



Center for Change National Eating Disorders Conference for Professionals

January 29 – 30, 2016

True Treatment Collaboration: Building Bridges to a Recovered Life

Friday Presentations:

Shame Storms, Shields and Antidotes

– **Espra Andrus, LCSW**

Based on The Daring Way™ shame resilience curriculum created by Brené Brown, Ph.D., LMSW, this presentation identifies the “shields” we use to disconnect from the intense pain of shame. The problem: They disconnect us from one another, which is the very thing we fear. Experiential exercises will be used to teach participants how to douse shame with its antidotes, empathy and self-compassion.

Application of Health at Every Size® in Eating Disorder Treatment

– **Julie Church, RDN, CD, CEDRD**

The Health at Every Size® (HAES) approach is used most commonly in treatment with clients who are in larger bodies or struggle with binge eating. This presentation will discuss the utility of HAES in nutrition counseling and psycho-therapeutic work for individuals with all eating disorder diagnoses, all body sizes, and for all levels of care (i.e., outpatient, partial hospitalization, residential). HAES principles will be presented, case examples with specific interventions will be used, and the exploration of a practitioner’s own attitudes on weight and health will be discussed.

What’s the Best Treatment for Binge Eating Disorder?

– **Nicole Hawkins, PhD, CEDS**

Binge eating disorder is the most prevalent eating disorder among adults and may be the most controversial in terms of treatment strategies among professionals. Clinicians and researchers debate on whether the underlining psychological issues need to be addressed first, or if the clients’ weight should be the primary target. The presentation will focus on how the disorder is multifaceted and educate professionals on some of the key differences in treatment strategies when working with this population compared to bulimic and anorexic clients. This presentation will examine the current approaches for the treatment of binge eating disorder and the debate in the field. Recent research findings on the efficacy of treatment for binge eating disorder will be presented and these include: cognitive behavioral therapy, interpersonal therapy, medication management, behavioral weight loss programs and gastric bypass surgery. Participants will be educated on which treatment options are demonstrating long term results for clients struggling with binge eating disorder.

Connecting the Dots: Perfectionism, Eating Disorders in Adult Women, and Relational-Cultural Theory

– **Key Note Speaker – Margo Maine, PhD, FAED**

Perfectionism and eating disorders are both deadly diseases now affecting more adult women than breast cancer does. Body satisfaction used to improve with age, but today 75% of midlife women express significant body image distress and weight preoccupation and 13 percent struggle with eating disorders. Burdened by shame, ambivalence, and the relentless pressure to be perfect, these women are under-diagnosed and under-served. It’s time for the clinical community to connect the dots between the dangerous intersection of these two major public health problems to better serve the critical needs of this patient population. Through the lens of Relational-Cultural Theory, this presentation examines the biopsychosocial processes that promote the disconnections associated with perfectionism and eating disorders. To facilitate reconnection with the self, the body, and others, RCT emphasizes growth fostering relationships, mutuality, and “fluid expertise,” with both client and clinician bringing wisdom and knowledge to create new neural and behavioral pathways towards recovery. The presentation examines case material, incidence patterns, unique clinical issues and approaches, and implications for professional training, advocacy, and outreach, with ample time for discussion.



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Saturday Presentations:

Suffering in Silence: Males with Eating Disorders

– **Brad Kennington, LMFT, LPC**

Eating disorders do not discriminate. The number of males diagnosed with eating disorders is on the rise: 25% of those struggling with anorexia or bulimia are male and nearly 40% of binge eaters are male. Although eating disorder symptoms present similarly in both sexes, males and females take different paths in developing eating problems. This workshop will discuss how eating disorders develop and present in both straight and gay males. The influence of culture, media, masculinity, sexuality and relationship dynamics on the development and maintenance of male eating disorders will also be discussed. In addition, common barriers to treatment males encounter and effective treatment strategies will be addressed.

Medical Care, Psychotropic Medications, and Beyond: The Broad and Critical Role of the Psychiatric MD/NP's in the Treatment of Eating Disorders

– **Greg Ellis, MD**

The number of people in the US currently suffering from an Eating Disorder has now reached 30 million. It is recognized that these individuals come from all genders, cultures and socioeconomic classes. Sadly, Eating Disorders have the highest mortality rate of any mental illness--whether it be due to heart failure, organ failure, malnutrition or suicide. It is imperative that we develop ever improving approaches to the treatment of these diseases. Psychiatric MD/NP's are an important part of that treatment effort. This lecture focuses on improving their effectiveness in working productively with the clinical team.

Food, Fears and Shame: Nutrition Strategies to Navigate the Path of Recovery in BED

– **Melainie Rogers, MS, RD, CEDRD**

With the recent inclusion of Binge Eating Disorder (BED) into the DSM-5, we expect to see more clients diagnosed with BED, and subsequently presenting for treatment in the future. With BED population estimates already at double the prevalence of AN and BN, the need for skilled clinicians who can treat BED has never been higher. Further, although BED is on the spectrum of eating disorders, and shares commonalities with AN and BN, there are real and significant differences in treating the BED client, of which clinicians who treat eating disorders must be aware. For many of our BED clients, the nutritionist is seen only as the food police and the diet enforcer. This presentation aims to provide clinically sound and effective nutritional approaches to treating the BED client with a strong emphasis on shame reduction.

