



**Center for Change National Eating Disorders Conference for Professionals**

**January 30 – 31, 2015**

*The Art of Individualizing Care: Crafting & Mixing the Best Treatments Available, One Patient at a Time*

**Friday Presentations:**

*How Dietitians Balance Culinary Arts, Nutritional Science and Behavioral Change to Create Our Secret Sauce*

– **Jessica Setnick, MS, RD, CEDRD**

Dietitians practicing in the eating disorders field use a myriad of tools, strategies and approaches to encourage our patients to challenge and change their dysfunctional eating behaviors. A far cry from the image of the dietitian in a hairnet, today's eating disorder dietitians incorporate anything and everything from neurochemistry to nutrition and DBT to defrosting chicken. This presentation takes you behind the scenes using case studies to demonstrate how individualization is the key to the dietitian's tool box.

*Using our Knowledge of the Brain to Care for the Body and Feed the Soul: Connecting Sensation, Perception, and Emotion in the Treatment of Eating Disorders and Trauma*

– **Norman Kim, PhD**

Eating disorders and trauma are challenging, in part, because of their pervasive nature and impact, and the intensity of their fear-based, pathologic responses. We will discuss how to apply our understanding of the connections underlying sensation, perception, and emotion, in the service of providing safety and healing in the midst of threat.

*Obesity and Eating Disorders*

– **Kristin Francis, MD**

Obese and overweight young adults are frequently being coached to lose weight by dieting or "changing the way a person eats or moves in an effort to change their weight or shape." Dieting often leads to maladaptive behaviors and in some may lead to development of an eating disorder. In others, dieting is counterproductive, leading to weight gain, decreased self-esteem, and mood symptoms. Still, current guidelines recommend identifying and communicating obesity to children and adolescents during doctor's visits. We will explore set-point theory, history of BMI as a proxy for health, the impact of dieting on weight-loss, and evidence-based recommendations for counseling obese and overweight young adults.

*Honoring the Worth of One Soul: How We Can Individualize Clinical Treatment for Each One*

– **Michael E. Berrett, PhD**

We live in a treatment world of third party payors and treatment time crunches. We follow evidence based templates, manuals, and calls for treatment fidelity. We implement worthwhile and valuable treatment approaches - those with rigorous and formal research, and those driven by other types of clinical experience and wisdom. In this environment, how do we individualize care for this one individual and their family? This presentation presents how deeper assessment, increased understanding, presence, engagement, self-extension, loving kindness, and use of the patient's model of change, internal treatment plan, passion, and purpose nurtures individualized care and recovery. This presentation will be didactic, reflective, experiential, and focus on practical application.



**Center for Change National Eating Disorders Conference for Professionals  
January 30 – 31, 2015**

*The Art of Individualizing Care: Crafting & Mixing the Best Treatments Available, One Patient at a Time*

**Saturday Presentations:**

*Do You “Like” Me: Social Media Use, Body Image and Eating Disorders*

– **Nicole Hawkins, PhD, CEDS**

With the ever-increasing prevalence of social media use among young girls and woman, it is critical to determine how this is impacting body image and contributing to the development of eating disorders. This presentation will examine how Facebook, Instagram, healthy living blogs, pro-anorexia sites and other social media sites contribute to negative body image. This presentation will discuss recent research in this area and the implications of social media use and the development of eating disorders.

*The Art and Science of Nutrition Therapy: Tools for Helping Your Eating Disordered Clients Create a Recipe for Recovery Success*

– **Rhonda O’Brien, MS, RD, LD, CEDRD**

Many of our eating disorder clients resist working with a dietitian due to their perceived nutrition expertise – “I already know all about nutrition”. We will discuss ways to honor the patient’s current nutrition knowledge while expanding that knowledge through “myth busting”, and providing the full story beyond the “kernel of truth” that the client may bring to the table. Good food/bad food thinking is a common trait seen in clients who struggle with food and weight issues. It is critical to help our clients expand and shift their thinking about food to a more neutral place. Tools and tips for assisting in this process will be presented. There are myriad ways to approach nutrition with an eating disorder client: meal plans, exchanges, intuitive eating, calorie counts, family based, meal outings, food records and the list continues. We will discuss several approaches and when each may be appropriate for an individual client.

