2022 MEDA NATIONAL CONFERENCE

Healing the Whole Person: Fostering Recovery for All

May 19th & 20th, 2022
Boston Mariott Newton
Healing the Whole Person: *Fostering Recovery for All*

Table of Contents

Conference Information ...............................................................3
Conference Registration and CE Information .........................4 - 5
Conference Schedule .....................................................................6 - 7
Speaker Bio’s ................................................................................8 - 17
List of Speakers .............................................................................18
Session Descriptions .................................................................19 - 27

THANK YOU TO OUR PARTNERS!

PLATINUM PARTNER

walden behavioral care

A Monte Nido Affiliate

GOLD PARTNERS

EQUIP  Monte Nido & Affiliates  within

galen  Treating Eating Disorders

HOPE

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Making a real life difference.

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ALSANA  PuBliC Mood & Anxiety Center

CEDC  McLean Hospital

Center for DISCOVERY  REASONS
Eating Disorder Treatment  Eating Disorder Center

The Emily Program  VERITAS

PARTNER ORGANIZATION  hope


**Healing the Whole Person: Fostering Recovery for All**

**MEDA Virtual Conference 2022 Information**

**Conference Description**

MEDA’s 2022 Conference, our 27th, is designed to provide training in the medical, psychological, nutritional, social and cultural aspects of eating disorder treatment. The 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 ongoing COVID-19 Pandemic has exacerbated mental health issues on a national and global scale, especially for those struggling with eating disorders and their comorbid diagnosis’s. The 2022 MEDA Conference will highlight 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. We organize the event to offer education to meet the needs of both highly experienced providers and those new to the field.

**Conference Objectives**

At the end of the program participants will be able to:

1) define HAES, fat phobia, fat positivity and weight bias, and how each contributes to limiting or enhancing therapeutic efforts.
2) discuss options for management of both the eating disorder and diabetes
3) discuss the importance of a full diagnostic assessment for their clients to help inform medication choices appropriately.
4) discuss the GI complications associated with anorexia nervosa.
5) identify HAES techniques that can be implemented into your clinical practice
6) recognize the basics of harm reduction and why its application in eating disorders is an ethical manner that intends to minimize harm and address eating disorder symptoms.
7) integrate information on LGBTQIA2S+ care in the eating disorder field.
8) explain the research and statistics regarding the prevalence and incidence of eating disorders in the midlife population.
9) define different dietary approaches to help with mental health and mood stabilization.
10) acquire the operational language and necessary skills to assess and discuss personal and cultural weight biases as they pertain to eating disorder treatment objectives, and to apply this to clinical intervention and supervision in a meaningful way.
11) discuss three tools for ED prevention in the telehealth and “re-emerging” world.
12) name three common themes of OCD and examples of related obsessions and compulsions.
13) list unique challenges in treating co-occurring eating disorders and substance use disorders.
14) explain the concepts of a multidisciplinary domains of recovery.

**Who Is Invited?**

MEDA’S 2022 Conference is a course designed for doctors, nurses, psychologists, mental health clinicians, social workers, dietitians, 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 CE Information

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

Full refunds for any reason will be made up to May 16, 2022. After May 16, 2022 a $50 service fee will be deducted from your refund.

Early Bird Registration Rates (Ends April 20, 2022 at midnight)
Single Day $275 (7.5 CE), Both Days $450 (15 CE)
Full-time Students: One-Day $150, Two-Day $250

Registration Rates (available through NOON ET May 18, 2022)
Single Day $325 (7.5 CE), Both Days $525 (15 CE)
Full-time Students: One-Day $150, Two-Day $250

Day of Rates (May 19 and 20, 2022)
One-Day $350, Two-Day $550

• Current MEDA Professional Members will be sent information on registration to receive their discount.
• Some scholarships are available. Contact us a conference@medainc.org

Continuing Education Credit Hours:

Single-day registration: 7.5 continuing education credits.
Full Conference (two-day registration): 15 continuing education credits

Please note: It is the participant's responsibility to check with their individual state boards to verify CE requirements for their state.

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, Inc.

McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 15 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists:

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. For more information, please email Carolyn Judge cjudge@medainc.org.
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 15 C.E. hour(s) for psychologists. For more information, please email Carolyn Judge cjudge@medainc.org.

Registered Nurses:
This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 15 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 the MaMHCA for up to 15 continuing education units. Thursday single-day registration: 7.5 continuing education credits and Friday single-day 7.5 continuing education credits.

Social Workers:
This program has been approved for 15 Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D91052-1 and D91052-2. Thursday single-day registration: 7.5 continuing education credits and Friday single-day 7.5 continuing education credits.

Dietitians: Continuing education credit is approved by Commission on Dietetic Registration for 15 continuing education credits. Single-day registration: 7.5 continuing education credits. Activity number 168608.

Grievance Policy: MEDA seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to: Carolyn Judge, cjudge@medainc.org  617.558.1881. Grievances will receive, to the best of our ability, corrective action in order to prevent further problems.

Hotel Information: Boston Marriott Newton: 2345 Commonwealth Avenue Newton, Massachusetts 02466
MEDA has rooms available at a group rate of $189 per night (double or single). Last day to book at the group rate is Wednesday, April 20, 2022. Book your group rate for MEDA Annual National Conference 2022

MEDA’s mission: MEDA is dedicated to the prevention and compassionate treatment of eating disorders, so that Every Body has access to recovery and support.

In pursuit of our mission we:
• Provide and expand access to treatment and recovery services
• Educate our community and raise awareness
• Train professionals in the latest innovative treatment strategies and modalities
• Advocate for policies that promote equitable access

MEDA does not necessarily endorse the materials and information that will be disclosed in the workshops.

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

MEDA Conference 2022 Schedule - Thursday, May 19, 2022
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00am-8:30am</td>
<td>Registration &amp; Breakfast</td>
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<tr>
<td>8:30am-8:45am</td>
<td>Welcome</td>
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<tr>
<td>8:45am-10:15am</td>
<td>Gloria Lucas</td>
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<td>Eating Disorder Harm Reduction: What Marginalized Communities Need</td>
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<tr>
<td>10:15am-10:30am</td>
<td>Refreshment Break</td>
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<tr>
<td>10:30am-12:00pm</td>
<td>Session 1</td>
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<tr>
<td>10:30am-11:15am</td>
<td>1A</td>
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<td></td>
<td>Margherita Mascolo MD CEDS-S</td>
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<td>Diabulimia: More Than the Sum of its Parts</td>
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<tr>
<td>10:30am-11:15am</td>
<td>1B</td>
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<td></td>
<td>Melissa Coffin PhD CEDS-S &amp;</td>
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<td>Yvonne Fall MA</td>
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<td>Rumbling With It: Using</td>
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<td>Cognitive Processing Therapy</td>
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<td>to Concurrently Treat Eating</td>
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<td>Disorders &amp; Trauma</td>
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<tr>
<td>10:30am-11:15am</td>
<td>1C</td>
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<tr>
<td></td>
<td>Christine Albertelli MS RD LDN &amp;</td>
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<td>Christine Laker MS RD LDN</td>
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<td></td>
<td>Meeting Rigidity with</td>
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<td>Flexibility in Nutrition Therapy</td>
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<td>for Eating Disorders</td>
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<tr>
<td>10:30am-11:15am</td>
<td>1D</td>
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<td></td>
<td>Karen Chinca LICSW &amp; Julia</td>
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<td>Hale LICSW</td>
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<td></td>
<td>OCD and Eating Disorders:</td>
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<td>Where They Intersect and How We Treat</td>
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<tr>
<td>12:00pm-1:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm-2:30pm</td>
<td>Session 2</td>
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<tr>
<td>1:00pm-2:30pm</td>
<td>2A</td>
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<td></td>
<td>Christine McCarthy Clark MS RD CSSD</td>
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<td></td>
<td>Young Athletes Fueling with</td>
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<td>Intuitive Eating</td>
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<tr>
<td>1:00pm-2:30pm</td>
<td>2B</td>
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<td></td>
<td>Dennis Gibson MD FACP CEDS-S</td>
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<td></td>
<td>Gastrointestinal</td>
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<td>Complications of Anorexia Nervosa</td>
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<td>1:00pm-2:30pm</td>
<td>2C</td>
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<td>Lucie Waldman CCI Recovery Coach</td>
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<td>Eating Disorders in the Jewish Community</td>
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<tr>
<td>1:00pm-2:30pm</td>
<td>2D</td>
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<td>Ruth Elliott LICSW</td>
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<td>Shame, Blame and Parenting in</td>
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<td>a Fat Phobic World</td>
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<td>2:30pm-2:45pm</td>
<td>Refreshment Break</td>
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<tr>
<td>2:45pm-4:15pm</td>
<td>Session 3</td>
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<tr>
<td>2:45pm-3:15pm</td>
<td>3A</td>
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<tr>
<td></td>
<td>Julia Cassidy MS RDN CEDRD-S</td>
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<td>Recipe for Mental Health: How</td>
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<td>Food Functions in the Brain</td>
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<td>2:45pm-3:15pm</td>
<td>3B</td>
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<td>Andrea Kulberg PHD CEDS &amp;</td>
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<td>Shira Evans MS RD CSSD LDN</td>
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<td>Treating ARFID: Live and</td>
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<td>Imaginal Exposure Protocols for Therapists and Dietitians</td>
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<td>2:45pm-3:15pm</td>
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<td>Sarah Rosenstein LMHC &amp;</td>
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<td>Kate Sweeney MS RDN LDN</td>
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<td>Robyn Kievit Kirkman NP RD</td>
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<td>How to use differential</td>
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<td>diagnosis, identify defensive</td>
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<td>strategies of complex</td>
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<td>patients, and provide the</td>
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<td>best care as a treatment</td>
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<td>team</td>
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<td>4:20pm-5:50pm</td>
<td>3D</td>
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<td>Erin LoPorto Yoga Therapist</td>
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<td>How Media Hurt Us and How We Can Heal</td>
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<td>6:00pm-7:00pm</td>
<td>Conference Social Hour</td>
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<td>Hosted by Rogers Behavioral Health</td>
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</table>
# MEDA Conference 2022 Schedule