How Clinicians Can Help Families Understand and Fulfill Their Roles in a Loved One's Eating Disorder Recovery

– **Michael E. Berrett, PhD**

Eating Disorders are complex illnesses, seem to defy common sense and therefore confusing, and are multifaceted. They are challenging for the most seasoned professional with years of specialized training and experience, let alone family members and friends. The feelings of fear, confusion, powerlessness, helplessness, and guilt can be painful and sometimes crippling. This workshop prepares professional clinicians to help families understand the truth about the illnesses - that the eating disorder is not their fault, that they are complex illnesses, that there are factors which increase risk, and that there is reason to have hope for recovery. It will help the clinician help family members and friends understand what their role in recovery is not, and what their role in the recovery process is, or can be. It will prepare the clinician help families with boundaries, empowerment, self-care, and engagement in the process of recovery. This workshop is beyond what to teach and counsel families, but will focus on "how to do it."



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About the Presenters:

Key Note Speaker – Margo Maine, PhD, FAED

A Founder and Adviser of the National Eating Disorders Association and Founding Fellow of the Academy for Eating Disorders, Dr. Maine is author of: *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: Making Peace with Women's Bodies;* and senior editor 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 2015 NEDA Lifetime Achievement Award, she serves on the Renfrew Foundation Conference Committee and numerous advisory boards related to eating disorders. Maine lectures nationally and internationally on topics related to the treatment and prevention of eating disorders, female development, and women's health, and advocates for improved prevention and access to care for eating disorders through her work for the National Eating Disorders Association. She maintains a private practice, Maine & Weinstein Specialty Group, in West Hartford, CT.

Julie Church, RDN, CD, CEDRD

Julie is co-founder and co-owner of the only locally owned eating disorder treatment program in Washington state. With over 16 years of experience treating individuals with eating and body image concerns, Julie approaches her work with passion, belief in full recovery, and a non-diet/health at every size philosophy. As a Certified Eating Disorder Registered Dietitian, with a B.S. in Dietetics from the University of Kentucky, she offers compassionate nutrition counseling and joyfully contributes to community events focused on prevention, awareness and education. Julie is a member of the Academy of Nutrition and Dietetics, Academy of Eating Disorders, National Eating Disorders Association, International Association of Eating Disorder Professionals, serves on the board for her local IAEDP chapter and is a current co-chair for the Academy of Eating Disorder's Health at Every Size sub-interest group.

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.

Espra Andrus, LCSW

Espra holds a Master's Degree in Social Work from University of Texas, Arlington and has worked as a clinical therapist for 25 years. She has worked with those suffering with eating disorders, addictions, trauma and other mental health issues for 25 years. Espra is a co-author of the book *Making Peace With Your Plate: Eating Disorder Recovery.* She maintains a private practice in St. George, UT, providing therapy and professional training for eating disorder treatment and Dialectical Behavioral Therapy. As a certified facilitator of The Daring Way™ shame resilience curriculum, based on the research of Brené Brown, Ph.D., LMSW, she routinely facilitates shame resilience groups and retreats.



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About the Presenters:

Brad Kennington, LMFT, LPC

Brad is a therapist in private practice in Austin, Texas and specializes in eating disorders, relationship issues, anxiety and sexual orientation issues. Because of his work with male eating disorders, Brad has been quoted by *Reuters* and the *Wall Street Journal* and has been interviewed by Huff Post Live and on satellite radio. He is a contributing author to *Treatment Issues and Outcomes for Males with Eating Disorders in Current Findings on Males with Eating Disorders*, and also the lead author of *Gay Men and Eating Disorders*, published in the journal *Perspectives*. In addition to his private practice, Brad is an associate faculty and clinical supervisor at the Austin Family Institute. He is a board member of the National Association for Males with Eating Disorders and the past president of Austin Eating Disorders Specialists.

Greg Ellis, MD

Dr. Ellis is a psychiatrist and Medical Director for Center for Change, and is a Diplomate of the American Board of Psychiatry & Neurology. In addition to treating patients at Center for Change, he serves as a volunteer faculty member of the University of Utah's medical/psychiatric staff and maintains an active outpatient private practice in the Salt Lake area.

Melainie Rogers, MS, RD, CEDRD

Melainie is a Registered Dietitian and Founder of BALANCE Eating Disorder Treatment Center™ and Melainie Rogers Nutrition LLC, which offer an array of premium outpatient programming as well as individual nutrition sessions in the heart of New York City. Melainie is a national expert on eating disorders and has spoken at national and international professional conferences on various topics related to the research and treatment of eating disorders. In addition to her work at BALANCE, Melainie works extensively to support the eating disorder field in New York City. She co-founded and was the first President of the iaedpNY Chapter a non-profit organization that provides education and support for professionals. She is currently immediate Past President, and also held the Treasurer position in 2014. She also works very closely with CSAB (Center for the Study of Anorexia and Bulimia) in NYC, both as a Board Member and a frequent presenter for their annual webinar series.

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 is often a clinical professional guest on television, talk radio, and in printed publications.

For more information and to register, go to www.centerforchange.com