapist, a nutritionist and a client share their experiences as a team dealing with the signs, challenges and complex treatment of dissociative identity disorder within the eating disorders community. Dissociative parts and their varied eating disorder issues will be reviewed. Body image in the DID/ED client, unsuccessful treatment strategies and successful treatment strategies will be presented. |
| 2:30-2:45 PM | Refreshment Break  |
Concurrent Session 3

Amy Aubertin MS RDN LDN, Nicole Patience MS RD LDN CDE CEDRD & Lauren Dear MS RDN LDN

**Aligning with Eating Disorder Recovery While Managing Chronic Conditions: Diabetes, PCOS and IBS**

Eating disorder prevalence is higher among those with diabetes, PCOS (Polycystic Ovarian Syndrome) and digestive disorders. This presentation will provide an overview of each and a roadmap that helps clients manage their chronic condition while supporting a positive relationship with food and body. We will offer practical tools, case studies, and strategies that apply HAES, mindful and intuitive eating, with an integrative team approach. We aim to provide client support in accordance with their own condition management expectations within the framework of eating disorder recovery, all with an emphasis on flexibility and freedom of choice with food.

Mary Anne Roy PsyD CCS

**Integrating Substance Use and Eating Disorder Treatment**

This workshop will provide participants with knowledge to begin integrating addiction and eating disorder treatment through a trauma responsive lens. When these disorders co-occur, it is not uncommon when receiving treatment for one disorder for symptoms of the other disorder to increase. The Substance Abuse and Mental Health Services Administration has noted that as eating disorder symptoms increase in severity, so do the number of substances used. Research indicates that 35-40% of clients with a substance use disorder also have a co-occurring eating disorder and 50% of clients with an eating disorder misuse alcohol and illicit drugs. Due to the high rate of commonalities between symptomatology, family systems, trauma and treatment approaches, it is of critical importance for healthcare providers to work collaboratively to ensure treatment is integrated. Participants will learn how to assess substance use disorders when a co-occurring eating disorder is present and how to determine appropriate level of care. Additionally, treatment approaches and evidence-based practices will be reviewed to begin facilitating treatment.

Alexandra Meyers-Ellet PhD LPC RPT

**Sand & Play: Using Expressive Interventions in Child & Adolescent Eating Disorders**

This presentation will explore the use of sand tray, play therapy, and other expressive interventions that may be used in the treatment of child and adolescent eating disorders. Appropriate screening, implementation, benefits and risks will be discussed. Clinicians will also learn about the application of these interventions in both individual and group settings.

Anne Mittnacht MPH RD CEDRD TCTSY-F

**Trauma Center Trauma-Sensitive Yoga: A Somatic Intervention that can be used with Clients with Eating Disorders who have Experienced Complex Trauma**