**Friday, May 20, 2022**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
<th>Topics</th>
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<td>Registration &amp; Breakfast</td>
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</table>
| 8:30am-8:45am | Welcome  |                | Brianna Campos LPC and Anna Sweeney MS RDN CEDRD-S  
*Body Image in the Era of 2D Care: Showing Up for Hard Conversations* |
| 8:45am-10:15am| Session 1 |                |                                                                                                   |
| 10:15am-10:30am | Refreshment Break | |                                                                                                   |
| 10:30am-12:00pm| Session 2 |                |                                                                                                   |
| 12:00pm-1:00pm| Lunch    |                |                                                                                                   |
| 1:00pm-2:30pm | Session 3 |                |                                                                                                   |
| 2:30pm-2:45pm | Refreshment Break | |                                                                                                   |
| 2:45pm-4:15pm | Session 3 |                |                                                                                                   |
| 4:20pm-5:50pm | Working With Treatment Resistance: Past, Present and the Future of Eating Disorders | |                                                                                                   |

**Speakers and Topics:**

**1A:**
- **Brad Smith MD**
  - Medications for Recovery

**1B:**
- **Ashley Cronin RD LDN & Elizabeth Fayram RDN CEDRD RYT**
  - Stepping Out of The Zoom Box and Into a Post Quarantine World: What We have Learned & What We will Need to Know

**1C:**
- **Diana Richards RDN LDN & Molly Kellogg LCSW CEDRD**
  - Moving Toward a Natural Relationship with Food and Body Using the IFS Model

**1D:**
- **Mimi Cole**
  - An Integrated Approach to Treating Comorbid OCD and Eating Disorders

**2A:**
- **Amanda Smith LICSW CEDS & Amy Mazzola LICSW**
  - ARFID IOP: Using CBT-AR, Nutrition Support and Individualized Care to Affect Change

**2B:**
- **Jonathan Fellers MD Meghan Johnson LCSW CCS Sarah Perkins MS RD LD**
  - Exploring the Complexities of Integrated Substance Use and Eating Disorder Treatment

**2C:**
- **Jennie Kramer MSW LCSW-R CEDS**
  - The Surge of Rampant Eating Disorders for Adolescents This Year and What We Can Do?

**2D:**
- **Caryn Honig EdD MEd RD LD & Elizabeth Brenner JD**
  - The Overlooked Midlife Crisis: Eating Disorders in Midlife and Beyond

**3A:**
- **Melissa Spann PhD CEDS-S RTY & Cherie Monarch**
  - The Missing Link: Transparent Integration of Families in Treatment

**3B:**
- **Jaimie Winkler RD CEDRD-S**
  - Trauma-informed Nutrition Care in Eating Disorder Practice

**3C:**
- **Lolly Wool MEd LPC CEDS**
  - Bringing the Body Along on the Road to Healing

**3D:**
- **Rebekah Doweyko LPC CEDS-S & Michael Chiumento PsyD**
  - The Development of an Innovative Weight Inclusivity Task Force (WITF): Fostering Inclusivity, Transparency, and Evidence-based Practice in the Philosophy and Implementation of Weight-related Treatment Objectives

**4:20pm-5:50pm**
- **Wendy Oliver-Pyatt MD FAED**
  - Working With Treatment Resistance: Past, Present and the Future of Eating Disorders
<table>
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<tr>
<th>Speaker</th>
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<td>Julia Cassidy MS RDN CEDRD-S</td>
<td><em>Recipe for Mental Health: How Food Functions in the Brain</em></td>
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Christine Albertelli MS RD LDN is a Registered Dietitian with experience treating individuals with eating disorders at the day treatment, intensive outpatient, and outpatient levels of care. She has her Bachelor’s and Master’s Degrees in Nutrition and Dietetics. In her current role she oversees nutrition programming at multiple Renfrew Center sites and supervises dietitians. Christine has obtained training at various eating disorder conferences over the last several years.

Elizabeth Brenner JD is a long time tennis coach and retired hospital attorney, shares her journey to healing in her memoir, *The Longest Match: Rallying to Defeat an Eating Disorder in Midlife*. Her inspiring message is that it is never too late to be a work in progress. Betsy is an eating disorder recovery speaker, advocate, and peer-support mentor. Through her memoir, she shows us that it is possible to heal from past trauma and become healthier in body, mind, and spirit.

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.