*Males with Eating Disorders: A Look at the Disease From the Inside*

– **Andrew Walen, LCSW-C**

This program will describe the experience of males who develop eating disorder behaviors that can eventually overwhelm their lives. Participants will learn from patients’ own stories, including that of the presenter, what it’s like to grow up as a male in a thin-obsessed society and how to best discuss eating disorder issues with boys and men. It will also provide resources for help, latest research information on males with eating disorders, treatment options, and how to break down the language barrier in the world of eating disorders that keeps so many men and boys away from treatment.

*Behind Closed Doors: The Good, the Bad and the Ugly*

– **Key Note Speaker – Beth Hartman McGilley, PhD, FAED, CEDS**

Effective therapeutic engagement requires a conscientious blend of skill, attunement and flexibility. Formulaic approaches will fall flat on certain clients, while empowering others to thrive. Feminist approaches emphasize the use of self as an active therapeutic ingredient, suggesting that “real-ational courage” creates and sources the mutuality through which meaningful change can occur. The attendant risk-taking and vulnerability required of both therapist and patient to activate change is as ripe for therapeutic reward as rupture. What’s the difference that makes the difference, how can we stack the therapeutic encounter in favor of transcendence, and how can we repair miscalculated or even calamitous interventions? This keynote will borrow broadly from literature on neuroscience, mindfulness and spirituality, feminist relational therapy, and therapeutic impasses to illuminate what’s “good, bad and potentially ugly” in the practice of psychotherapy.



**Center for Change National Eating Disorders Conference for Professionals  
January 30 – 31, 2015**

*The Art of Individualizing Care: Crafting & Mixing the Best Treatments Available, One Patient at a Time*

**About the Presenters:**

**Beth Hartman McGilley, PhD, FAED, CEDS**

Dr. McGilley is an Associate Professor at the University of Kansas School of Medicine—Wichita, and is a psychologist in private practice, specializing in the treatment of eating and related disorders, body image, athletes, trauma, and grief. A Fellow of the Academy for Eating Disorders, a Certified Eating Disorders Specialist, and a member of the Monte Nido Advisory Board and the Renfrew Conference Committee, she has practiced for 30 years, writing, lecturing, supervising, directing an inpatient eating disorders program and providing individual, family and group therapy. Dr. McGilley is co-editor of the 2010 book: *Treatment of Eating Disorders: Bridging the Science-Practice Gap* with Dr.'s Margo Maine and Doug Bunnell. She has published in academic journals and the popular media, as well as contributing chapters to several books. She is an editor for *Eating Disorders: The Journal of Treatment & Prevention*, and is working on her second book, a tribute to the patients she's served over the course of her career.

**Michael E. Berrett, PhD**

Dr. Berrett is a licensed psychologist and is CEO, Executive Director, and Co-Founder of Center for Change. He has more than 30 years' experience working with those suffering from eating disorders. Dr. Berrett received his PhD in Counseling Psychology with a doctoral minor in Marriage and Family Therapy in 1988. Prior to the opening of Center for Change intensive programs in 1994, Dr. Berrett worked in private practice as a psychologist, and at Utah Valley Regional Medical Center in adult and adolescent psychiatry. He is co-author of several books and book chapters including the APA bestseller *Spiritual Approaches in the Treatment of Women with Eating Disorders* and *Spiritual Renewal: A Journey of Faith and Healing*. Dr. Berrett is a nationally recognized presenter and clinical trainer, and has presented at many national conferences including NEDA, IAEDP, Renfrew, BEDA, IECA, NATSAP, BFI Summit, and others.

**Kristin Francis, MD**

Dr. Kristin Francis is an inpatient Child and Adolescent Psychiatrist at UNI in Salt Lake City, Utah. She received her medical degree from Mayo Medical School in Rochester, MN. She remained at the Mayo Clinic for residency and fellowship and is board certified in Adult Psychiatry and board eligible in Child/Adolescent Psychiatry. She enjoys teaching medical students and was recognized as Psychiatry Resident Teacher of the Year in 2010. During Fellowship, she served as Chief Resident and was awarded Best Grand Rounds Presentation. She has a special interest in treating patients with eating disorders and recently spoke at the IAEDP Utah Chapter Eating Disorder Symposium on medical management of patients with eating disorders and the impact of dieting in obese and overweight teenagers. She spends all of her free time chasing after her two wonderful children with her husband of 11 years and hopes to help others live an abundant life free from eating disorders and shame.

