8th New Hampshire Eating Disorders Conference
Day One: Thursday September 20, 2018 8:00am-4:00pm

Welcome/Keynote

Size Acceptance and Eating Disorders: A Critical, Crucial, Core Conversation

Ragen Chastain-ACE Certified Health Coach

Biography:

Ragen Chastain is an internationally recognized thought leader in the fields of self-esteem, body image, Size Acceptance, and Health at Every Size. She is a sought after speaker on the college, corporate, and conference circuits who has set the stage on fire everywhere from Google Headquarters to Cal Tech to the International Weight Stigma Conference. She is the author of the blog DanceswithFat.org, the book Fat: The Owner's Manual, editor of the Praeger Anthology "The Politics of Size," serves on the Editorial Board for Fat Studies: An Interdisciplinary Journal of Body Weight and Society, and frequently gives expert commentary on radio, television and in print. Ragen is a featured interviewee in the documentaries America the Beautiful 2 - The Thin Commandments, and A Stage for Size. Ragen is an ACE Certified Health Coach, a national dance champion, and holds the Guinness World Record for Heaviest Woman to Complete a Marathon, and she is training for her first (and only!) IRONMAN Triathlon.

Description:

The session will examine messages that clients receive about beauty, our bodies, and health. There will be a discussion of the ways that these messages can affect clients relationships with their bodies, food, and movement. There will be an analysis of how these messages can disrupt recovery efforts and prevent long term recovery from eating disorders. A discussion of the framework of Size Acceptance and Health at Every Size will provide practical, realistic options to help clients repair the damage of message. A discussion of how strategies can be created which will help clients deal with their recovery journey and beyond.

Objectives:

1. Explain 3 differences of Size Acceptance and Health at Every Size.
2. Explain how 3 current cultural messages around beauty, body size, and health can perpetuate eating disorders.
3. List 3 ways SA and HAES can be beneficial to people dealing with eating disorders.
Session I A: Clinical Issues
URGE 911: Making Urges More Manageable

Travis Stewart, LPC, NCC

Biography:
Travis is a Licensed Professional Counselor and has worked in the field of eating disorders since 2003. He brings a unique blend of clinical expertise and communication skills to his role with McCallum Place. He is passionate about connecting people to resources and experiences that are transformative and healing. An excellent communicator and teacher, Travis is a regular contributor to websites, podcasts, webinars and conferences on eating and body image issues and has spoken at schools such as Pepperdine University, Baylor University, Washington University, and graduate schools around the country. Travis graduated from the University of Nebraska in 1991 with a degree in advertising and immediately began working with the international ministry of The Navigators, mentoring students. After 8 years, his desire to better understand how people change and heal led to obtaining a Master of Arts in Counselling (2001) and a Master of Arts in Theological Studies (2003) from Covenant Seminary in St. Louis, Missouri where he now lives with his family.

Description:
Based on the work of Jeffrey Schwartz, MD and Daniel Siegel, MD and incorporating elements of Acceptance and Commitment Therapy, this workshop will instruct attendees on the URGE 911 steps for resisting compulsive behaviors that help decrease the frequency of behaviors and rewire the brain to facilitate change at the neurological level.

Objectives:
1. Identify 3 basic concepts of compulsive behaviors, neuroplasticity, and creating new neural pathways in the brain.
2. Recognize 3 steps to change compulsive behaviors and encourage brain change.
3. Discuss as a group 3 practical ways to implement URGE 911 steps in all levels of treatment for eating disorders.
Session I B: Prevention/ Education

Integrative Case Study

Kari Anderson, DBH, LCMHC, LPC, CEDS

Biography:
Having struggled with binge eating and weight stigma herself, Kari’s professional career is driven by a personal passion. She has been working with eating disorders for 28 years, positioning herself as a respected clinician and leader in the field working for treatment centers such as Green Mountain at Fox Run, Remuda Ranch and The Rader Institute. She is currently the Executive Director at KellerLife, Center for Eating Disorders in Chandler, Arizona. Kari earned her Doctor of Behavioral Health at Arizona State University in 2012 and is a faculty member at Plymouth State University’s Eating Disorder Institute. She also serves on the Certification Committee for the International Association of Eating Disorder Professionals. Kari has been instrumental in the development of several treatment models including; The Remuda Model, Green Mountain’s Pathway Program and Co-creator of the Am I Hungry® Mindful Eating for Binge Eating Program. Her current project is the KellerLife Restorative Model. She blogs for Psychology Today and co-authored the acclaimed book, Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body.

