



**Center for Change National Eating Disorders Conference for Professionals  
January 24 – 25, 2020**

**Friday Presentations:**

*Utilizing DBT with Adolescents and Their Families in the Treatment of Eating Disorders*

**– Susan Mengden, PhD, CEDS**

Family-Based Therapy is currently the treatment of choice and the best practice for treatment of adolescents with eating disorders. There is growing research and evidence supporting the use of Dialectical Behavior Therapy with eating disorders. Dialectical Behavior Therapy modified for adolescents has found effectiveness for underlying emotion regulation dysfunction and modifications of DBT for eating disorders also show a history of success. Treatment modifications, adaptations and in-vivo implementation of Dialectical Behavior Therapy with eating disorders in multi-family and single-family sessions will be highlighted in this presentation.

*Treating Eating Disorders Across the Care Continuum*

**– Liz Joy, MD, MPH**

People affected by eating disorders are seen by practitioners across the entire care continuum - ambulatory care, emergency care, hospital care, residential/partial hospitalization, and intensive outpatient care. This presentation will provide an overview of care provided in various settings with an emphasis on multidisciplinary outpatient care, where the majority of patients are seen. Additionally, the presentation will cover in greater detail Intermountain Healthcare's updated Eating Disorder Care Process Model, and ECHO (Extension for Community Healthcare Outcomes) program, which aim to educate members of the multidisciplinary team to provide evidence based best practice to patients at risk and with eating disorders.

*What to Expect When You're Expecting: Expecting Mothers with Eating Disorders*

**– Melissa Taylor, LMFT, CEDS-S; Jennifer Gill, RD, CEDRD; Michelle Smith, APRN**

This workshop highlights the research on pregnancy and eating disorders. It will discuss the risks to mother and baby if a mother engaged in her eating disorder while pregnant and implications post-delivery for the child. It will also review research about nutritional concerns and attachment between mother and baby post pregnancy. Finally, it will review interventions that can help patients remain focused on recovery while pregnant and post-delivery. These interventions will focus on the areas of fertility, body image, dietary, and attachment.

*Intuitive Eating in the Treatment of Eating Disorders: Navigating Issues of “Food Addiction”*

**– Key Note Speaker – Evelyn Tribole, MS, RDN, CEDRD-S**

Can you really be addicted to food? This presentation will explore food addiction research including the Yale Food Addiction Scale, rat studies on sugar, and human research. Other explanations for loss of control eating will be discussed, including the gaps in research and science silo mentality. Finally, based on the evidence to date, the implications for eating disorder treatment and recovery within the frame of Intuitive Eating (Making Peace with Food) will be discussed.



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**Saturday Presentations:**

*Understanding Pain: How Medical Physicalism Has Failed Us*

**– Bennet Davis, MD**

This presentation illuminates a way out of the opioid crisis. Dr. Davis builds on what we know about pain to explain why so many “chronic pain patients” have pain *without tissue damage* that responds to opioids. This population is defined then compared and contrasted to people with painful tissue pathology and to “addicts” with opioid use disorder. Dr. Davis suggests that undiagnosed trauma, especially developmental trauma, is at the root of chronic pain without tissue pathology, and he reviews validated CDC statistics on the prevalence of severe psychological trauma in America, research into the physical health effects of psychological trauma, recent research into exactly who is being prescribed the majority of opioid in America.

*Eating Disorder Professionals Leading the Way: Promoting Healing and True Health in a Disordered World*

**– Katherine Zavodni, MPH, RD, CEDRD**

This presentation will discuss our role as eating disorder clinicians in educating and guiding the healthcare field toward higher sensitivity to environmental triggers of eating disorders, specifically related to obesity treatment and prevention campaigning, both clinical and environmental. We will discuss how the current mainstream rhetoric surrounding health and nutrition can be harmful, and not just to our clients and patients with eating disorders. Evidence based strategies and resources will be presented to support clinicians to practice a non-diet, Health At Every Size™ approach, promoting eating disorder awareness and prevention throughout our sphere of influence, and bringing a health positive message to our patients and communities.

*Relationship Over Theory: The Heart and Soul of ACT in Finding Freedom From ED*

**– Sam Lample, LPC, CEDS**

This presentation takes a deeper look into Acceptance and Commitment Therapy or ACT and how the principles of psychological flexibility are successfully applied to treating eating disorders. Although ACT is used in many treatment programs across the country, its presence, concepts and usefulness are still a mystery to many. ACT is founded upon Relational Frame Theory (cognitive) and Functional Analytic Psychotherapy (relational). It is in the understanding of these two ideas that reveals how ACT is intended to move a person from their head, to being more heart and soul driven by their values and relationships.