**Nicole Hawkins, PhD, CEDS**

Dr. Hawkins is a clinical psychologist and is the Director of Clinical Services at Center for Change. She is a specialist in eating disorders and body image and has provided clinical expertise at Center for Change since 1999. Dr. Hawkins developed a comprehensive body image program that focuses on the media, diet industry, plastic surgery, childhood issues, and learning to appreciate one's body, and she leads these groups for the inpatient and residential patients at Center for Change. She is a Certified Eating Disorder Specialist, has published several articles, and presents regularly at national and regional conferences.



**Center for Change National Eating Disorders Conference for Professionals  
January 30 – 31, 2015**

*The Art of Individualizing Care: Crafting & Mixing the Best Treatments Available, One Patient at a Time*

**About the Presenters:**

**Jessica Setnick, MS, RD, CEDRD**

Known around the globe for her *Eating Disorders Boot Camp*<sup>™</sup>, Jessica engages community and professional audiences alike with her captivating fables about everyday people and the games we play with our food. A registered dietitian with a Master's degree and a veteran of 17 years devoted to treating eating disorders, Jessica says, "Every relationship with food is based on a story – and not always an accurate one." Jessica co-founded The International Federation of Eating Disorder Dietitians to improve access to care and eliminate discriminatory insurance practices. Author of *The Eating Disorders Clinical Pocket Guide*, Jessica is known for her straightforward approach to educating health professionals and the public about eating disorders and the connections between mental health and nutrition. She dreams of a world where everyone has access to care for their dysfunctional eating behaviors and no one is ashamed to talk about their issues.

**Norman Kim, PhD**

Norman completed his B.A. at Yale University where he studied music and psychology, and he completed his Ph.D. in Clinical Psychology at UCLA. In conjunction with his research interests, Norman has developed an expertise in treating and teaching about psychiatrically complex populations, multi-modal treatment, and diagnostic assessment with a particular focus on Eating Disorders, Trauma, and Bipolar Disorder. While rooted firmly in empirically supported approaches, he has incorporated practices emphasizing somatosensory integration that draw from eastern and traditional medicine. He was the co-founder of the Reasons Eating Disorder Center and a regular speaker, educator, and advocate for eating disorder awareness. He has endeavored to develop a clinical approach that focuses on the exploration of meaning as a path to healing and that honors an individual's own narrative and journey.

**Rhonda O'Brien, MS, RD, LD, CEDRD**

Rhonda earned her Bachelor of Science in Dietetics at California State University, Chico and completed her Dietetic Internship at Vanderbilt University Medical Center. She has a Master of Science in Adult and Organizational Learning from the University of Idaho. Rhonda has worked full time as a Registered Dietitian for over 25 years and has been in private practice for 10 years. She has been a Certified Diabetes Educator since 1992 and a Certified Eating Disorder RD since 2012. Rhonda has used a non-diet, health at every size approach for over 20 years and specializes in working with people recovering from eating disorders. She sees clients in individual consultation as well as teaching Diet-Free Living, an 8 week class series for people who are ready to heal their relationship with food and weight.

**Andrew Walen, LCSW-C**

Andrew Walen is the founder and Executive Director of The Body Image Therapy Center in Columbia, Maryland. He is a psychotherapist specializing in eating disorders, and is an active author, speaker, and advocate. Mr. Walen currently serves as VP of the executive board for the National Association for Males with Eating Disorders (NAMED). He has been interviewed on television and radio as an expert in the field of eating disorders, and has authored numerous articles and presented workshops on body image disturbance, exercise addiction, bariatric surgery recovery, and binge eating disorder. His first book, *Man Up to Eating Disorders*, which is a memoir and self-help book directed at males with an emphasis on binge eating disorder, was published May 2014. He is a magna cum laude graduate of the University of Tennessee College of Social Work in Nashville. He also is a published singer/songwriter and performs regionally.

**For more information and to register, go to [www.centerforchange.com](http://www.centerforchange.com)**