Suzanne Dooley, Hash MD

Biography:
Suzanne is the Medical Director at The Center for Eating Disorders (CED) in Ann Arbor, Michigan. She attended medical school at Northwestern University in Chicago and completed her training in emergency medicine through the University of Michigan/Saint Joseph Mercy Hospital Emergency Medicine Residency. Throughout her career Suzanne has been interested in the complex interactions of physical, mental health, and the impact of disorders on an individual’s overall well-being. In 2010 Suzanne joined the staff at the CED where she provides medical care to the Center’s clients. Suzanne's current research interests include early identification of eating disorders through improved screening, the comorbidity of eating disorders with both psychiatric and medical conditions, and methods for improving education about eating disorders and weight stigma for healthcare providers. She is also very active in eating disorder advocacy and education efforts as a member of the Scientific Advisory Committee for the Binge Eating Disorder Association and as a member of the Academy for Eating Disorders (AED) and the AED Medical Care Standards Committee. Suzanne publishes and presents internationally primarily on topics relevant to eating disorders and medical education and has been teaching Medical Aspects in the Eating Disorders Institute for 4 years.
Heidi Schauster, MS, RDN, LDN, CEDRD-S

Biography:

Heidi Schauster is a certified eating disorders registered dietitian and supervisor with over 20 years of experience in the field. She completed a Post-graduate Fellowship in Adolescent Medicine and was a clinical dietitian specialist at Boston Children’s Hospital. Heidi is currently the founder of Nourishing Words Nutrition Therapy, based in the Greater Boston area. She is also the author of Nourish: How to Heal Your Relationship with Food, Body, and Self. In addition to individual nutrition therapy, she facilitates the No Diet Book Clubs and supervises other dietitians who treat clients with disordered eating. Heidi is a Health-at-Every-Size (HAES) practitioner who encourages diet culture liberation, as well as embodied eating and living. She incorporates her training in Acceptance and Commitment Therapy (ACT) and mindfulness-based meditation into her work.

Description:

This session will discuss client cases through the lens of an integrative approach, with treatment providers, a registered dietician, and an eating disorders specialist, medical doctor. The participants will be able to ask questions and may discuss clients as a group.

Objectives:

1. Discuss at least 2 case studies using an integrative approach.
2. Discuss at least 3 reasons why it is important to work as an eating disorders team.
Session I C: Diversity/Integrative Therapies

Are You Sure It’s ARFID? Treating Sensory Processing & Eating Disorders

Monika Ostroff, LICSW

Biography:

Monika Ostroff is the Manager of Reflections Eating Disorders Treatment Center at Parkland Medical Center in New Hampshire as the newest and most highly individualized Partial Hospital and Intensive Outpatient Eating Disorders program. She is a therapist, author and consultant who has specialized in the field of eating disorders for over 20 years. Monika also has expertise in treating addiction and spectrum disorders. She is the co-author of Anorexia Nervosa: A Guide to Recovery with Lindsay Hall and a contributing author to the books Self Harm Behavior and Eating Disorders as well as The Thinking Moms’ Revolution: Autism Beyond the Spectrum. She has appeared on many radio and television broadcasts including NPR’s Public Affair, NPR’s Exchange, Vatican Radio’s Generation Jubilee and WGBH Arts and Ideas.

Description:

Individuals with sensory processing and spectrum disorders are presenting for eating disorder treatment at increased rates. Learn to screen, identify and differentiate sensory challenges from ARFID while gaining a command of the available resources. Learn easy to use brain-based strategies to modify your treatment protocols, interventions and strategies to accommodate right-brained learners while increasing the effectiveness of treatment and positive outcomes. Interactive case illustrations ensure your ability to expertly treat this population.

Objectives:

1. To be able to ask at least 3 different questions to properly differentiate clients whose eating issues are rooted in sensory processing difficulties.
2. Identify a minimum of 3 resources to use with clients who have complex sensory needs in order to ensure comprehensive, efficacious, effective treatment.
3. Identify a minimum of 3 brain-based techniques they can use to easily adapt their treatment for those with sensory processing issues or who are right brained learners to increase treatment effectiveness and positive outcomes for these individuals.
Session II A: Clinical Issues  
Eating Disorders & Substance Abuse: Treatment and Trends  

Roseann Rook, CADC

**Biography:**
Roseann has been in the addictions field for 25 years and with Timberline Knolls for the past 12 years. As a Clinical Addiction Specialist, Roseann currently facilitates process groups addressing the impact a person’s history, including trauma, contributes to current behaviors. Being with Timberline Knolls since it’s opening, developed the addictions program and has implemented process addictions into the curriculum. Roseann also provides psych-educational groups and 1:1 sessions focusing on relapse prevention. As a member of Timberline Knolls” Clinical Development Institute”, she presents locally and at national conferences as well as provides campus wide training.