Julia Cassidy MS RDN CEDRD-S is the Senior Director of Nutrition and Wellness at Center for Discovery. Julia has worked for Center for Discovery since 2003 where she has been involved in the development of dietary programs for the eating disorders division and mental health division of Discovery Behavioral Health. Julia is a Certified Eating Disorder Specialist Supervisor and a Licensed Body Positive facilitator. Julia is the Chair for BHN. (Behavioral Health Nutrition, Didactic Practice Group through the Academy of Nutrition and Dietetics). Julia has presented the topic of eating disorders, mental health nutrition, food flexibility, dietary application of exposure and response prevention in the treatment of eating disorders and intuitive eating both nationally and internationally.
<table>
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<tr>
<th>Name</th>
<th>Description</th>
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<tr>
<td><strong>Karen Chinca LICSW</strong></td>
<td>is a therapist in private practice and is also a founding member of The Greater Boston Wellness Collaborative. Karen has extensive experience treating eating disorders and OCD. Karen is a Certified Eating Disorders Specialist-Supervisor (CEDS-S) through the International Association of Eating Disorders Professionals (IAEDP), a graduate of the International OCD Foundation’s Behavior Therapy Training Institute (BTTI), and a Certified Diplomate of the Academy of Cognitive Therapy. Karen earned her MSW from Boston College in 2004.</td>
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<tr>
<td><strong>OCD and Eating Disorders: Where They Intersect and How We Treat</strong></td>
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<td><strong>Michael Chiumiento PsyD</strong></td>
<td>is currently the Director of Adolescent &amp; Family Services at Walden Behavioral Care and has been with Walden for over 10 years. In this role, Michael leads all clinical training in the therapeutic modalities and evidence-based curricula delivered to adolescents and families across Walden’s treatment continuum and assists in the development and analysis of various measures examining program efficacy. Dr. Chiumiento has received advanced intensive training in Family-Based Treatment; FBT-TAY; DBT for Adolescents &amp; Families (DBT-A); and the DBT prolonged exposure protocol for PTSD (DBT-PE). He is a member of the Walden Training and Outcomes Committees, and Walden's Weight Inclusivity Task Force (WITF), and has recently researched and presented on the problematic nature of pejorative and outdated language in evidence-based treatments, and the necessity of urgent procedural change regarding weight-related interventions in eating disorder treatment.</td>
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<tr>
<td><strong>The Development of an Innovative Weight Inclusivity Task Force (WITF): Fostering Inclusivity, Transparency, and Evidence-based Practice in the Philosophy and Implementation of Weight-related Treatment Objectives</strong></td>
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<td><strong>Christine McCarthy Clark MS RD CSSD</strong></td>
<td>has been a registered dietitian for over 20 years. She became a Board-Certified Specialist in Sports Dietetics (CSSD) in 2017. She is in the process of becoming a Certified Intuitive Eating Counselor. Christine works at Northeastern University in dining services, University Health and Counseling Services and the College of Professional Studies as an instructor and has a virtual private practice. Her professional work is based on the Intuitive Eating framework and meeting people where they are and helping them foster a healthy relationship with food, body, and movement/exercise.</td>
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<tr>
<td><strong>Young Athletes Fueling with Intuitive Eating</strong></td>
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<td><strong>Melissa Coffin PhD CEDS-S</strong></td>
<td>is a licensed psychologist and a certified eating disorder specialist supervisor (CEDS-S) with nearly 15 years of experience working in the field of eating disorders. She started with Oliver-Pyatt Centers as a clinical director at the residential level of care in 2008. In the past several years she has been in a senior level leadership and supervisory role with Monte Nido &amp; Affiliates and currently serves as the Senior Director of Clinical Programming. In addition to her work at Monte Nido, she maintains a private practice in Greenwich and New Canaan, CT. She is honored that her daily work is dedicated to supporting individuals find their way to a full and lasting recovery.</td>
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<td><strong>Rumbling With It: Using Cognitive Processing Therapy to Concurrently Treat Eating Disorders &amp; Trauma</strong></td>
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<tr>
<td>Speaker</td>
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<tr>
<td>Mimi Cole</td>
<td>An Integrated Approach to Treating Comorbid OCD and Eating Disorders</td>
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<td>Stepping Out of The Zoom Box and Into a Post Quarantine World: What We have Learned &amp; What We will Need to Know</td>
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<td>Ruth Elliott LICSW</td>
<td>Shame, Blame and Parenting in a Fat Phobic World</td>
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Shira Evans MS RD CSSD LDN is a registered dietitian and board-certified specialist in sports dietetics who passionately works with clients to improve their relationships with food, body image, and physical activity. She has over 10 years of experience working in these fields. She currently has the honor to work as Assistant Director of Sports Nutrition at UNC Chapel Hill, where she supports all of the Olympic sports teams and provides body image programming and eating disorder care to student-athletes. Prior to joining the staff at UNC Chapel Hill, she worked at Dartmouth College in a similar role. And she has worked in multiple eating disorder treatment settings at the inpatient, residential, and partial hospitalization levels of care.

Treating ARFID: Live and Imaginal Exposure Protocols for Therapists and Dietitians

Yvonne Fall MA received a Master of Arts degree with a concentration in Holistic Studies from Lesley University. She is a lead therapist at Monte Nido Laurel Hill where she finds joy in guiding clients to explore their identities independent of their eating disorder and reconnect with their authentic selves. She employs a variety of therapeutic modalities to treat the whole person and is committed to bringing creativity, curiosity, and humor into her work with clients.

Rumbling With It: Using Cognitive Processing Therapy to Concurrently Treat Eating Disorders & Trauma

Elizabeth Fayram RDN CEDRD RYT is a deeply passionate and enthusiastic Dietitian in the Eating Disorder Field. She has worked in private practice for over 10 years and in addition to running her individual practice, she co-founded From The Heart Nutrition Counseling, a collaborative group practice focusing on community engagement, Eating Disorder prevention and treatment, and body image resilience. Liz exclusively practices from a size inclusive, trauma informed model. She has a special interest in working with the LGBTQ+ community, health equity, and reducing barriers for access to compassionate ED care.

Stepping Out of The Zoom Box and Into a Post Quarantine World: What We have Learned & What We will Need to Know

Jonathan Fellers MD is a board-certified Addiction Psychiatrist who serves as the medical director at Crossroads. Dr. Fellers works with clients, their families, and the health care system to promote high-quality evidence-based screening, assessment, and treatment for substance use disorders and co-occurring mental health disorders. Addiction involves both biology and psychology, and Dr. Fellers takes a particular interest in helping disentangle this complexity. Dr. Fellers completed his fellowship at Oregon Health and Science University School of Medicine, Addiction Psychiatry in 2013 and two residencies at the University of California, San Francisco and University of Virginia Health System. A graduate of Cornell Medical College in 2002, Dr. Fellers is affiliated with both Maine Behavioral Healthcare, Spring Harbor Hospital, and Maine Medical Center.

Exploring the Complexities of Integrated Substance Use and Eating Disorder Treatment

Dennis Gibson MD FACP CEDS-S serves as the Medical Director for ACUTE Center for Eating Disorders and Malnutrition. He is board certified in internal medicine and is an associate professor with the University of Colorado School of Medicine. He has been with ACUTE since 2017, providing many educational talks and research publications since that time.

Gastrointestinal Complications of Anorexia Nervosa
### Julia Hale LICSW

Julia Hale LICSW runs a private practice located in Cambridge, MA called Soultality for Psychotherapy, LLC. She has extensive experience treating both OCD and eating disorders. She believes deeply in utilizing evidence-based practices for the treatment of OCD and ED and regularly provides training in education in these areas. She is a graduate of the International OCD Foundation’s Behavior Therapy Training Institute (BTTI) and is a Certified Diplomate of the Academy of Cognitive Therapy. She earned her MSW from New York University in 2010 and is licensed in both Massachusetts and New York.

**OCD and Eating Disorders: Where They Intersect and How We Treat**

### Caryn Honig EdD MEd RD LD

Caryn Honig EdD MEd RD LD is a Registered and Licensed Dietitian and owns Dr. Caryn Honig Nutrition (formerly The Healthy Weigh), a private practice offering nutritional counseling to those who struggle with eating disorders and disordered eating. She has been an adjunct professor at University of Houston for the past 16 years. She chose to specialize in eating disorders because of her past struggles with eating disorders, compulsive over-exercise and other addictions. Dr. Honig is a dietitian, professor, speaker, writer, mentor, runner, hiker, mother and traveler.

**The Overlooked Midlife Crisis: Eating Disorders in Midlife and Beyond**

### M Reim Ifrach REAT, ATR-BC, ATCS, LPC, NCC, CLAT, LCMHC

M Reim Ifrach REAT, ATR-BC, ATCS, LPC, NCC, CLAT, LCMHC is a trans/non-binary art therapist, fat activist and artist whose work focuses on body justice, intersectional social justice and eating disorder treatment equity access. They are the Director for Walden Behavioral Care’s Rainbow Road, the country’s first virtual Eating Disorder 2SLGBTQIA+ IOP, which is proud to announce having over 90% Queer Staffing. They also co-own and operate Rainbow Recovery where they support people through the gender affirmation process, complex trauma recovery, eating disorder recovery and body image issues. M is also a contributor to the Museum Of Modern Art (MoMA)’s Artful Practices Program. M serves as part of the board of directors for Project HEAL and is chair of their Development Committee and is committed to the mission that all bodies deserve recovery and that marginalized bodies need to be amplified in the eating disorder landscape to eradicate the stereotypes surrounding eating disorders.

