



**Center for Change Boise Eating Disorders Conference for Professionals
Boise, ID
June 7, 2019**

Presentations:

Creating Structure and Readiness for College Life: Considerations for Students with an Eating Disorder

– Melissa Taylor, LMFT, CEDS-S & Lauren Flores, MFT

College is an exciting time, a rite of passage for most teenagers. For those who have struggled with an eating disorder, college can be a dilemma. Should the student go away from home or should they stay close to their family and treatment team? Should the student choose a university setting or a smaller liberal arts or community college? Is the family ready to support the student from a distance or does the family need to be closer to offer the most effective support? Is the student ready for college life and all its complexities? This presentation will explore readiness, choices, and discuss how to prepare the student and the family for college life. Other topics such as how to set up parameters for wellness while at college and how to find a treatment team at college will be discussed.

“I Need to Lose Weight”: Tips & Tools for Using a Non-Diet Approach With Chronic Dieters

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

In this presentation, the current statistics on weight loss dieting will be reviewed and the detrimental nature of dieting behavior explained. A weight neutral, health-centered, non-diet approach will be introduced and the key differences between this approach and traditional weight loss dieting will be outlined. The important role of the health care professional in working with chronic dieters will be emphasized and specific strategies to use with clients will be described.

Evidence-based Medical & Psychiatric Care for Eating Disorders: What We Know and Where We’re Headed

– Reid Robison, MD

Eating Disorders are serious mental illnesses thought to arise from a combination of genetic factors and complex biopsychosocial factors. They are characterized by persistent disordered eating behavior patterns, leading to impairment in physical and emotional health. This presentation will review the etiology of Eating Disorders, challenges in the diagnosis and assessment of Eating Disorders, and evidence-based treatment strategies. Special emphasis will be placed on neurobiological changes seen in Eating Disorders, and the prudent use of psychiatric medications in the treatment of these conditions. We will also discuss evidence-based strategies for treating comorbid mental health issues in individuals with Eating Disorders, such as depression, anxiety, OCD, PTSD and substance abuse. Preliminary data will be presented from an ongoing IRB approved research study at Center for Change investigating the use of ketamine for treatment-resistant depression in this population.

Acceptance and Change Strategies for Eating Disorder Recovery

– Key Note Speaker – Lindsey Ricciardi, PhD

Eating disorders are complex, multifaceted, biopsychosocial psychiatric illnesses. Individuals with eating disorders face many obstacles obtaining accurate diagnosis and effective treatment. Outpatient clinicians are at the front line and can improve awareness, prevention, identification and effective intervention for eating concerns across all levels of severity, both in their own offices as well as in their communities. With regards to interventions, there are important differences in outpatient psychotherapy with eating disorders verses working in higher levels of care. These differences will be addressed as they have large implications for the focus of therapy sessions and hierarchy of treatment targets. This talk will review key components and skills utilized in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Each of these approaches are rooted in the philosophy that maladaptive behaviors become overlearned strategies to avoid/tolerate difficult mood states. While behavioral change is a primary goal, acceptance strategies can be extremely beneficial in promoting such change.



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About the Presenters:

Melissa Taylor, LMFT, CEDS-S

Melissa Taylor graduated from the University of Kentucky with a master's in Marriage and Family Therapy. She learned early on in her career that she loved working in the eating disorder recovery field. Melissa speaks across the country to professionals and community members about eating disorder treatment and recovery, while also carrying a case load of her own at Center for Change. She is a Certified Eating Disorder Specialist-Supervisor (CEDS-S), a certification granted by the International Association of Eating Disorder Professionals. Melissa is the Director of Outpatient Services at Center for Change, and oversees the Partial Hospitalization and Intensive Outpatient Programs as well as the Outpatient Clinics at Center for Change's Orem, Utah, Cottonwood Heights, Utah and Boise, Idaho locations.

Lauren Flores, MFT

Lauren Flores, MFT received her Master's Degree from an Adlerian Therapy program and is a registered marriage and family therapist. She worked with foster children, adopted youth and their families for years in a Wrap-Around Program. Lauren is passionate about working with families and recognizes that the entire system is impacted when one person suffers from mental illness. Lauren previously worked as a Clinical Therapist at Center for Change in Boise and now has a full-time private practice in the downtown Boise area.

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

Rhonda O'Brien has worked as a Registered Dietitian for over 30 years, and has a private practice in Boise, where she specializes in working with people with all types of eating disorders and disordered eating. She has been a Certified Diabetes Educator since 1992 and a Certified Eating Disorders Registered Dietitian since 2012. Rhonda is an IAEDP approved supervisor. Having been introduced to a non-diet and Health At Every Size paradigm early in her career, Rhonda has incorporated these principles into her work with clients and never looked back.

Reid Robison, MD, MBA

Reid Robison, MD, MBA is a psychiatrist & Medical Director at Center for Change. He has fellowship training in genetics and biomedical informatics, and has published over 25 peer-reviewed articles, and led over 50 clinical trials of medications for neuropsychiatric conditions (including ketamine for treatment-resistant depression). After joining the faculty at University of Utah, Reid served as Medical Director of Consultation Psychiatry at Intermountain Medical Center. He is also founder of the Polizzi Free Clinic, and built and sold a number of healthcare companies, including Tute Genomics, a venture-backed personalized medicine company. Reid is focused on the treatment of Eating Disorders, and co-occurring mental health conditions, and is a firm believer that inside every person, no matter where they are in their journey, is an inextinguishable light, and the capability for healing, connection and a fulfilling life.

Key Note Speaker – Lindsey Ricciardi, PhD

Dr. Lindsey Ricciardi has been involved in eating disorder research, clinical practice, and education for 18 years. She completed her internship and fellowship at the University of Chicago Hospitals Department of Psychiatry Eating and Weight Disorders Program and has been the clinical director of two multidisciplinary outpatient eating disorder programs during her career. She is certified in Family Based Treatment for eating disorders and has been comprehensively trained in the application of Dialectical Behavior Therapy and Cognitive Behavior Therapy to eating disorders. Dr. Ricciardi has worked with hundreds of clients with various types of eating disorders across the age, gender, weight, ethnic, and socioeconomic spectrum. She is passionate about educating others about eating disorders and continues to serve as adjunct faculty at UNLV in the Department of Clinical Psychology. She is currently in private practice in Las Vegas specializing in providing individualized, evidence based interventions for eating disorders.