**Description:**
Eating Disorders and Substance Use Disorders have more similarities than differences resulting in a similarity in treatment. Substance Use has a severe impact on the development, treatment and relapse risk of Eating Disorders. This workshop will provide attendees with information on the trends in Substance Use, including the rise in opiate abuse and prescription drugs. The importance of Integrated Treatment for cross-addictions and co-occurring disorders with be discussed using case examples.

**Objectives:**
1. List 2 similarities between eating disorders and substance abuse
2. Discuss 3 trends in substance abuse and the impact it has on eating disorders.
3. Explore 3 obstacles that cross addictions and co-occurring disorders have on eating disorder treatment
Session II B: Prevention/Education

Athletes at Every Size

Regan Chastain, Ace Coach

Biography:

Ragen Chastain is an internationally recognized thought leader in the fields of self-esteem, body image, Size Acceptance, and Health at Every Size. She is a sought after, speaker on the college, corporate, and conference circuits who has set the stage on fire everywhere from Google Headquarters to Cal Tech to the International Weight Stigma Conference. She is the author of the blog DanceswithFat.org, the book Fat: The Owner's Manual, editor of the Praeger Anthology "The Politics of Size," serves on the Editorial Board for Fat Studies: An Interdisciplinary Journal of Body Weight and Society, and frequently gives expert commentary on radio, television and in print. Ragen is a featured interviewee in the documentaries America the Beautiful 2 - The Thin Commandments, and A Stage for Size. Ragen is an ACE Certified Health Coach, a national dance champion, and holds the Guinness World Record for Heaviest Woman to Complete a Marathon, and she is training for her first (and only!) IRONMAN Triathlon.

Description:

Often fat people are admonished to exercise, only to find that the fitness world is a hostile place, steeped in fatphobia and sizeism. Understanding that nobody, of any size, is obligated to exercise, in this talk we’ll unpack the sizeism that is rampant in the fitness world, the intersectional oppressions that exists between fat and other marginalized identities, and the messages that sends. Then, we’ll look at options that fat people who are interested in sport/fitness/athletics can use to deal with the realities of fatphobia, and how they can find and embrace their inner athlete at any size.

Objectives:

1. List 3 ways that the fitness world is hostile to fat people and discuss intersection oppression with other marginalized identities.
2. Explain 2 reasons of the double-edged sword of being a fat athlete and the good fatty/bad fatty fallacy.
3. Discuss two ways in which fat people can deal with the realities of fatphobia in the fitness world.
Session II C: Diversity/Integrative Therapies

It’s Complicated! Navigating through the New Science when Treating Binge Eating Disorder

Kari Anderson DBH, LPC, CEDS-S

Biography:
Having struggled with binge eating and weight stigma herself, Kari’s professional career is driven by a personal passion. She has been working with eating disorders for 28 years, positioning herself as a respected clinician and leader in the field working for treatment centers such as Green Mountain at Fox Run, Remuda Ranch and The Rader Institute. She is currently the Executive Director at KellerLife, Center for Eating Disorders in Chandler, Arizona. Kari earned her Doctor of Behavioral Health at Arizona State University in 2012 and is faculty for Plymouth State University’s Eating Disorder Institute. She also serves on the Certification Committee for the International Association of Eating Disorder Professionals. Kari has been instrumental in the development of several treatment models including; The Remuda Model, Green Mountain’s Pathway Program and Co-creator of the Am I Hungry?® Mindful Eating for Binge Eating Program. Her current project is the KellerLife Restorative Model. She blogs for Psychology Today and co-authored the acclaimed book, Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body.

Description:
As with all eating disorders, we must consider restoration of the body and the mind when treating binge eating disorder. In recent years, research has increasingly complicated our framework due to the seemingly conflictual nature between how the brain and body influence eating behavior and the psychological nature of eating disorders. Topics such as food addiction, insulin and microbiota provoked cravings, the polyvagal theory and understanding food insecurity will be processed through the lens of treating binge eating disorder. Kari tackles a treatment approach with considerations of science combined with experience that only comes with practice.

Objectives:
1. Explain 3 contraindications of how using a food addiction model with binge eating disorder treatment is contraindicated.
2. Critique one theory where food becomes a co-regulatory relationship in the absence of safe secure attachments.
3. Discuss 2 concepts of neuroscience behind food cravings.
Session III A: Clinical Issues

Medical Treatment of the Severely Ill Patient: Do’s and Don’ts in the ER, Inpatient Unit and Outpatient Office

Patrice Lockhart, MD

Biography:
Patrice Lockhart is a board-certified psychiatrist from Portland, Maine. She has been the Medical Director of the New England Eating Disorders Program since 2005, first at Mercy Hospital, and currently at Sweetser. Her role has expanded treatment services in the state of Maine to include pediatric, adolescent, adult and geriatric populations. Patrice is passionate about empowering and educating parents as well as their children. She is a faculty/staff consultant to the Hyde School, WAVUS Camp for Girls, and Boys to Men, and maintains a private practice in psychotherapy and medication management in Gorham, Maine. An accomplished musician, Dr. Lockhart performs as Principal Harpist of the World Doctor’s Orchestra, performing concerts to raise funds and awareness for humanitarian causes worldwide.