**Treatment Comes in All Colors, The Importance of LGBTQIA2S+ Care in Eating Disorders**

### Meghan Johnson LCSW CCS

Meghan Johnson LCSW CCS has been practicing in the field of Eating Disorder Treatment since 2015, and the field of Substance Use Treatment since 2018. Blending these two fields together, Meghan has been the Eating Disorder Specialist for Crossroads of Maine since January 2021, specializing in co-occurring eating disorder and substance use disorder treatment across all levels of care. Meghan practices from a client-centered, trauma responsive and strengths based approach, utilizing an eclectic combination of skills based interventions and evidenced based practices to effectively treat co-occurring populations.

**Exploring the Complexities of Integrated Substance Use and Eating Disorder Treatment**
**Molly Kellogg LCSW CEDRD** has had a private practice in Philadelphia since 1985, first as a dietitian and since 1995 also as a therapist. She is well-known in the dietetics field as a motivational interviewing trainer which she did for almost 20 years. The IFS model has invigorated her psychotherapy practice and she no longer practices as a nutrition therapist. She partners with Diana Dugan Richards RDN, LDN to provide Introductory workshops on IFS for Nutrition Professionals.

*Moving Toward a Natural Relationship with Food and Body Using the IFS Model*

**Robyn Kievit Kirkman NP RD** is a dietitian and nurse practitioner with a private practice in Boston and Concord, MA. She obtained her first bachelor of science in dietetics from UCONN and her BSN and MSN from Regis College in Massachusetts. Robyn had a part time private practice from 1994 through 2012 while also working at MGH, The Boston Public Health Commission and Emerson College until she increased her private work to full time. Her practice is focused on eating disorders, body image and related psychopharmacology. She was further certified as a CSSD through the Academy of Nutrition & Dietetics for 10 years and currently is a CEDRD through IAEDP.

*Managing Complex Clients Collaboratively: How to use differential diagnosis, identify defensive strategies of complex patients, and provide the best care as a treatment team*

**Jennie Kramer MSW LCSW-R CEDS** is a Senior Clinical Advisor to the O’Connor Professional Group. She is also the Founder and Executive Director of Metro Behavioral Health Associates Eating Disorders Centers located in NY. She and her team offer comprehensive outpatient treatment for adolescents and adults. Jennie is the co-author of Overcoming Binge Eating for DUMMIES, served as Chairperson for the Board of Directors of the Binge Eating Disorders Association, and as a Director of the Renfrew Centers for Eating Disorder for over 5 years. Prior to entering the field of social work, she was a management consultant to the healthcare industry for many years.

*The Surge of Rampant Eating Disorders for Adolescents This Year and What We Can Do?*

**Andrea Kulberg PHD CEDS** is currently the Clinical Director at Anxiety Experts (which currently has three locations), where she and her team of therapists and dietitians treat severe anxiety disorders and eating disorders. She has been a past speaker at IAEDP, IOCDF, and C-4 Recovery Foundation conferences on topics related to eating disorders and exposure therapy. She offers her time freely to the community, speaking regularly at schools and events in southern California on treating the anxiety spectrum and disordered eating.

*Treating ARFID: Live and Imaginal Exposure Protocols for Therapists and Dietitians*

**Christine Laker MS RD LDN** is a registered dietitian at The Renfrew Center of Boston. Christine received her dual Bachelor degrees in Nutrition Science and Dietetics from Indiana University. She completed her Master’s degree in Nutrition and Health Promotion as well as her dietetic internship with a specialty in eating disorders at Simmons University. She currently works in the outpatient setting and higher levels of care helping those with eating disorders, disordered eating, and body image across all lifespans and backgrounds.

*Meeting Rigidity with Flexibility in Nutrition Therapy for Eating Disorders*
Erin LoPorto is a yoga therapist, bodyworker and health coach with specialized training in somatic expressive therapy, energy healing, trauma treatment, and nutrition. After recovering from an eating disorder over 15 years ago she is passionate about helping others find love for their bodies and lives. Erin brings a playful, intuitive and compassionate spirit to group and private sessions.

How Media Hurt Us and How We Can Heal

Gloria Lucas is a harm reductionist, entrepreneur and the founder and CEO of Nalgona Positivity Pride. Since 2014, Gloria has used public speaking, art, and social media to shed light on the interconnections of indigenous epistemologies, social justice, and eating disorder support for BIPOC.

Eating Disorder Harm Reduction: What Marginalized Communities Need

Margherita Mascolo MD CEDS is responsible for the conceptualization, development, management, and implementation of the medical care across all Alsana sites and levels of care. She has over 10 years of hands-on experience and extensive knowledge in the treatment of eating disorders. Dr. Mascolo is an Associate Professor of Medicine and maintains a faculty appointment at the University of Colorado Health Sciences Center. She is board certified in Internal Medicine, has published multiple peer reviewed articles on the medical complications of eating disorders, travels nationally and internationally to speak on these complications, and has earned her certified eating disorder specialist certification as well CEDS supervisor status.

Diabulimia: More Than the Sum of its Parts

Amy Mazzola LICSW is the Assistant Program Director of the Waltham clinic at Walden Behavioral Care. She has over 4 years of experience treating patients with eating disorders in a multi-disciplinary environment. She helps to manage a milieu of adolescents and adults in both Partial Hospital and Intensive Outpatient Programs. She is part of the new ARFID Intensive IOP program for adolescents, running a multifamily group and taking cases when possible.

ARFID IOP: Using CBT-AR, Nutrition Support and Individualized Care to Affect Change

Cherie Monarch graduated Summa Cum Laude from the University of Florida. Cherie has been married for 31 years with two daughters. Due to recent health issues, Cherie shut down her real estate business of 30 years. She has been listed Who’s Who in Tampa Bay. Cherie has chaired/hosted many silent auctions/fundraising events including five eating disorder walks and a national eating disorder awareness campaign. Cherie sits on the board for Alliance for Eating Disorders Awareness and is on the parent advisory committee for Clementine programs. Her spare time is devoted to advocacy of eating disorders and mentoring families.

The Missing Link: Transparent Integration of Families in Treatment
| **Wendy Oliver Pyatt** is Co-Founder, CEO, and Chief Clinical Officer at Galen Hope, and Within Health and a world-leading expert on treating eating disorders. With more than 25 years of clinical experience, she has developed five distinct treatment programs, including Center for Hope of the Sierras (2003), Oliver-Pyatt Centers (2008), Clementine (2014), Within Health, and Galen Hope (2021), and all grounded on a strong bio-psycho-social foundation, and incorporating intensive psychotherapy, with psychodynamically informed behavioral interventions, integration of HAES and Intuitive Eating as strong clinical pillars of treatment, and high medical standards. Dr. Wendy is known for innovation in eating disorder treatment and has developed a unique treatment approach that delves into the underlying issues that place a person at risk for mental health conditions and eating disorders and lead to healing, health and inner peace.  

**Working With Treatment Resistance: Past, Present and the Future of Eating Disorders** |
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| **Sarah Perkins MS RD LD** is a Registered Dietitian who works with adults with eating disorders and co-occurring mental health and substance use disorders. Sarah is committed to providing evidence-based medical nutrition therapy to her clients to facilitate nutritional rehabilitation and promote healthy relationships with food. Sarah serves as the dietitian for 2 residential treatment facilities and the eating disorder Intensive Outpatient Program at Crossroads.  

**Exploring the Complexities of Integrated Substance Use and Eating Disorder Treatment** |
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| **Diana Richards RDN LDN** has over 20 years’ experience as a registered, licensed dietitian, and 10 years in private practice as a certified Internal Family Systems practitioner and nutrition therapist. She partners with Molly Kellogg and others to offer IFS workshops to nutrition professionals and offers multiple independent and group workshops. Her IFS experience includes Levels 1, 2 and 3 trainings, IFS certification, IFIO basic couple’s training, and serving as staff for many IFS trainings and retreats. She offers consultation to dietitians and therapists interested in integrating IFS into their practice.  

