



**Center for Change National Eating Disorders Conference for Professionals
January 26 – 27, 2018**

Friday Presentations:

The Anthropology of Eating

– Jessica Setnick, MS, RD, CEDRD-S

Why do two patients with the same eating disorder respond differently to treatment? Because they don't have the same disease. Diagnostic criteria put them in a category by their symptoms but without considering the underlying cause. It's time to replace this outdated model with a system based on how people actually recover – by getting treated for the source of the disorder itself, not just by trying to change their behavior. Like anthropology, which studies human development over time, this new model takes a person's whole developmental history into account, setting the stage for a much more accurate and effective assessment and treatment path.

Speaking Their Language: Understanding Behavioral Communications of the Eating Disordered Patient and Utilizing it in Treatment

– Kenneth W. Willis, MD

It is currently well-accepted by clinicians and researchers that the causative and maintaining factors of eating disorders are multi-factorial. Particularly in patients with longer illness duration, the eating disorder becomes part of their identity, and as such becomes a way of relating and communicating to significant others. This presentation will attempt to elucidate an important factor often involved in the maintenance and perpetuation of chronic eating disorder behavior, i.e. the pervasive use of ED behavior as a communication device. By illuminating this phenomenon, this presentation will demonstrate how the astute clinician who collaboratively challenges the client to understand “what s/he is really saying, what s/he really wants to say, and to whom s/he wants to say it”, is able to guide the client towards more effective, less destructive ways of communication. Eliminating the role of the ED as a communicator and substituting healthier dialogue and interaction, often enhances compliance by all parties to treatment protocols, thereby having a potential exponential benefit on treatment outcomes and ultimately quality of life and relationships in general. Methods of reinforcing healthy change in interpersonal communication and interaction will be discussed.

Therapeutic Approaches to Exercise and Movement

– LeAnne Tolley, MSKEP, CIAYT

This presentation is designed to help clinicians recognize the significant link between eating disorders and exercise, as well as identify the beneficial/detrimental impact that exercise may have on their ED patient's recovery journey. Additionally, this presentation will offer therapeutic approaches the clinician may utilize to process and promote a balanced approach to activity for health and wellness.

Bridging Gaps: Blending the Best of Relational-Cultural Theory, Attachment Theory, Neuroscience, & Clinical Wisdom

– Key Note Speakers – Margo Maine, PhD, FAED, CEDS & Beth McGilley, PhD, FAED, CEDS

Bridging the gaps of psychotherapy is also a way of describing how to best marry the art and science of therapeutic practice. In this plenary, two clinicians who've integrated evidence based treatments with practice based evidence throughout their 35+ year clinical careers will provide an overview of how Relational-Cultural Theory (RCT), attachment theory, neuroscience and clinical wisdom all provide windows into the effective and soulful practice of psychotherapy. Following a review of the extant eating disorder treatment literature, gaps in populations studied and served, such as those within the LGBTQ+ communities, males, and midlife women will be illuminated. An integrated approach to eating disorder treatment, informed by principles of RCT, neuroscience and attachment theory will be described, and old and new therapeutic frontiers will be culled for their current clinical utility (relevance?). Finally, the shared wisdom imparted through and inspired within the sacred therapeutic relationship will be enlivened through an exploration of healing mantras.



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Saturday Presentations:

The Current Status of Suicide and Eating Disorders: What Clinicians Need to Know

– Nicole Hawkins, PhD, CEDS & Melissa Taylor, LMFT, CEDS

Eating disorders have the highest mortality rate of any mental illness. The mortality rate is related to medical complications from the disorder and a significant percentage is due to suicide. Suicidal behavior has emerged as an issue of critical concern in the treatment of eating disorders over the past decade. This presentation will discuss the trends in suicide rates in this country and also discuss the current research with eating disorder patients and suicide. This presentation will also focus on assessment of suicide when working with individuals with eating disorders. Participants will learn how to assess a specific patient according to the patient's own particular baseline for suicidal ideation as well as assessing the patient in comparison to other patients in their current practice. These two types of assessment help the clinician make a more effective decision on immediate treatment intervention when meeting with a patient presenting with suicidal ideation. All clinicians who are treating patients with eating disorder patients must be well versed in the serious risk of suicidal behavior and of suicide in this population, and this presentation will assist clinicians in feeling more competent in assessment and documentation.

Prevention and Recovery from Eating Disorders in Type 1 Diabetes

– Ann Goebel-Fabbri, PhD

Eating disorders in type 1 diabetes (T1DM) are rarely understood or recognized outside the T1DM patient and medical community – and often not even there. Despite this reality, girls and women with T1DM are close to 2.5 times more likely to develop eating disorders than those without diabetes. T1DM often involves a uniquely dangerous symptom; insulin restriction as a means of calorie purging, which can lead to rapid and dramatic weight loss but also increased risk of both acute and long-term T1DM complications and even an increased risk of death. Learning from women with T1DM who have recovered from an eating disorder, provides the opportunity to understand what may have led to the emergence of the eating disorder, what maintained it, and what was integral to recovery. This kind of information about recovery potentially fills a large gap in our clinical understanding. It may also help provide healthcare professionals with ideas about how to attempt to prevent eating disorders in the context of T1DM and perhaps even how to best treat them.