Description:
When a medical provider meets a patient with an eating disorder, the “expert” is often the patient. This session is designed to be a resource for physicians, nurses, NPs, and social workers who will need to be “on the same page” very quickly.

Objectives:
1. Describe a refeeding syndrome complication.
2. Describe one situation when a patient should be referred to a higher level of care.
3. List 3 eating disorders resources described in the session.
Session III B: Prevention/Education

Prevention at Your Place: Putting together a Program That Fits

Stephanie Haines, M.Ed.,CHES

Biography:

Over the last 20 years as a Prevention Education Specialist, Stephanie has worked with thousands of students, teachers, and faculty in hundreds of school communities across five continents. In 2013, Stephanie began working with Walden Behavioral Care and FREED: Foundation for Research and Education in Eating Disorders to work throughout New England to prevent the onset and progression of eating disorder patterns, eating disorders, poor body image issues and exercise addiction. In addition to her work in eating disorders, Stephanie trains school personnel worldwide in the art substance abuse prevention through her work with FCD: Prevention Works!/The Hazelden Betty Ford Foundation. Stephanie holds an Associate degree in Occupational Therapy, a BS in Behavioral Science and a M.Ed. in Health Education with an Eating Disorder’s Certificate.

Description:

“We need to put something in place, but I’m not sure what would work; we don’t have much time in the schedule for things like this.” “I want to build a unit for eating disorders into my health class. What’s the best way to do this?”

If you are hoping to raise awareness about eating disorders in your school or workplace but are not quite sure what to do or how to do it or are looking for some new ideas to add to what you currently have in place, this session is sure to give you some ideas and strategies. During this 75-minute session, we will focus on the elements of effective prevention programs, address common obstacles (including reaching key audiences, working around time constraints, and getting funding), and how you can access the wealth of support available around you. This session will also cover important eating disorder adolescent treatment information to help you remain an “up-to-date” resource for your community.

Objectives:

1. List at least 3 resources for eating disorder prevention education support.
2. Explain at least 3 key elements of effective prevention education.
3. Discuss 2 pros and 2 cons of at least two formats of instruction.
Session III C: Diversity/Integrative Therapies
The Influence of Nutrition on Brain Repair During Trauma Recovery

Ralph E Carson, LD, RD, PhD

Biography:
Dr. Carson 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 neuro-psychobiological 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 loss of control eating in Chicago, IL and consultant for the Pinegrove Behavioral Health and Addiction Center in Hattiesburg, MS. Ralph Carson, PHD has consulted with numerous addiction and eating disorder treatment centers throughout the country as well as being a highly sought-after speaker at various conferences and workshops. 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? (205)

Description:
The combination of abuse and neglect (trauma and poor eating habits) takes a toll on mental function. Fortunately, the brain is malleable and with proper nutrients: nerves are regenerated, proper circuitry is restored, neurotransmitters are replaced, and optimal brain functioning is possible. New research has revealed how to design a food plan that maximizes the healing of the brain and expedites recovery. It is possible for trauma patients to break destructive patterns by achieving metabolic balance through avoiding the offending substance or behavior. It also necessitates: supporting the body with a balanced nutritional program of vitamins, minerals, and amino acids: and participating in proper sleep, exercise and mindfulness practices.

Objectives:
1. List 5 key nutrients to include when designing a personal diet for brain recovery.
2. Analyze 3 ways on how good and bad fats and sugars contribute to brain healing.
3. Discuss at least 3 foods to avoid or minimize to prevent further brain deterioration and malfunctioning.
8th New Hampshire Eating Disorders Conference
Day Two: Friday September 21, 2018 8:00am-2:00pm
Welcome/Keynote

Two Scoops of Nine Truths: Midlife Eating Disorders and Defining Recovery

Beth McGilley, PhD, FAED, CEDS

Biography:
Beth Hartman McGilley, Ph.D., FAED, Clinical Associate Professor, University of Kansas School of Medicine--Wichita is a psychologist in private practice, specializing in the treatment of eating disorders, athletes, trauma, and grief. Her practice is informed by feminist, HAES, and social justice perspectives. A Fellow of the AED, and a Certified Eating Disorders Specialist, she has practiced for over 35 years, writing, lecturing, supervising, and directing an inpatient eating disorders program. She’s a former advisor to Monte Nido and Affiliates and is on the Renfrew Conference Committee. She has published in academic journals and the popular media, as well as contributing chapters to several books. She is a former editor for Eating Disorders: The Journal of Treatment & Prevention, and co-editor for the book: Treatment of Eating Disorders: Bridging the Research/Practice Gap. She has presented extensively nationally and internationally, and appeared on a variety of local and national news and radio outlets. When not working, she’s happiest on wheels, with Wheels her therapy dog, or watching KU basketball.