**Moving Toward a Natural Relationship with Food and Body Using the IFS Model** |
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| **Sarah Rosenstein LMHC** is a licensed mental health counselor who has been in private practice for 5 years, and has worked in the mental health field, in school and community settings, for 14 years. Sarah works primarily with college aged clients and young adults in different stages of recovery from eating disorders. Using tools from CBT, DBT, and CPT Sarah works with clients to challenge their beliefs around body image, diet, and exercise as well as underlying issues with anxiety, perfectionism, trauma, and attachment. Prior to opening her practice Sarah worked for over 10 years as a school adjustment counselor with children ages 5-18 and their families. Sarah holds a Bachelor of Arts in Psychology from Clark University and a master’s in counseling psychology from Lesley University.  

**Managing Complex Clients Collaboratively: How to use differential diagnosis, identify defensive strategies of complex patients, and provide the best care as a treatment team** |
Amanda Smith LICSW CEDS is the Director of ARFID Programming and the Program Director of the Peabody and Amherst clinics with Walden Behavioral Care. She has over ten year of experience there in the treatment of patients with eating disorders. She manages a therapeutic milieu of adolescents and adult eating disorder patients across partial hospitalization and intensive outpatient programming, including the new ARFID Intensive outpatient program for adolescents. She also conducts community outreach related to eating disorders to increase awareness, education, and support for community providers.

**ARFID IOP: Using CBT-AR, Nutrition Support and Individualized Care to Affect Change**

Brad Smith MD is board-certified in adult psychiatry and forensic psychiatry, specializing in the assessment and treatment of eating disorders and other complex or multiple mental health diagnoses. Dr. Smith has lectured to professional and community audiences around the nation on eating disorders and a wide range of mental health topics, including peer-selected presentations for the National Eating Disorders Association (NEDA) annual meetings, the Multi-Service Eating Disorders Association (MEDA) annual conferences, and the National Association of Anorexia Nervosa and Associated Disorders (ANAD) annual conferences.

**Medications for Recovery**

Melissa Spann PhD CEDS-S RYT is a Certified Eating Disorder Specialist and Supervisor through the International Association of Eating Disorder Professionals. In her current role as Chief Clinical Officer at Monte Nido & Affiliates, Dr. Spann oversees the clinical programming for the 25+ Monte Nido, Clementine and Oliver-Pyatt Centers facilities. Prior to being elevated into the Chief Clinical Officer role, and over a decade with the company, Dr. Spann served as Vice President of Admissions for Monte Nido & Affiliates’ programs, Regional Executive Director, and Primary Therapist at 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. Dr. Spann’s professional affiliations include membership with iaedp and serving on the iaedp Certification Committee as well as affiliation with the Academy of Eating Disorders. She also serves on the board of the Southeast Eating Disorder (SEED) Conference Committee as well as her local iaedp chapter.

**The Missing Link: Transparent Integration of Families in Treatment**

Anna Sweeney MS RDN CEDRD-S Anna 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.

**Body Image in the Era of 2D Care: Showing Up for Hard Conversations**
Kate Sweeney MS RDN LDN is a dietitian and nurse practitioner with a private practice in Boston and Concord, MA. She obtained her first bachelor of science in dietetics from UCONN and her BSN and MSN from Regis College in Massachusetts. Robyn had a part time private practice from 1994 through 2012 while also working at MGH, The Boston Public Health Commission and Emerson College until she increased her private work to full time. Her practice is focused on eating disorders, body image and related psychopharmacology. She was further certified as a CSSD through the Academy of Nutrition & Dietetics for 10 years and currently is a CEDRD through IAEDP.

Managing Complex Clients Collaboratively: How to use differential diagnosis, identify defensive strategies of complex patients, and provide the best care as a treatment team

Lucie Waldman CCI Recovery Coach (anticipated May 2022) is the author of The Jots of Becoming, a book that features narratives and insights after fully recovering from anorexia nervosa and includes multiple Jewish excerpts. She is donating 20% of the money raised by the book to Project HEAL as one of the organization’s ambassadors. Lucie also runs an eating disorder recovery awareness and support account on Instagram; enjoys speaking for other podcasts and mediums about the intersection between Judaism and mental health; and is deeply passionate about mental health, eating disorder recovery, and equity in the treatment setting.

Eating Disorders in the Jewish Community

Jaimie Winkler RD CEDRD-S has been practicing in the field of nutrition since 2006. She is a Registered Dietitian and Licensed Dietitian/Nutritionist, and Certified Eating Disorder Registered Dietitian and Supervisor. She holds a degree in nutrition from West Chester University of Pennsylvania and completed her dietetic internship at Brigham and Women’s Hospital in Boston. Jaimie also has a degree in History with a side of Journalism from the University of Michigan. After completing her education, she found herself working at Klarman Eating Disorder Center at McLean Hospital in Belmont, Massachusetts for 8 years as their lead Dietitian and maintains a position as the Consulting Dietitian for the Pavilion Program also at McLean. In 2015, Jaimie moved to full time practice focused in evidence-based nutrition. She is the current Publications Chair of the Behavioral Health Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics and enjoys writing and design. Jaimie has led groups on healthy eating in schools and sports teams, outpatient eating disorder groups, lectured in the Boston University nursing program, with the Massachusetts General Hospital Eating Disorder Program, and helped design two school-based nutrition education programs.

Trauma-informed Nutrition Care in Eating Disorder Practice

Lolly Wool MEd LPC CEDS started her career as a Special Education teacher working with kids with Autism. After completing her Master’s degree, she began working for Alsana as a primary therapist. Throughout her time at Alsana she has been Lead Therapist, Director of Clinical Services for Residential, and now Regional Executive Director. She also spent a year and a half as a Clinical Director of a substance abuse program. She is trained in EMDR and has Advanced training in Somatic Experiencing. She is also a Certified Eating Disorder Specialist.

Bringing the Body Along on the Road to Healing
“Healing the Whole Person: Fostering Recovery for All”
MEDA Conference 2022
List of Speakers

Christine Albertelli MS RD LDN  
Elizabeth Brenner JD  
Brianna Campos LPC  
Julia Cassidy MS RDN CEDRD-S  
Karen Chinca LICSW  
Michael Chiumiento PsyD  
Christine McCarthy Clark MS RD CSSD  
Melissa Coffin PhD CEDS-S  
Mimi Cole  
Ashley Cronin RD LDN  
Rebekah Doweyko LPC CEDS  
Ruth Elliott LICSW  
Shira Evans MS RD CSSD LDN  
Yvonne Fall MA  
Elizabeth Fayram RDN CEDRD RYT  
Jonathan Fellers MD  
Dennis Gibson MD FACP CEDS-S  
Julia Hale LICSW  
Caryn Honig EdD MEd RD LD  
M Reim Ifrach REAT ATR-BC ATCS LPC  
NCC CLAT  
Meghan Johnson LCSW CCS  
Molly Kellogg LCSW CEDRD  
Robyn Kievit Kirkman NP RD  
Jennie Kramer MSW LCSW-R CEDS  
Andrea Kulberg PHD CEDS  
Christine Laker MS RD LDN  
Erin LoPorto Yoga Therapist  
Margherita Mascolo MD CEDS-S  
Amy Mazzola LICSW  
Cherie Monarch  
Wendy Oliver-Pyatt MD FAED  
Sarah Perkins MS RD LD  
Diana Richards RDN LDN  
Sarah Rosenstein LMHC  
Amanda Smith LICSW CEDS  
Brad Smith MD  
Melissa Spann PhD CEDS-S RYT  
Anna Sweeney MS RDN CEDRD-S  
Kate Sweeney MS RDN LDN  
Lucie Waldman CCI Recovery Coach  
(January 2022)  
Jaimie Winkler RD CEDRD-S  
Lolly Wool MEd LPC CEDS  

PROGRAM DIRECTORS:
Carolyn Judge, Director of Operations and Philanthropy, MEDA  
Monika Ostroff, LICSW, CEDS-S, Executive Director, MEDA
“Healing the Whole Person: Fostering Recovery for All”
MEDA Conference 2022
Session Descriptions

Thursday, May 19, 2022

**Keynote: Eating Disorder Harm Reduction: What Marginalized Communities Need**
Gloria Lucas
Gloria knows first-hand the unique needs of BIPOC affected by eating disorders and how difficult it is to receive proper care. After personally struggling with an eating disorder intermittently for 20 years, Gloria was left with no other option but to find an alternative form of support that was accessible and pragmatic. Through harm reduction activism, Gloria recognized the immediate impact a harm reduction approach could have on people with active eating disorders. In this talk, we will explore why harm reduction is not only a drug/alcohol intervention but rather a critical and attainable tool for safety, self-awareness, and quality of life importance for folks affected by eating disorders. Harm reduction gives professionals and communities affected by eating disorders an opportunity to reimagine a radically nurturing and affirmative abolitionist mental health support landscape that expands beyond biopedagogies.