*Dirty Little Secrets: Pervasiveness of Pornography and Plastic Surgery and How They Impact Body Image*

**– Nicole Hawkins, PhD, CEDS-S**

This presentation will focus on two rapidly growing trends in media that many in our society shy away from or are reluctant to talk about: erotic media & social media. This presentation will examine how exposure to erotic media images are influencing women and men’s perceptions of their bodies and view of attractiveness. Rates of pornography in the United States and the pornography viewing patterns and how this influences women and men’s perceptions of their bodies will be discussed. The presentation will also focus on men’s viewing habits and the impact on their partner’s body image. Social media will be addressed and the growing evidence that it is a new driver for cosmetic surgery as women aim to improve their body satisfaction. This presentation addresses the new trends and rates in cosmetic surgery and how women are striving for “selfie perfection” and seeking cosmetic surgery in increasing numbers.



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**About the Presenters:**

**Susan Mengden, PhD, CEDS-S**

Dr. Mengden has 31-years-experience treating adolescents and adults with eating disorders both in inpatient and outpatient settings. She earned her BA and MBA from the University of Texas at Austin and her MA and PhD from Boston College. She was intensively trained in Dialectical Behavior Therapy (DBT) in 2007 and has been teaching and practicing DBT and mindfulness for 12 years. She is also trained in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness Based Stress Reduction (MBSR), and is a Certified Eating Disorders Specialist Supervisor (CEDS-S). Dr Mengden developed and implemented the military's first multidisciplinary eating disorder treatment program at Brooke Army Medical Center. In her private practice, she actively collaborates with professionals in the community to provide evidence-based care for her clients. She co-founded EDCASA: Eating Disorder Center at San Antonio in 2007, and in 2019 she founded Esperanza Eating Disorders Center, a partial hospitalization and intensive outpatient center which provides treatment for all types of eating disorders and also serves underserved populations in South Texas.

**Elizabeth A. Joy, MD, MPH, FACSM**

Dr. Joy is the Medical Director for Community Health, Nutrition Services, and the Office of Health Promotion and Wellness at Intermountain Healthcare in Salt Lake City, UT. Dr. Joy practices Family Medicine and Sports Medicine at the Salt Lake LiVe Well Center. She is an adjunct faculty member at the University of Utah School of Medicine in the Department of Family and Preventive Medicine, and in the College of Health Department of Nutrition & Integrative Physiology. Dr. Joy is the Past President of the American College of Sports Medicine (ACSM), and the Female Athlete Triad Coalition. She serves on the Exercise Is Medicine Governance Committee for the ACSM, chairs the EIM Clinical Practice Committee, and serves on the Board of Directors for the National Physical Activity Plan. Her research interests lie in the areas of diabetes prevention, physical activity promotion, and the Female Athlete Triad.

**Melissa Taylor, LMFT, CEDS-S**

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 has 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.

**Jennifer Gill, RD, CEDRD**

Jennifer Gill graduated from Brigham Young University in 1994 with a bachelor's degree in dietetics. Since then, she has worked in many areas in the field of dietetics over the past 24 years including eating disorders, research, diabetes, gastrointestinal disorders, food allergies and HIV/AIDS. Jennifer worked as the first dietitian at the Center for Change in 1996. After a hiatus, she was thrilled to return to the Center in 2013 as Clinical Nutrition Director, supervising the dietitians and kitchen staff and working in her passion and life's work with women and men with eating disorders. Jennifer enjoys mentoring and training new dietitians, providing supervision for each dietitian and helping clients break free from the chains of their eating disorder through individual counseling, nutrition education classes, cooking classes and experiential work to assist patients in their recovery journey.

**Michelle Smith, APRN**

Michelle Smith has been practicing as a Family Nurse Practitioner at Center for Change since 2007. While at Center for Change she has enjoyed being part of a team that believes in replacing suffering and pain with hope, healing and recovery. Michelle graduated from Brigham Young University as a Family Nurse Practitioner and prior to that earned a Bachelor of Science in Nursing from the University of Utah. Michelle came to Center for Change with a background in Pediatrics and Emergency Medicine. She is a member of the American Association of Diabetes Educators and American Association of Nurse Practitioners. Michelle enjoys meeting, educating, and encouraging patients of all ages.