Margo Maine PhD, FAED, CED

Biography:
Maine, is a clinical psychologist who has specialized in eating disorders and related issues for over 35 years. A Founder and Adviser of the National Eating Disorders Association and Founding Fellow of the Academy for Eating Disorders, Dr. Maine is author of: Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond; Treatment of Eating Disorders: Bridging the Research-Practice Gap; Effective Clinical Practice in the Treatment of Eating Disorders; The Body Myth; Father Hunger; and Body Wars; and Senior Editor Emeritus of Eating Disorders: The Journal of Treatment and Prevention. The 2007 recipient of The Lori Irving Award for Excellence in Eating Disorders Awareness and Prevention, and the 2014 recipient of the Don and Melissa Nielsen Lifetime Achievement Award and the 2015 NEDA Lifetime Achievement Award, Maine is a member of the Renfrew
Inspired by the Academy for Eating Disorders Nine Truths About Eating Disorders (see below), this presentation proposes Nine Truths About Recovery & Eating Disorders in Adult Women.

Dr. McGilley will discuss the research/practice gaps as they relate to ED recovery. Despite recovery being the ultimate treatment objective, we lack a consensus definition to direct and evaluate our efforts. Nonetheless, certain “truths” have been born out in the literature. Dr. McGilley will illuminate those aspects of recovery consistently supported by lived experience and empirical research. She emphasizes that conceptualizations of recovery need to be informed by holistic and social justice perspectives to honor the true complexities and diversity of patient’s experience. Finally, providers will be encouraged to “keep the porch light on” for those with severe and enduring ED’s, as recovery can be a lengthy process.

Dr. Maine will discuss unique dynamics and treatment needs associated with Eating Disorders At Midlife & Beyond. Despite prevailing beliefs that these conditions only affect the young, age does not immunize women from eating disorders. Today the majority of midlife women express significant weight preoccupation and distress over their shape, appearance, and diet, threatening the health, well-being, and status of women across the globe. Eating disorders are a life-threatening and treatable disease, not a character flaw or a cosmetic issue. We must approach eating disorders affecting women in midlife and beyond just as openly, seriously, and compassionately as we approach breast cancer and other public health problems.

Together Drs. McGilley and Maine will discuss unique aspects of the recovery process for older patients and will inspire the audience to embrace a relational approach to the treatment of eating disorders.

**Objectives:**

1. Identify 3 key areas of the range and pattern of eating disorders and body image despair currently seen in adult women.
2. List 3 risk factors and 3 treatment needs of adult women with eating disorders.
3. Build at least 2 relational skills to challenge the eating disorder, decrease the shame and isolation, and foster recovery.
4. Identify 3 research/practice gaps with regard to ED recovery.
5. Discuss 2 reasons why there is a need for a holistic, social justice informed conceptualization of recovery.
Session I A: Clinical Issues

The Dangers and Death of Diabulimia

Erin M. Akers, BS, Executive Director

**Biography:**

After struggling with Diabulimia off and on for a decade and finding no resources or any place to talk about it, in 2008 Erin created the first and longest-running support group for diabulimia. She then went on to found Diabulimia Helpline in 2009, the world's first non-profit organization dedicated to support, awareness and advocacy for those struggling with diabetes and eating disorders. For the last ten years Erin has used her extensive knowledge about the emotional and behavioral aspects of diabetes, and how they connect to food and body issues, gained from her own decade long journey, her work with clients and her continuous work to learn from the experts in both the diabetes and eating disorders world, giving lectures with such powerhouses as Dr. Jennifer Gaudiani and Dr. Ovidio Bermudez. Now Erin trains or implements full diabulimia/ ED-DMT1 programs at eating disorder treatment centers or diabetes clinics all over the country. Erin can be found in numerous publications, such as Diabetes Forecast, Diabetes Health, Diabetes care, and PLAID. She has also appeared on Huffington Post Live, NBC News, and Discovery Health Channel. She launched the Healthcare Professionals Education series in January 2013 to target healthcare professionals and provide an understanding about eating disorders and diabetes. She consulted for Duke University on a research project investigating behavioral triggers around food and insulin in people with type 1 diabetes. In April, 2017 Erin was part of a three woman team that remotely planned and executed a 16 state wide March for Health in defense of The Patient Protection and Affordable Care Act. Erin is a member of Diabetes Advocates, American Association of Diabetes Educators, Binge Eating Disorder Association, and is a National Eating Disorder Association partner and an Americans for Access Board member.