Participants will be able to:
- Define harm reduction and why its application in eating disorders is an ethical manner that intends to minimize harm and address eating disorder symptoms.
- List three reasons why conventional eating disorder treatment does not work for everybody.
- Identify recidivism, high rates of suicidality, and inaccessibility to professional care as pressing factors to integrate eating disorder harm reduction.

**Session 1A: Diabulimia: More Than the Sum of its Parts**
Margherita Mascolo MD CEDS-S
The co-occurrence of diabetes and an eating disorder leads to drastic increases in morbidity and mortality. The treatment of such conditions requires a skilled and dedicated team that can treat both conditions simultaneously and recognize the delicate and potentially catastrophic complications of re-introducing insulin as well as the ability to manage the comorbidities associated with diabetes. This presentation will highlight the complications of diabetes and discuss their management in the setting of an eating disorder.

Participants will be able to:
- Recognize the danger of quickly "normalizing" blood glucoses in treatment centers.
- Anticipate and treat the complications associated with insulin re-introduction.
- Demonstrate options for management of both eating disorders and diabetes.

**Session 1B: Rumbling with It: Using Cognitive Processing Therapy to Concurrently Treat Eating Disorders & Trauma**
Melissa Coffin PhD CEDS-S & Yvonne Fall MA
Due to the understanding that eating disorders and trauma are mutually reinforcing of one another, field is moving away from sequential treatment and towards concurrent treatment. It is now believed that working with clients on both issues at the same time is more likely to result in lasting change. But what modalities can be used to effectively accomplish this goal? This presentation will introduce Cognitive Processing Therapy, an empirically validated treatment for trauma, how it works and why it is appealing for use in the eating disorder population. Case examples will be integrated to explain these concepts and preliminary empirical data on changes in trauma reactivity, eating symptomatology, and the perception of the trauma event will be reviewed.

Participants will be able to:
- Describe the difference between the sequential and concurrent model of treatment for trauma.
- List the 5 main transdiagnostic themes that Cognitive Processing Therapy (CPT) reviews.
- Coffin
Session 1C: Meeting Rigidity with Flexibility in Nutrition Therapy for Eating Disorders
Christine Albertelli MS RD LDN & Christine Laker MS RD LDN

“Rigid” is a common word used to describe relationships with food, movement, and bodies among clients with eating disorders. As such, dietitians working with this population are often met with a significant amount of resistance when providing clinical recommendations. Meeting rigidity with more rigidity leads to tension, disengagement, and stalled progress in their recovery. How do we meet a client where they are while also motivating them to accept, and ultimately embrace, treatment recommendations? From the perspective of two dietitians working with acute clients in higher levels of care, this workshop will discuss strategies from Renfrew’s Unified Treatment Model which can guide providers in working with even the most ambivalent clients, leading to more buy-in with recovery and more successful treatment outcomes. This workshop will walk through collaborative case examples and provide strategies that nutrition professionals can use to help stuck clients move forward.

Participants will be able to:
- Describe the difference between the sequential and concurrent model of treatment for trauma.
- List the 5 main transdiagnostic themes that Cognitive Processing Therapy (CPT) reviews.
- Discuss what an impact statement is in Cognitive Processing Therapy (CPT).

Session 1D: OCD and Eating Disorders: Where They Intersect and How We Treat
Karen Chinca LICSW & Julia Hale LICSW

This presentation will address how eating disorders and OCD intersect, as well as the importance of treating both disorders concurrently. Different subtypes of OCD which may occur with eating disorders will also be presented. The speakers will discuss how to assess for which of the disorder is primary and “driving the bus,” the “do’s and don’ts” of treating individuals with co-occurring eating disorders and OCD, and different treatment strategies. The presenters will do a role play to demonstrate exposure and response prevention which is the gold standard of treatment for OCD, and how it can be applied to treating individuals with both disorders.

Participants will be able to:
- Identify and diagnose clients who have both an eating disorder and OCD, and determine which disorder is primary.
- Identify various OCD subtypes where there might be an overlap with an eating disorder.
- Distinguish obsessions and compulsions when OCD and an eating disorder intersect.
- Apply the rationale for exposure through both a habituation and inhibitory learning lens, as well as become familiar with building an exposure hierarchy/ menu and subsequent response prevention plan.
- Identify and troubleshoot treatment interfering behaviors and common pitfalls.

Session 2A: Young Athletes Fueling with Intuitive Eating
Christine McCarthy Clark MS RD CSSD

Athletes are typically in tune with their bodies (aches, pains, energy level...). So, recognizing that they feel tired, cramping, have less energy... during games or practices when they have not fueled at all or enough beforehand makes them the perfect candidate for becoming an intuitive eater. Topics will cover how athletes can be intuitive eaters by tuning into body cues and leaning into being practical (eating carbs to provide energy for their activities) to meet their performance needs.

Participants will be able to:
- Discuss the pros and cons of intuitive eating (IE) for young athletes.
- Identify how athletes can apply the IE principles in and out of their sport.
- Discuss the benefits of young athletes tuning in and recognizing body cues to meet their fueling needs as well as being practical and rational when cues are dull due to training and/or disordered eating behaviors.
- Identify ways intuitive eating can help combat disordered eating behaviors among young athletes.
Session 2B: Gastrointestinal Complications of Anorexia Nervosa
Dennis Gibson MD FACP CEDS-S
This talk will provide a systematic review of the many gastrointestinal complications associated with anorexia nervosa as well as some of the GI conditions which patients commonly report but are not necessarily backed up by research. Audience will leave this presentation with a better understanding of these complications as well as how to treat these complications. Participants will be able to:

- Discuss the GI complications associated with anorexia nervosa.
- Recognize the appropriate interventions for the above GI complications.
- Discuss some of the other GI complaints frequently reported by patients with eating disorders, including but not limited to leaky gut syndrome, small intestinal bacterial overgrowth, and mast cell activation syndrome.

Session 2C: Eating Disorders in the Jewish Community
Lucie Waldman CCI Recovery Coach (anticipated May 2022)
Clinical data demonstrates that eating disorders are astronomically higher among Jewish adolescents compared to the general population. I will examine why this occurs and relates to trauma, Kashrut, and ways to better support Jewish clients at times they need. I will discuss differences in family dynamics and how certain cultural factors affect treatment. I will explain how in my own treatment providers succeeded and missed the mark in terms of my Jewish culture, and how to address antisemitism and processing antisemitism in higher levels of care. Participants will be able to:

- Distinguish among the unique challenges that come with treating Jewish clients.
- Connect increased antisemitism and intergenerational trauma with increased eating disorder rates.
- Identify resources created for Jewish clients.