From Disordered to Ordered ... What is "Normal" Eating: Equipping Our Clients/Patients for the Journey

– Reba Sloan, MPH, LRD, FAED

Eating disorder treatment professionals across all disciplines need to be prepared to equip patients with knowledge, insight and strategies to live out a recovered life in a social-cultural climate that is hostile to all that recovering from an eating disorder embodies. This presentation highlights the challenges presented to our patients who are in a strong place of recovery, yet are confronted every day with messages and images that are counterintuitive to all they have achieved in their pursuit of freedom from their eating disorder. Normal eating, having a balanced relationship with activity, body appreciation and not engaging in any form of dietary restraint is counter-cultural. Rather than encouraging our patients to avoid "triggering" situations, this presentation will demonstrate the need to fortify our patients for the battle to maintain recovery. Practice and research based techniques will be explored that will equip our patients for the journey towards a normalized, peaceful mindset regarding food/eating issues. As normalization occurs, patients are more likely to embrace the principles of Intuitive Eating and HAES®, thus insuring a more secure, full eating disorder recovery.



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Saturday Presentations (continued):

Treatment and Recovery from Eating Disorders and Related Illness: What's Love Got to Do With It!

– Michael E. Berrett, PhD, CEDS

This clinical presentation is about the role of “Love” or “loving kindness” in the practice of psychotherapy, and its role in healing from illness. It has been commonly believed, and often said in consideration of mental, emotional, addictive, relational, and spiritual illness - that “Love is the most powerful source of healing in the universe.” Love, accompanied by provision of structure, clinical skill, and best practice intervention in treatment can change lives for the better and lead to recovery. Professionals often “tread lightly and carefully” in use of a language of love within professional practice with clients, and for good reason. It is suggested, however, that many providers may have gone “too far,” and to the point of neglecting any direct focus on discussing or directly intervening to fully utilize the power of love in their practice. “Love” is discussed “too little” in clinical graduate programs which provide training of medical providers, dietitians, and mental health professionals and therapists. This workshop will address the love which can be healing in mental illness, the ethical and best practice considerations relating to the concept of love in treatment, the “power of love,” and the influence and impact of such from a professional provider on the recovery of a client, and the healing influence of both receiving and giving love on the client and in their trajectory of recovery.



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About the Presenters:

Jessica Setnick, MS, RD, CEDRD-S

Jessica envisions a world where no one is ashamed to talk about their eating issues. She has been a dietitian since 1998, specializing in the treatment of eating disorders. With her bachelor's degree in Anthropology, Jessica has been able to bring a new perspective to the field. She has shared her methods with dietitians and other health professionals at conferences worldwide and through The Eating Disorders Clinical Pocket Guide, The American Dietetic Association Pocket Guide to Eating Disorders, and Eating Disorders Boot Camp.

Kenneth W. Willis, MD

Dr. Willis is a board certified psychiatric physician who has been specializing in eating disorders treatment for over twenty-five years. He did his undergraduate work at Harvard, attended medical school at Dartmouth and completed residency in psychiatry at Dartmouth Hitchcock Medical Center. Dr. Willis has extensively treated eating disorder patients at all levels of care, observing eating disorders from their earliest beginnings to their most severe presentations including dealing with life-threatening medical complications in hospitals. Dr. Willis is a member of the National Eating Disorders Association (NEDA) since its inception, a member of the Academy for Eating Disorders (AED), a Founding Clinical Advisory Board Member of Project HEAL, and is on the Board of Directors of the International Association of Eating Disorder Professionals (iaedp). He currently has a private practice in the Princeton, New Jersey area and New York City.

LeAnne Tolley, MSK, CIAYT

LeAnne began working as a yoga teacher at Center for Change in 2001. She received her Master's Degree in Kinesiology and Exercise Psychology and is currently the Director of Experiential Therapies at the Center. Her background in Complementary Alternative Medicine has allowed LeAnne to combine her training in anatomy and physiology with her experience as a yoga therapist to create a more holistic approach to healthcare. Along with other managerial duties, LeAnne teaches yoga, strength training, anatomy & physiology, relaxation & meditation, as well as her trademarked program RIMBA. The focus of this work is to help individuals create healthy, balanced lives through "functional fluidity". She is a frequent lecturer on exercise addiction and loves to help individuals find their way back to joyful movement and vibrant longevity.

Key Note Speaker - Margo Maine, PhD, FAED, CEDS

Dr. 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 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. A member of the Renfrew Foundation Conference Committee, and their Clinical Advisory Board, Maine is a 2016 Honoree of the Connecticut Women's Hall of Fame. She lectures nationally and internationally on eating disorders and maintains a private practice, Maine & Weinstein Specialty Group, in West Hartford, CT.