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**About the Presenters:**

**Key Note Speaker – Evelyn Tribole, MS, RDN, CEDRD-S**

Evelyn is the author of 9 books and co-author of the bestselling *Intuitive Eating*, a mind-body self-care eating framework with 10 principles, which has given rise to over 100 studies to date showing benefit. Evelyn enjoys public speaking around the world and trains health professionals on how to help their clients cultivate a healthy relationship with food, mind, and body through the process of *Intuitive Eating*. To date there are over 900 Certified Intuitive Eating Counselors in 22 countries. The media often seeks Evelyn for her expertise, appearing in hundreds of interviews, including CNN, NBC's *Today Show*, MSNBC, Fox News, *USA Today*, *The Wall Street Journal*, *The Atlantic*, and *People* magazine. Evelyn was the nutrition expert for *Good Morning America*, and a national spokesperson for the Academy of Nutrition and Dietetics for six years. Evelyn qualified for the Olympic Trials in the first ever women's marathon in 1984. Although she no longer competes, she is a wicked ping-pong player and avid hiker.

**Bennet Davis, MD**

Bennet E. Davis, MD, has been the director of the Pain Recovery Program at Sierra Tucson since 2017. He is board certified in anesthesiology and pain medicine. Dr. Davis completed his undergraduate work at Stanford University in Stanford, CA, and received his medical degree from Case Western Reserve University in Cleveland, OH. He then trained in orthopedic surgery and anesthesiology at the University of New Mexico and University of California, Irvine. He completed his fellowship in Manchester, England, after finishing residency training. Dr. Davis served as founder and director of the University of Arizona Pain Center from 1995 to 2002. In 2002, he and his colleagues founded Arizona's first and only adult pain clinic to achieve American Pain Society Center of Excellence, The Integrative Pain Center of Arizona (IPCA). Dr. Davis is involved in organized medicine as past president of the Pima County Medical Society, in health care policy as past Medical Director of the Arizona Business Coalition on Health, and in responding to the opioid crisis as medical director for CHC Pain ECHO, a national federally funded non-profit telemedicine teaching program for primary care post graduate education in pain management. His latest peer review publication, "A New Paradigm for Pain?" was featured in *The Journal of Family Practice*.

**Katherine Zavodni, MPH, RD, CEDRD**

Katherine is a registered dietitian nutritionist in private practice in Salt Lake City, UT. As an outpatient nutrition therapist, she specializes in eating disorders treatment, family and child feeding therapy, and chronic dieting and weight concerns. She is a passionate advocate of weight neutral nutrition therapy and health care and applies an exclusively non-diet lifestyle approach in all her clinical work, consistent with the Health at Every Size® and *Intuitive Eating*® models. She speaks at national conferences, training professionals on how to promote weight neutral care and health behavior in their practices and advocacy efforts. Also a freelance writer, editor, and consultant, Katherine is in the process of creating a nutrition science curriculum for elementary school age children that is protective against disordered eating and promotes body trust and empowerment. Katherine earned her bachelor's degree in English and her Masters in Public Health Nutrition, both from the University of North Carolina at Chapel Hill.

**Sam Lample, LPC, CEDS-S**

Sam is a Licensed Professional Counselor, Licensed Approved Counselor Supervisor, Certified Eating Disorder Specialist (CEDS), CEDS Supervisor and an International OCD Foundation member and approved therapist. He is the owner/Executive Director of Thrive Therapy, an outpatient mental health center and Thrive Recovery, a Partial Hospitalization and Intensive Outpatient Program for eating disorders. He has been treating individuals with eating disorders and OCD for the past 20 years in both inpatient and outpatient settings. Prior to opening his programs, Mr. Lample worked in an inpatient eating disorder treatment center for nearly a decade, as a therapist, Clinical Director and finally as the Director of Admissions. During this time, he also led the development of the nation's first adolescent, male specific, inpatient eating disorder program. Sam is passionate about teaching the new generation of therapists and has been an LPC Supervisor since 2008. He is also certified by the International Association of Eating Disorder Professionals (IAEDP) to train & supervise individuals towards their Certified Eating Disorder Specialist Certification (CEDS). Sam speaks nationally on many topics related to the treatment of Eating Disorders and he lives in Phoenix, Arizona with his wife Krista.

**Nicole Hawkins, PhD, CEDS-S**

Dr. Hawkins is a clinical psychologist and is the Chief Executive Officer 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 (Supervisor), has published several articles, and presents regularly at national and regional conferences.