Session 2D: How Media Hurt Us and How We Can Heal
Ruth Elliott LICSW
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. Participants will be able to:

- Identify 3 tools to help caregivers identify underpinnings of their own weight and exercise beliefs that impact their child’s recovery.
- Identify 3 approaches to help caregivers support their child’s recovery
- Recognize 3 scenarios that impact caregivers’ weight, exercise, and food beliefs
- Cite 3 strategies they can use to recognize their own weight biases
- List 3 strategies to help foster continued weight-neutral treatment in their practices

Session 3A: Recipe for Mental Health: How Food Functions in the Brain
Julia Cassidy MS RDN CEDRD-S
Without balanced nutrition and food flexibility the brain cannot adequately communicate with the rest of your body, which among other things greatly affects the changes in behavioral health. The theme of food flexibility can be applied to fit the needs and diagnosis in behavioral health; mental health, substance use disorder and eating disorders. This presentation will identify how each diagnosis benefits from nutrition intervention, balanced eating, and nutrient rehabilitation all within the lens of focusing on food flexibility. Behavioral health is positively impacted when we can neutralize how we see food, use a non-diet approach, and learn how to eat without judgement. This presentation will go through the different wonders of food flexibility and how it can be applied in behavioral health. Participants will be able to:

- Outline the necessary nutrients for brain function and neurotransmitter production
- Explain the connection between food and mood in relation to our neurotransmitters
- Define different dietary approaches to help with mental health and mood stabilization.
**Session 3B: Treating ARFID: Live and Imaginal Exposure Protocols for Therapists and Dietitians**

Andrea Kulberg PhD CEDS & Shira Evans MS RD CSSD LDN

During this interactive presentation, ERP experts will provide didactics to use with clients, in both nutrition and therapy sessions. Three case studies will be discussed, and participants will design live and imaginal exposures for one of the presented cases.

Participants will be able to:

- Identify three factors that grow anxiety: avoidance, reassurance seeking, and rituals.
- Create a live exposure hierarchy for feared foods and situations.
- Write an imaginal exposure script.

**Session 3C: Managing Complex Clients Collaboratively How to use differential diagnosis, identify defensive strategies of complex patients, and provide the best care as a treatment team**

Sarah Rosenstein LMHC & Kate Sweeney MS RDN LDN & Robyn Kievit Kirkman NP RD

We have all faced increased caseloads with higher acuity patients and patients with complex diagnoses in the last few years. Given this, collaboration is of utmost importance for providing these clients with appropriate care. In this talk, presenters from multiple disciplines come together to have a rich discussion around how to use collaboration in eating disorder care successfully through a review of the research, using case anecdotes, and providing tools and strategies that balance clinician bandwidth with patient need.

Participants will be able to:

- Use differential diagnosis to evaluate clients who are seeking treatment for an eating disorder, but may in fact have a personality, or factitious disorder.
- Incorporate successful collaboration strategies and methods with a treatment team, particularly for clients with personality disorders or complex presentations who use tactics like splitting.
- Identify strategies to prevent clinician burnout when they are feeling ‘stuck’ or ‘doing more work than the client’ through re-assessment of clients within scope of practice and through collaboration.

**Session 3D: How Media Hurt Us and How We Can Heal**

Erin LoPorto Yoga Therapist

Why are so many people unhappy with their bodies? What does media, diet industries and social networks have to do with it? In this experiential talk, we will explore the connection between media messages, body image and developmental trauma, expose some of the lies that often go unexamined, and learn how to protect ourselves and each other.

Participants will be able to:

- List the signs of developmental trauma on body image resulting from modern media
- Explain why all diets do and don't work
- Personally expand their definition of beauty
- Commit to “honest” health

**Endnote: Treatment Comes in All Colors, The Importance of LGBTQIA2S+ Care in Eating Disorders**

M Reim Ifrach REAT ATR-BC ATCS LPC NCC CLAT LCMHC

The issues facing the LGBTQIA2S+ community are so pressing and complex and eating disorder professionals need to understand these issues and the unique needs to be able to provide the most ethical treatment possible. This presentation will discuss these needs, direct clinicians, and the community toward how to learn and fill knowledge gaps and how once can expand treatment opportunities within their work. This presentation will also cover topics such as body neutrality, body liberation, the important of cultural competencies and systemic barrier to treatment access.

Participants will be able to:

- Integrate information on LGBTQIA2S+ care in the eating disorder field.
- Engage in meaningful discussion regarding the need for intersectionality within the treatment landscape.
- Integrate gender affirming care within their eating disorder treatment work.
Friday, May 20, 2022

Brianna Campos LPC and Anna Sweeney MS RDN CEDRD-S

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. The presentation will be strongly focused on HAES and body acceptance – not necessarily body positivity, and we will discuss why the latter is not required for healing.

Participants will be able to:
- Describe the nuances of making space for body image conversations in the clinical practice.
- Discuss the ways in which practitioners communicate about body image, consciously and unconsciously, in clinical practice.
- Define HAES, fat phobia, fat positivity and weight bias, and how each contributes to limiting or enhancing therapeutic efforts.

Session 1A: Medications for Recovery
Brad Smith MD

Medications can play a small, but oftentimes important role in the recovery process. A review of the psychotropic medications available for anorexia nervosa, bulimia nervosa, binge eating disorder, and ARFID will include prescribing information. Common co-occurring mental health diagnoses will be reviewed to emphasize the importance that accurate diagnostic assessment plays in helping to determine psychotropic medication choices. Physical health complexities in eating disorder treatment and recovery often require non-psychotropic medication interventions, and the most commonly-utilized approaches will be presented. Particular attention will be paid to keeping the presentation accessible for a general audience, while meaningful for an experienced prescriber.

Participants will be able to:
- Utilize two new strategies to consider psychotropic medications in the treatment plan for individuals pursuing treatment for eating disorders.
- Cite at least 2 of the most common co-occurring mental health diagnoses for those with eating disorders.
- Recognize the importance of a full diagnostic assessment for their clients in order to help inform medication choices appropriately.
- Cite at least 2 of the most common physical health complexities during the acute treatment and recovery process that can be improved with medication approaches.

Session 1B: Stepping Out of The Zoom Box and Into a Post Quarantine World: What We have Learned & What We will Need to Know
Ashley Cronin RD LDN & Elizabeth Fayram RDN CEDRD RYT

The COVID-19 pandemic has been an unprecedented time on many fronts, including the exacerbation of diet culture, weight stigma, and eating disorders. We will review emerging practice considerations including new challenges in body image work, benefits and limitations of telehealth, and providing ethical and responsive care to clients with eating disorders. As we reflect on where we’ve been, we’ll also brace for where we are going and discuss considerations as the world panics over quarantine weight gain, health, and the impact on our clients.

Participants will be able to:
- Identify 2 unique aspects of COVID 19 life that has challenged one’s relationship with their body.
- Discuss 3 tools for ED prevention in the telehealth and “re-emerging” world.
- Take home 2 ideas for preparing ourselves as providers to meet the demand of ED referrals and clients seeking care.
Session 1C: Moving Toward a Natural Relationship with Food and Body Using the IFS Model
Diana Richards RDN LDN & Molly Kellogg LCSW CEDRD

The Internal Family Systems model is a tool for accelerated self-awareness and permanent emotional healing developed over 30 years ago by Richard Schwartz, Ph.D., LMFT. IFS is utilized to understand and support healing the root causes of unresolved emotional issues from childhood events that contribute to present-day pain and suffering. Eating disorder behaviors are generated from the parts of us that work to protect the traumatized parts. These eating disorder parts can overpower the natural process of attending and responding to food needs. IFS supports a process where parts release their old roles by healing the underlying wounds. When the behaviors are no longer needed, parts transform back to their natural, valuable state to support a healthy, balanced process of caring for the body with food and movement. In this workshop we will share experiential exercises to demonstrate how an unburdened system works to attune to both internal signals and external nutrition and health recommendations.

Participants will be able to:
- Illustrate how the IFS model focuses on internal attunement in approaching relationships with food and our body.
- Define and examine the intersection of the traditional definition of a “normal” relationship with food and body with an IFS lens.
- Integrate the IFS model concepts with clients with disordered eating.

Session 1D: An Integrated Approach to Treating Comorbid OCD and Eating Disorders
Mimi Cole

The presentation will talk about the high clinical comorbidity of obsessive compulsive disorder and eating disorders and review important considerations when treating these two together. The presentation will provide an overview of what OCD actually is (because of the many misconceptions around the diagnosis), the various themes, and evidence-based treatment. I will also discuss the importance of addressing both disorders at once and how to use an eclectic approach to treating both disorders, combining aspects of CBT, ERP, DBT, and ACT.

Participants will be able to:
- Name three common themes of OCD and examples of related obsessions and compulsions.
- Explain how various modalities (i.e. ACT, ERP, etc.) can be effective in the treatment of comorbid OCD and eating disorders.
- Implement a new technique from one of the modalities taught in the presentation (i.e. utilize cognitive defusion to address intrusive thoughts).