Trauma Center Trauma-Sensitive Yoga (TCTSY) is an empirically validated somatic intervention that was developed at The Trauma Center in Brookline, MA. This workshop will explore how the brain (specifically, the insular cortex) is impacted by complex trauma, how dysregulation of the insula may contribute to the development of eating disorders, and how TCTSY can help individuals who have experienced complex trauma to engage with this part of the brain and cultivate regulation. TCTSY facilitators use invitational language and interoception to help clients to restore a sense of agency within the body. Additionally, I will lead workshop participants in a 10-15 minute TCTSY practice and will discuss how I integrate TCTSY into my nutrition sessions. I will also facilitate a discussion that may explore the following topics: how we should talk about interoceptive cues related to eating (e.g., hunger and fullness) with clients who are not yet able to access them, how intersectionality and identity plays into trauma-informed work, etc.
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<td>8:45-10:15AM</td>
<td><strong>Keynote Address delivered by Christy Harrison MPH RD CDN</strong></td>
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<td><em>Healing In a Harmful World: What Every Eating Disorder Treatment Professional Needs to Know About Diet Culture</em></td>
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<td>This keynote talk will give a definition and examples of diet culture, a brief history of how it came to be, and an in-depth look at how it harms people by triggering and exacerbating weight stigma and disordered eating. We’ll review the evidence on the harms of weight stigma and weight cycling and explain how experiencing them puts people at risk for disordered eating. Finally, we’ll discuss how taking a Health At Every Size® (HAES®) approach can help people heal from the harms of diet culture and find sustainable recovery.</td>
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<td>Bonnie Brennan MA LPC CEDS-S, Susan McClanahan PhD CEDS-S &amp; Angela Derrick PhD CEDS-S</td>
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<td><em>Should I Stay or Should I Go?: Addressing Ambivalence, Preventing Premature Discharge and Building Hope for Recovery in Eating Disorder Treatment</em></td>
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<td>Research and clinical experience indicate that a full course of treatment improves outcomes. However, keeping patients in treatment and addressing ambivalence is an ongoing challenge with eating disorder patients. This presentation will offer individual and organizational strategies unique to each level of care that providers can use with patients and families to encourage, motivate and inspire hope for full recovery. The presentation will include considerations around involuntary care, approaches for working with outpatient clinicians in the community and case examples highlighting ways to work effectively with common forms of ambivalence that emerge over the course of treatment.</td>
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<td>Leah Graves RDN LDN CEDRD-S FAED</td>
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<td><em>Nourishing Hope: The Intersection of Nutrition, Depression and Eating Pathology</em></td>
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<td>Health professionals and the general public generally agree on the impact of nutritional status on physical health. Much less emphasis is given to the role of nutrition and mental health despite significant data showing a link between poor nutritional state, depression and anxiety. The eating disorders field has recognized the importance of nutrition and considered nutrition therapy to be a foundational treatment element which supports all other treatment interventions. As eating and mood disorders often occur together, clinicians must understand the overlap of nutrition recommendations for both. This workshop is designed to provide practical guidance integrating current research to allow dietitians and mental health professionals to optimize nutrition strategies for co-occurring mood and eating disorders. The presentation will emphasize recent neurobiological findings that offer insight into shared features of these debilitating illnesses from a nutritional perspective.</td>
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<td>Caroline Nichols LICSW CEDS-S &amp; Nicole Siegfried PhD CEDS-S</td>
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<td><em>Emotion Focused Family Therapy: The Missing Ingredient in Treatment of Eating Disorders</em></td>
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<td>Eating disorders affect the entire family, but families and caregivers are often overlooked in the treatment process. When their loved ones leave treatment, family members often feel unprepared for how to support them. This presentation will provide a framework for clinicians in working with families of clients with eating disorders from an Emotion Focused Family Therapy (EFFT) perspective. An overview of EFFT will be provided, along with concrete ways to identify barriers and caregiver traps that keep family members stuck in supporting their loved one. Experiential interventions will be delivered in which clinicians will practice skills learned and identify their own biases and blocks towards working with family members and/or supportive others. The goal of the presentation is to equip and empower clinicians to work with families of individuals with eating disorders with competence, confidence, and compassion.</td>
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<td>Tammy Beasley RDN CEDRD CSSD LD &amp; Melanine Rogers MS RDN CDN CEDRD-S</td>
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<td><em>The Intersection of Veganism and Eating Disorders: What Our Clients Have Taught Us</em></td>
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<td>Veganism, promoted in society as a “healthy and ethical” way of eating, is the #1 health trend in 2018. Eating</td>
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disorder professionals are confronted with the difficulty of deciphering what veganism means to a client and assessing how to treat without enabling the eating disorder. How do we navigate the unique treatment challenges at a higher level of care? This presentation will take a thought-provoking look at veganism, challenge our own perceptions and introduce tools to better assess the true role veganism plays in a client’s life. Whether veganism exists alongside or is enmeshed within an eating disorder, we will discuss how to walk this path with clients effectively and ethically toward full recovery using client case studies from both residential and day treatment levels of care.