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

Dr. McGilley, Clinical Associate Professor, University of Kansas School of Medicine--Wichita is a psychologist in private practice, specializing in the treatment of eating and related disorders, body image, 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 to national and international audiences, as well as appeared on a variety of local and national news and radio outlets. In addition to her clinical work, Dr. McGilley has been a chair or member of 7 committees for the AED since its inception. She is the co-founder and Co-Chair of the AED Professionals and Recovery Special Interest Group. Other professional memberships include iaedp, NEDA, BEDA, ASDAH and APA.



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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 Disorders Specialist, has published several articles, and presents regularly at national and regional conferences.

Melissa Taylor, LMFT, CEDS

Melissa received her Master's Degree from the University of Kentucky in Marriage and Family Therapy. She found out early in her career that she had a passion for eating disorder recovery work. Melissa is the Outpatient Clinical Director and runs the Partial Hospitalization Program, the Intensive Outpatient Program, the Independent Living Program and the Outpatient Clinic at Center for Change. Melissa has her own caseload and enjoys meeting with families and individuals in therapy. She enjoys speaking around the country and locally, educating therapists and the community on the prevention and treatment of eating disorders. Melissa is an avid reader, loves the outdoors, and traveling.

Ann Goebel-Fabbri, PhD

Dr. Goebel-Fabbri worked for 16 years as a clinical psychologist and researcher at Joslin Diabetes Center and as an Assistant Professor in Psychiatry at Harvard Medical School. Her work involved teaching, research and treatment focused on disordered eating behaviors in patients with type 1 and type 2 diabetes and covered the spectrum of eating problems from food and insulin restriction to binge eating and obesity. Dr. Goebel-Fabbri's work is published in numerous research papers and academic books. She currently runs her own practice in which she treats patients and consults to healthcare teams and organizations about their work with diabetes patients with and without eating disorders. She recently published a book, *Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope*. Her clinical and research activities have been featured in the popular media, including BBC Radio, Good Morning America, National Public Radio, Huffington Post, CNN, and the New York Times.

Reba Sloan, MPH, LRD, FAED

Reba is a registered dietitian/nutrition therapist in private practice. She received a B.S. in Dietetics from Harding University and a Master of Public Health degree with a behavioral counseling emphasis from Loma Linda University. Reba completed her dietetic internship at Vanderbilt University Medical Center. A Fellow of the Academy for Eating Disorders, Reba has been in private practice for over 25 years in Nashville, Tennessee. She has been the recipient of the SCAN "Excellence in Practice Award" for the treatment of eating disorders. She provides nutrition counseling for those suffering from eating disorders and disordered eating. In addition to her private practice, Reba is a much requested speaker for local, national and international professional organizations on topics related to eating disorders. She is currently an adjunct professor of nutrition at Vanderbilt University. She is one of 2 founding members The Eating Disorders Coalition of Tennessee (EDCT – now Renewed), and served on the Board of Directors for six years. She served as Treasurer, President Elect and President of this non-profit organization dedicated to offering hope, help and healing to all those impacted by eating disorders and disordered eating. She continues to volunteer for Renewed. Reba has authored many articles on disordered eating and eating disorders, many of which may be accessed through her website at www.rebasloannutrition.com.

Michael E. Berrett, PhD, CEDS

Dr. Berrett is a licensed psychologist and is CEO and Co-founder of Center for Change in Orem, Utah. He has more than 35 years' experience working with those suffering from eating disorders. He is a Certified Eating Disorders Specialist (CEDS), and worked as a Clinical Advisor to the NEDA Navigator Program. Prior to opening the Center for Change intensive treatment programs in 1996, he worked in private practice as a psychologist, as adjunct faculty in clinical and counseling psychology at Brigham Young University, as Clinical Director of Aspen Achievement Academy youth wilderness program, and at Utah Valley Regional Medical Center in acute psychiatry and as Chief of Psychology. He is co-author of books, book chapters, and many peer-review research journal articles including the APA best seller "Spiritual Approaches in the Treatment of Women with Eating Disorders." Dr. Berrett is a nationally recognized presenter and clinical trainer at national and regional clinical conferences, and on television, radio, internet webinars, podcasts, and in various printed publications. He and his wife Karen have been blessed with eight wonderful children, their eight wonderful spouses, and twenty one grandchildren. Dr. Berrett has dedicated his professional life to helping young people navigate life's journey with wisdom and self-respect.



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Continuing Education Information:

CE Credits: A Certificate of Attendance for thirteen and a half (13.5) clock hours will be issued to all participants who attend the 13.5 hours of presentations. Partial credit will be offered for Friday only or Saturday only attendance. Signatures on the sign-in sheets are required. Participants are responsible for contacting their respective state and discipline licensing boards to confirm acceptance of CE credits.

Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. Center for Change maintains responsibility for this program and its content.

Center for Change is a continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 13.5 Continuing Professional Education Units (CPEUs) for completion of this activity.

Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6766. Programs that do not qualify for NBCC credit are clearly identified. Center for Change is solely responsible for all aspects of the programs.

This course has been approved by Center for Change, as a NAADAC Approved Education Provider, for 13.5 CE. NAADAC Provider #123302, Center for Change is responsible for all aspects of their programming.

This program is pending approval by the National Association of Social Workers for 13.5 continuing education contact hours.