**Description:**

The sessions will include a discussion the signs, symptoms, complications, treatment strategies, and resources available for those struggling with diabetes and disordered eating. In addition she will use real life examples from her nearly decade long battle with diabulimia and case studies from her work with clients on the helpline to illuminate the patient perspective living in the world of the co-morbidities.

**Objectives:**

1. Discuss 3 resources and tools that helped women recover and the advice they have for clinicians, their colleagues and their facility.
2. Identify 2 of the best assessment tools created specifically for patients with ED-DMT1 and how to best use them in the field within the diabetes community.
3. Explain 3 treatment strategies and interventions to minimize medical complications of eating disorders in the ED-DMT1 populations.
Session I B: Prevention/Education

First Line of Defense: Assessment and Treatment Strategies for Athletes with Eating Disorders

Emily J. Slager, MS, LMHC

Biography:
Emily is an accomplished runner, who has participated in ten consecutive Boston Marathons. She understands the lack of attention on eating disorders and mental health within the athlete population and is passionate about changing that. She is the director of Walden’s Waltham clinic, where she oversees the clinical and administrative components of GOALS and other eating disorder treatment programs. She previously was director of residential, partial hospitalization and intensive outpatient programs for adolescents and adults at Walden’s Waltham location, and a clinician on Walden’s inpatient eating disorder and psychiatric units. Prior to Walden, Emily worked at Octagon Worldwide representing various professional athletes for the global sports and entertainment marketing firm. She was also an intern at the Women’s Sports Foundation in New York City. Emily earned her Master’s degree in counseling psychology from Boston College.

Description:
It has been found that athletes are two to three times more likely to develop eating disorders than non-athletes, and recently more high-profile athletes are coming forward to share their stories. There are a number of eating disorder risk factors correlated with sport participation that are often overlooked because sport participation is so widely considered to be healthy and positive for youth, adolescents, and young adults. This presentation will discuss risk factors, warning signs, and treatment considerations for working with disordered eating and eating disorders among competitive athletes. We will review literature, discuss the unique aspects of Walden’s GOALS program for athletes, and make recommendations for cultural shifts to promote overall health and wellness.

Objectives:
1. Explain 3 unique risk factors for eating and exercise disorders among athletes.
2. Discuss 3 roles of the multi-disciplinary treatment teams which are specific to the needs of this special population.
Session I C: Diversity/Integrative Therapies

Out of the Box: OSFED and UFED, Not Your Stereotypical Eating Disorders

Seda Ebrahimi, Ph.D.

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

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

Objectives:
1. List 3 examples of OSFED and 2 examples of UFED.
2. Discuss 2 situations where UFED may be diagnosed.
3. Identify 2 best practice interventions for OSFED and 2 interventions for UFED.
Session II A: Clinical Issues

Nourishment in Recovery: 10 Steps to Healing Relationships with Food, Body, and Self

Heidi Schauster, MS, RDN, LDN, CEDRD-S

Biography:
Heidi Schauster, MS, RDN, LDN, CEDRD-S is a certified eating disorders registered dietitian and supervisor with over 20 years of experience in the field. Heidi is the founder of Nourishing Words Nutrition Therapy, based in the Greater Boston area. She is also the author of *Nourish: How to Heal Your Relationship with Food, Body, and Self*. In addition to individual nutrition therapy, she facilitates the No Diet Book Clubs, therapeutic book clubs where members read books about mindful eating and living together. Heidi is an instructor in the Plymouth State University Eating Disorders Institute graduate/certificate program and she supervises other dietitians who treat clients with disordered eating, both locally and virtually.

Description:
This presentation will take participants through a process designed to help clients build healthier relationships with food and body. The workshop includes discussion and experiential work through balanced food principles, intuitive mindful eating, Acceptance and Commitment Therapy (ACT) techniques, and creation of sustaining self-care practices. Ten non-linear healing steps assist clients in accessing and listening to their inner wisdom in making decisions about food, movement, and other life/recovery work. Two decades of nutrition therapy practice and a recently published book by the presenter (*Nourish: How to Heal Your Relationship with Food, Body, and Self*, 2018) inform this workshop.