12:00 - 12:45 PM  
Lunch

12:45 PM – 2:15 PM  
Concurrent Session 2

Anna Lutz MPH RD LDN CEDRD-S & Sandra Wartski PsyD CEDS

*Staying in Your Lane – Until You Can’t: Balancing Scope of Practice and Competent Client Care*

Best practice guidelines and current research for treatment of people with Eating Disorders (ED) emphasize the importance of a multidisciplinary team approach; however, there are times when ED providers’ scopes of practice overlap and encroach. Given the complexities of the illness, providers can be faced with situations in sessions that are out of their area of expertise but require in-the-moment response. Concern of stepping on toes can hold a clinician back from best practice and, conversely, operating outside of scope can lead to ineffective or dysfunctional teams; either extreme can interfere with client recovery. In this workshop, a nutritionist and a psychologist will together explore treatment team members’ true scopes of practice, where they overlap, and strategies and skills for navigating those moments when a clinical situation falls outside of our usual skill set.

Rebecca Berman LCSW-C CEDS MLSP

*From Isolation to Connection: Getting Unstuck After Trauma*

Individuals with eating disorders often struggle to connect to their emotions and in relationships. A growth-fostering therapeutic relationship empowers clients to move from isolation to connection. This presentation will provide attendees with an integrated Cognitive Processing Therapy and Relational Cultural Therapy approach to the treatment of eating disorders and trauma. Attendees will learn strategies to assist their clients in embracing the strength and resiliency so vital to tolerating and experiencing their emotions while staying anchored in the moment. Through the use of case examples, this workshop will address themes of esteem, trust, control, and intimacy.

Katherine Craig PhD & Corrinne Archibald RD LDN

*Food Insecurity and Disordered Eating: What is the Connection and Why Does it Matter?*

Research is emerging on the relationship between access to food and disordered eating that suggests that both a history of food insecurity and current food access limitations are influential variables in eating disorder treatment. This presentation will summarize the available literature from a developmental perspective and share clinical recommendations for incorporating food insecurity into clinical case conceptualization and treatment planning across the lifespan.

Amy Gardner MS, RD & Carol Feldman Bass JD, Psychodramatist

*Fake News About Food, an Action-Oriented Psychodrama Program for Tweens and Teens*

We are surrounded by information about food. ‘Fake News About Food’ is an action-based workshop that explores food constructs and encourages participants to actively discover and explore their own food values so that they can competently navigate today’s food culture. Using elements of theatre, psychodrama and improvisation as a method to effectively integrate new perspectives and develop curiosity about their own food choices, this group grows individual confidence, expands knowledge, increases agency and decreases stress and anxiety around...and is really FUN!

2:15 – 2:30 PM  
Refreshment Break
Concurrent Session 3
Karen Chinca LICSW CEDS MSW, Lauren Manasse LICSW CEDS-S & Melissa Spann PhD CEDS-S

Intergenerational Trauma: What’s Food Got to do with it?
This workshop is designed to educate clinicians about the signs and symptoms of intergenerational trauma. The panel will discuss how intergenerational trauma affects attachment and one’s relationship with food. The workshop will include current research on the topic of intergenerational trauma along with evidence-based treatment to address symptoms of trauma. Two panelists will describe personal experiences of how intergenerational trauma played out in their lives and how it affected them emotionally as well as in their relationship with food. The workshop will conclude with hands on strategies to treat clients whose parents/grandparents’ trauma was passed along, and to interrupt/alter the cycle of repetition in further generations.

Meg Salvia MS RDN CDE CEDRD-S & Paula Quatromoni DSc MS RDN LDN
Lived Experiences and Treatment Considerations in Co-Occurring Binge Eating Disorder and Type 2 Diabetes: Results From a Mixed-Methods Study
Synthesizing the recommendations for managing co-occurring binge eating disorder and type 2 diabetes can be challenging. Clients often struggle to prioritize what may appear as conflicting advice from different healthcare providers, risking negative health outcomes. Our presentation introduces the findings of a mixed-methods study that used standardized surveys, biomarkers, and qualitative interview data to explore patients’ experiences navigating treatment for both diabetes and binge eating disorder (BED). This retrospective study characterizes the patient experience during and following BED treatment and informs a clear and concise action plan for clinicians to provide evidence-based, comprehensive care for clients with these dual diagnoses.