Session 2A: ARFID IOP: Using CBT-AR, Nutrition Support and Individualized Care to Affect Change
Amanda Smith LICSW CEDS & Amy Mazzola LICSW

This presentation will review a novel treatment approach for adolescents struggling with ARFID. Review of treatment programming, use of CBT-AR and family supported treatment, as well as integration of nutrition therapy in a virtual intensive outpatient program will allow participants to identify several strategies for assisting clients in higher levels of care with ARFID.

Participants will be able to:
- Identify 2-3 modifications to CBT-AR model to support clients with ARFID in higher LOCs.
- Identify the benefits of a family-supported model of CBT-AR in an IOP level of care to enhance positive outcomes for adolescents with ARFID.
- Identify 2-3 benefits of utilizing nutrition support in IOP level of care with adolescents with ARFID to support overall nutritional stability.

Session 2B: Exploring the Complexities of Integrated Substance Use and Eating Disorder Treatment
Jonathan Fellers MD Meghan Johnson LCSW CCS Sarah Perkins MS RD LD

Working from a whole person and client centered approach to treatment, providers can often find themselves out of their wheelhouse when it comes to recognizing and providing comprehensive care for clients presenting with co-occurring substance use and eating disorders. This workshop will provide participants with skills needed to identify unique treatment challenges and effective interventions for client’s presenting with co-occurring Eating and Substance Use Disorders.
Interventions reviewed include Medical Nutrition Therapy, Trauma Responsive Care and integrated psychiatric care considerations for co-occurring populations. Participants will develop insight into how working from a multidisciplinary team including clinicians, dieticians and psychiatrists/medical providers is absolutely essential in treating this often complex constellation of symptoms and meeting the needs of their clients. Participants will be able to:

- List unique challenges in treating co-occurring eating disorders and substance use disorders.
- Apply effective clinical interventions in treating clients with co-occurring eating disorders and substance use disorders.
- Describe key treatment goals of medical nutrition therapy for clients with co-occurring eating disorders and substance use disorders.

**Session 2C: The Surge of Rampant Eating Disorders for Adolescents This Year and What We Can Do?**

**Jennie Kramer MSW LCSW-R CEDS**

As we embarked on a new normal and feelings of uncertainty amidst the coronavirus pandemic, the prevalence of mental health issues, eating disorders, and challenges for families to overcome, continued to rise. Families with adolescent children have been especially impacted by the disruption of their educational schedule, physical activity, and social interactions. Heightened anxiety, isolation, social media pressures, and lack of structure can affect overall mental health and well-being, and lead to developing or increasing disordered eating thoughts and behaviors. A recent CDC report estimates adolescents aged 12–17 years accounted for the largest proportion of children’s mental health-related ED visits during 2019 and 2020. The National Eating Disorders Association (NEDA) reported an increase as high as 70-80% increase in calls and messages in 2020 compared to the previous year. It is critical to understand the psychological and emotional effects that families experience when their child is struggling with an eating disorder and adjusting to a “new normal”.

Participants will be able to:

- Illustrate the trends on the behavioral health challenges and eating disorder behaviors that adolescents and families are facing.
- Describe the behaviors, symptoms, and risk factors for adolescents experiencing eating disorders and associated impacts on family systems.
- Identify the challenges that Social Media creates with body image and disordered eating

**Session 2D: The Overlooked Midlife Crisis: Eating Disorders in Midlife and Beyond**

**Caryn Honig EdD MEd RD LD & Elizabeth Brenner JD**

One group of eating disorder sufferers that is often overlooked is the midlife population. Dr. Honig explores the prevalence, contributing factors, complications, and treatment for this unique population. Recovery is possible in midlife and beyond, and Betsy Brenner shares her inspiring story of recovery.

Participants will be able to:

- Explain the research and statistics regarding the prevalence and incidence of eating disorders in the midlife population.
- Describe the factors that contribute to the development of eating disorders in the midlife population.
- Identify risks and the devastating effects of eating disorders in the midlife population.
- Identify appropriate help and treatment for this unique population.
Session 3A: The Missing Link: Transparent Integration of Families in Treatment Session
Melissa Spann PhD CEDS-S RTY & Cherie Monarch
During this presentation, a parent activist and clinician will discuss the need for transparency with families when their loved one is struggling with an eating disorder. They will highlight challenges families experience during diagnosis and treatment and will address the need for meaningful collaboration. The presenters will highlight their personal experiences from their clinical work together.
Participants will be able to:
- Explain the concepts of a multidisciplinary domains of recovery.
- Identify three communication techniques for families in therapy.
- Identify common parenting styles that impact family members.

Session 3B: Trauma-informed Nutrition Care in Eating Disorder Practice
Jaimie Winkler RD CEDRD-S
This presentation will review the 6 pillars of trauma informed care. Will define the difference between trauma informed care and trauma-specific services. This presentation will discuss the conflicts in current eating disorder care with principles of trauma informed care.
Participants will be able to:
- List the 6 principles of Trauma Informed Care
- Describe the difference between Trauma-Informed and Trauma-Specific Care.
- Identify some potential conflicts in ED care and Trauma-Informed Care

Session 3C: Bringing the Body Along on the Road to Healing
Lolly Wool Med LPC CEDS
In this presentation, we will explore the relationship between eating disorders, our bodies, attachment and trauma. The presentation will provide participants with skills and techniques that allow clinicians to empower clients to engage their bodies in the healing process.
Participants will be able to:
- Assess where a client is at in their nervous system.
- Be able to help clients become more engaged and present in their bodies.
- Identify the pacing for treatment of eating disorder and trauma.

Session 3D: The Development of an Innovative Weight Inclusivity Task Force (WITF): Fostering Inclusivity, Transparency, and Evidence-based Practice in the Philosophy and Implementation of Weight-related Treatment Objectives
Rebekah Doweyko LPC CEDS-S & Michael Chiumento PsyD
Current evidence-based practices for the treatment of eating disorders provide a range of guidelines specific to weight-related therapeutic interventions, though some appear more consistent and more easily accepted than others, by providers and clients alike. As the field of eating disorder treatment and research begin to more actively address identified gaps in the literature amidst strong opinions about weight in treatment, providers experience significant variations of approach regarding the determination of weight-related treatment goals and weighing practices. For providers and systems of care seeking to prioritize collaboration and consistency among multidisciplinary treaters, differences of philosophy and practice in weight-related treatment interventions remain an area in need of attention. In response to this clinical and dietetic predicament, these presenters reviewed the relevant literature and participated in the development and training curriculum of a multidisciplinary Weight Inclusivity Task Force (WITF). Training and educational materials yielded from this project have since been distributed to clinicians, dieticians, clients, family members, and providers of all areas of expertise. This presentation will offer a review of the relevant literature specific to weight-related treatment objectives, weighing practices, and attitudes about weight within the field of eating disorder treatment. The presenters will address the changes to language and perspective critical to improving client care and will share the cumulative recommendations of evidence-based practices in determining weight range objectives, weighing
clients openly in treatment, and assessing weight bias among clients, caretakers, and practitioners fairly and effectively.

Participants will be able to:

- Use updated language and assessment procedures specific to weight and weight-related treatment objectives in line with current research and evidence-based practices.
- Orient clients to the rationale for open weighing practices, and with weighing clients openly in the clinical setting.
- Assess and discuss personal and cultural weight biases as they pertain to eating disorder treatment objectives, and to apply this to clinical intervention and supervision in a meaningful way.

End Note: Working with Treatment Resistance: Past, Present and the Future of Eating Disorders
Wendy Oliver Pyatt MD FAED
This presentation will delve into treatment of eating disorders in decades past, and where we go from here and into the future. What has changed since the pandemic? What have we learned from the past 20 years of treatment? Foundations to help engage patients in needs of higher levels of care from 20 years of care at higher levels will be shared and discussed.

Participants will be able to:

- Identify 3 foundations of self-psychology that can clinicians engage
- Describe three interventions used in past treatment of eating disorders that are considered contraindicated
- Describe the history of Health at Every Size in treatment of eating disorders