Objectives:
1. Describe 10 non-linear steps that facilitate healing clients’ relationships with food, body, and self.
2. Explain 3 concepts of mindful, intuitive eating principles, as well as common sense nutrition for healing disordered eating
3. List 3 areas participants can build their toolbox for assisting clients in listening within for decisions around hunger, movement, and values-based living in recovery
Session II B: Prevention/Education

Swimming with Sharks-Dealing with Insurance and Eating Disorders

Edward P. Tyson, M.D, CEDS

Biography:

Dr. Tyson has been treating eating disorders since his fellowship in Adolescent Medicine, which is the only specialty that mandates training in eating disorders. He wrote a chapter on medical complications in Treatment of Eating Disorders: Bridging the Research-Practice Gap and is a co-author of the medical guide for the Academy for Eating Disorders (AED) and of the chapter “What Doctors, Dietitians, and Nutritionists Need to Know” in Trauma-Informed Approaches to Eating Disorders. Teaching and advocating about eating disorders is a passion of his, and he frequently presents at eating disorder professional meetings, universities, and to the public. He also advocates for legislation for those with eating disorders in Texas and in Washington, D.C.

Description:

Eating Disorders are the #1 consumer of mental health dollars and to save money, insurance companies make denials easier and coverage harder. This session focuses on those traps and how to better negotiate them.

Objectives:

1. List 3 ways that insurance companies make asking for appropriate coverage difficult at
2. Discuss 3 approaches to better prepare for the various ensuing confrontations regarding initial coverage and levels of care, with detailed explanations of arguments & strategies against the denials and delays.
3. List 3 resources and references to utilize in the efforts to get appropriate coverage.
Session II C: Diversity/Integrative Therapies

Nourishing Hope: Client Spirituality

R. Sloane Franklin, LICSW

**Biography:**

Sloane currently lives in Milford, New Hampshire where he has spent the last six years working with eating disorders and the past two, at the Center for Eating Disorders Management. He completed his Master’s of Divinity and Theology at Princeton Theological Seminary and his Master’s in Social Work at Boston University. In addition to his clinical work, Sloane also teaches qigong, Taoist Toga and kung fu.

**Description:**

In the field of eating disorder treatment, client spirituality functions as source of resiliency and a locus for therapeutic intervention. This workshop will discuss a functional definition of spirituality, review the evidence base for the inclusion of spirituality in treatment, discuss several interventions that operationalize client spirituality, and discuss strategies for addressing problematic spiritually in ED treatment.

**Objectives:**

1. Participants will be able to define the 2 areas of literature for addressing client spirituality in eating disorder treatment.
3. List 3 problems that can arise with client spirituality in ED treatment and identify strategies to address these problems.
Session III A: Clinical Issues

Treatment of Eating Disorders: LGBTQ

Christine Lang, LCSW, MDiv

Fiona LaRosa-Waters, BS

Biography:
Christine Lang, MSW, M.Div., is a clinician in the partial hospitalization and intensive outpatient programs in Amherst, providing individual, family and group counseling for adults, adolescents and families with eating disorders. She received her bachelor’s degree in Psychology and English from Clark University, a master’s of divinity from Pacific School of Religion which focused on the intersection of sexuality and religion, a certificate in addiction counseling from UMASS Boston and a master’s degree in Clinical Social Work from Simmons College, with a focus on trauma. Christine is particularly interested in working at the intersection of trauma and addiction, and how that connects to identities of gender, sexuality and religion/spirituality. She utilizes Motivational Interviewing, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy in her relational, strengths based and trauma-informed approach.

Fiona LaRosa-Waters, BS is Community Relations Specialist for Walden Behavioral Care. She earned her Bachelor of Science degree in Human Services at Lesley University, and is working towards an M.Ed in Health Education through the Eating Disorders Institute at Plymouth State University. Prior to coming to Walden, Fiona has held positions as a counselor in an eating disorder treatment center for adult women, an outreach representative for programs that focus on eating disorders, substance use disorders and trauma, and providing outpatient case management and treatment placement services for clients struggling with addictions and eating disorders. She is an advocate for inclusive and affirming treatment for marginalized bodies and passionate about increasing access to resources to support treatment and recovery.

Description:
This presentation will provide an overview of terms and definitions relevant to working with LGBTQ clients and will cover some of the most recent research regarding prevalence of eating disorders in this population. Best practices for providers and in treatment settings will be discussed, with examples provided in the context of therapy groups, environmental considerations, and training. The presentation will close with an overview of goals of treatment and a discussion on the consideration of intersectionality and barriers to care.