Angela Kaloudis LMHC NCC & Heather Thompson-Brenner PhD FAED
Comparison is the thief of joy: Practical therapy interventions for social media usage to improve body image, mood/anxiety, and self-esteem
A large proportion of young people’s social interaction takes place on social media, which consequently has power to shape behavior, mood, and identity. Recent experimental and social research has demonstrated that the specific ways that young people choose to interact with social media can determine the effect of their experiences on body image, mood/anxiety, and self-esteem. In this workshop, we will present key recent research illuminating positive and negative patterns of social media use. We will then introduce therapeutic interventions to help clients with body image concerns, eating disorders, and social anxiety to alter patterns of social media use, to allow social media platforms like Instagram to become a place of affirmation and belonging. These interventions include: (1) providing psychoeducation to our clients about research on social media to create informed consumers and motivation to change behavior; (2) proactive methods to curate social media to reduce messages and images that promote negative body image; (3) cognitive interventions to identify and address negative comparisons with others in on-line spaces; and (4) exposure therapy methods to reduce experiential avoidance and reverse patterns of social media use to develop healthy body image and social self-confidence.

Michelle Pierce LMHC RYT
Yoga and Beyond: Exploring Your Personal Practice and the Energy Channels Within
This workshop will incorporate movement. All bodies able to follow a moderate yoga flow from a mat or chair are welcome. Some mats and blocks will be available on a first come first serve basis. Water is available throughout the reception hall – please be mindful to bring water with you. This ninety-minute workshop will explore the nadis, or energy channels, followed by a fifty-minute hatha yoga flow. Participants will receive a handout with descriptions of the nadis and at home practices for further exploration. The yoga class portion of the workshop will offer verbal assists for students interested in exploring new depths to movement (no physical assists will be provided or available even if requested.)
Cultivating Cultural Humility with Gender Diverse Communities

Transgender and Gender Diverse clients face unique challenges in accessing eating disorder treatment, body peace, and long-term recovery. Most treatment providers report a need for more training about the needs of this population, but limited resources exist and providers with expertise in gender affirmative care are generally unfamiliar with eating disorder treatment interventions. This session aims to increase provider understanding of cisgender privilege in order to increase capacity for cultural humility, as well as explore the nuanced challenges facing these clients in their recovery. Session will include case studies and exploration of the impact of transphobia, weight stigma, and western colonization on the formation of transgender body image standards.

Corrinne Archibald RD, LDN
Amy Aubertin MS, RDN, LDN
Tammy Beasley RDN, CEDRD, CSSD, LD
Rebecca Berman LCSW-C, CEDS, MLSP
Bonnie Brennan MA, LPC, CEDS-S
Brianna Campos LPC
Ralph Carson RD, LRD, PhD
Karen Chinca LICSW, CEDS, MSW
Katherine Craig PhD
Vaughn Darst MS, RD
Lauren Dear MS, RDN, LDN
Angela Derrick PhD, CEDS-S
Ruth Elliott LICSW
Carol Feldman Bass JD, Psychodramatist
Amy Gardner MS, RD
Leah Graves RDN, LDN, CEDRD-S, FAED
Christy Harrison MPH, RD, CDN
Cynthia Kaufman DDS
Angela Kaloudis LMHC, NCC
Norman Kim PhD
Kristin Kwak RDH, MS, RD, LDN
Anna Lutz MPH, RD, LDN, CEDRD-S

Lauren Manasse MSW, LICSW, CEDS-S
Christine Marston PhD
Susan McClanahan PhD, CEDS-S
Philip Mehler MD, FACP, FAED, CEDS
Alexandra Meyers-Ellott PhD, LPC, RPT
Anne Mittnacht MPH, RD, CEDRD, TCTSY-F
Caroline Nichols LICSW, CEDS-S
Nicole Patience MS, RD, LDN, CDE, CEDRD
Michelle Pierce LMHC, RYT
Paula Quatromoni DSc, MS, RDN, LDN
Melanie Rogers, MS, RDN, CDN, CEDRD-S
Mary Anne Roy PsyD, CCS
Meg Salvia MS, RDN, CDE, CEDRD-S
Christin Saucier RDN, LDN
Nicole Siegfried PhD, CEDS-S
Emily Slager MS, LMHC
Melissa Spann PhD, CEDS-S
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Heather Thompson-Brenner PhD, FAED
Bernie Vaccaro MD
Sandra Wartski PsyD, CEDS