Objectives:
1. List 10-12 vocabulary terms associated with LGBTQ population (including what LGBTQ means)
2. Describe 2-3 environmental considerations for creating an inclusive and affirming space for LGBTQ clients
3. Discuss 1-2 examples of how eating disorders and minority identities intersect and potentially create barriers to care, paying particular attention to the unique (and varying) needs of the LGBTQ community.

**Session III B: Prevention/Education**

**Gastrointestinal Complications**

Maria Larkin, MS, RD, LDN

*Biography:*

Maria Larkin, M.ED, RDN/LN is a registered dietitian and owner of Better Gut Better Health Nutrition Counseling center in Newington, NH. She has been counseling clients with eating disorders for over 15 years, starting at the University of NH’s Health Services Center where she worked for 10 years and in her private practice. Maria co-authored the book, Nutrition Counseling in the Treatment of Eating Disorders.

Courtney Perrin, MS, RD, LDN

*Biography:*

Courtney Perrin, MS, RD, LDN has been a practicing dietetics with a focus on eating disorders for the past 2 years and has recently joined Maria Larkin at Better Gut Better Health Nutrition Counseling in Newington, NH to continue working with this population. She completed her Master’s of Science in Nutrition and Health Promotion, Entrepreneurship track at Simmons College in Boston, MA this past May 2018.

*Description:*

Research states that approximately 80% of Anorexia Nervosa (AN) patients and 95% of Bulimia Nervosa (BN) patients report moderate to severe gastrointestinal symptoms. These gastrointestinal disturbances have the potential to perpetuate the eating disorder and impede psychological treatment and recovery. Clinicians working with this population benefit from understanding the incidence, scope, and pathophysiology of gastrointestinal problems throughout the assessment, treatment and recovery processes.

*Objectives:*

1. Identify 3 different gastrointestinal complications and their incidence in clients with eating disorders.
2. List at least 1 treatment strategy for the various gastrointestinal complications among clients with eating disorders.
3. Participate in a Case Study discussion of a client with at least two gastrointestinal complications.
Session III C: Diversity/Integrative Therapies
Eating Disorders Institute Graduate Students-PSU
Food Insecurity and Eating Disorders Pathology

Biography:
Katie Gustamachio is a registered dietitian who has been working in the field of eating disorders for almost 5 years. She works in the partial hospitalization and intensive outpatient programs at Walden Behavioral Care in Waltham, MA. After accidentally falling into, and in love with, this field, Katie decided to pursue an advanced degree that offered an eating disorder focus. She is currently enrolled in the master’s degree program for health education, in the eating disorder specialty track, at Plymouth State University.

Description:
This session reviews one of few pieces of original research that explores the connection between levels of food insecurity and eating disorder pathology. A sample of about 500 participants were recruited from food bank locations in San Antonio, TX. Participants completed surveys that allowed for categorization into one of four levels of food insecurity: not food insecure, household food insecurity, individual food insecurity, and child hunger food insecurity. Surveys also inquired about various eating disorder symptoms, including objective and subjective binge eating, weight/shape concerns, night eating, vomiting, and laxative/water pill use, among others. Researchers found a positive correlation between those identified with the most severe food insecurity (child hunger food insecurity) and eating disorder symptoms.

Objectives:
1. Discuss 3 areas of eating disorder pathology in an urban, adult sample with food insecurity
2. Describe 2 concepts of dietary restraint for any reason, internalized weight stigma, and worry/anxiety in those with food insecurity
3. Identify 3 of the most common eating disorder symptoms that co-occur with the highest rates of food insecurity
Military and Disordered Eating

Meghan Livingston, BS, RN

Biography:
Meghan Livingston received her Bachelor’s of Science in Nursing in May of 2018 from Plymouth State University. She recently became a registered nurse for the state of New Hampshire and work at Littleton Hospital on the medical-surgical unit. Her passion is nutrition and the field of eating disorders, and she is completing the Eating Disorders Institute program at Plymouth State University in order to better serve her patient population.

Description:
There is currently a lack of awareness about the risk for developing an eating disorder in military members, which may be increased due to various features of military culture that jeopardize physical and mental health. Literature examining the occurrence of these illnesses in military samples has depicted that self-reported symptoms are prevalent, which highlights the necessity to increase screening efforts for these disorders. Although mental health is becoming increasingly recognized in the military, eating disorders are still largely stigmatized and could hold many repercussions if members were to seek help. In order to help the many military personnel struggling with food and body-related disturbances, healthcare professionals must become better educated about the risk factors.

Objectives:
1. Explain 3 risk factors for developing an eating disorder in the military.
2. Discuss 3 reasons why eating disorders may be underreported in the military population.
3. Discuss 2 areas which the healthcare industry may improve diagnosing eating disorders in active or non-active military members.