



2016 MEDA Conference

Program Guide

Thinking Outside The Body: Empowering Yourself, Your Clients and the Community.

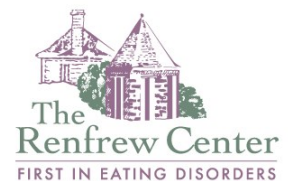


May 13-14, 2016

**Newton Marriott
Newton, MA**

Platinum Partners:  **walden**
behavioral care

Gold Partners:





May 13-14, 2016

**Thinking Outside the Body:
Empowering Yourself, Your Clients,
and the Community**

Table of Contents

2016 Conference Information..... Page 3

About MEDAPage 4

List of Speakers.....Pages 5-12

Program Schedule.....Pages 13-18

Exhibitors.....Page 19

Hotel and Travel.....Page 20

2016 Conference Information

Registration and Continuing Education Credit Hours

Conference registration fees include all keynotes, endnotes and breakout sessions, breakfast, lunch and snacks.

Who Is Invited?

MEDA welcomes eating disorder specialists and non-specialists to take part in the 2016 Conference. Certain workshops are designed to meet the needs of advanced professionals and others are targeted to a more general audience.

Accreditation

MEDA has applied for Continuing Education Credits for LICSW's, RD's LMHC's, MDs, PhDs and RNs

The total amount of CEU accreditation credits available for this year's conference is 13.5 credit hours.

Please refer to our conference website for more details on accreditation.

Friday and Saturday Sessions– 6.75 CEUS available each day, 13.5 CEUS for both days

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of McLean Hospital and (Name of your institution). McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 13.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

"This program is co-sponsored by McLean Hospital and (Name of your institution). McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. This offering meets the criteria for 13.5 C.E. hour(s) for psychologists. For more information, please call 617-558-1881 x 20.

Registered Nurses

"This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 13.5 contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation"

Mental Health Counselors

"Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 617-558-1881x21 or jhyde@medainc.org for the status of LMHC CE certification."

Social Workers

"Application for social work continuing education credits has been submitted. Please contact us at 617-558-1881x21 or jhyde@medainc.org for the status of social work CE accreditation."

Dietitians

"Application for Commission on Dietetic Registration continuing education credits has been submitted. Please contact us at 617-558-1881x21 or jhyde@medainc.org for the status of social work CE accreditation."

Resolution of Conflict of Interest:: McLean Hospital has implemented a process to resolve COI for each CME activity. In order to help ensure content objectivity, independence, fair balance, and ensure that the content is aligned with the interest of the public, McLean Hospital has resolved the conflict by External Content Review

Number of Credits Available

The total number of hours eligible for CE hours is 13.5 or 6.75 per day. Eligibility to receive credit for a session requires full session attendance.

About MEDA

MEDA's mission is to prevent the continuing spread of eating disorders through educational awareness and early detection. MEDA serves as a support network and resource for clients, loved ones, clinicians, educators and the general public.

MEDA does not necessarily endorse the materials and information that will be disclosed in the workshops or the information available at exhibit booths or the take one table.

Objectives

At the end of the MEDA Conference, participants will:

1. Learn concrete skills that can be translated into inpatient and outpatient settings
2. Understand the complexity behind eating disorders and exercise
3. Learn how to provide more appropriate care through understanding the complexities behind eating disorders
4. Understand different language to use when working with individuals who do not identify along the binary gender lines

2016 Speakers

- Abigail Donaldson, MD
- Alison Bologna
- Allegra Gordon, MPH, ScD
- Allison Hall, LICSW
- Angela Rowan, MSW, LICSW
- Anita Johnston, PhD, CEDS
- Beth McGilley, PhD, FAED, CEDS
- Carly Guss, MD
- Dana Sturtevant, MS, RD
- Deandra Christianson, MA, LPC
- Donald Blackwell
- Hilary Kinavey, MS, LPC
- Jenni Schaefer
- Jerel Calzo, PhD
- Joanna Kay Mercuri
- Kathryn Ackerman, MD, MPH, FACSM
- Kelli Malkasian, PsyD, CEDS
- Kelly Bhatnagar, PhD
- Leah Graves, RD, LD, FAED, CEDRD
- Lisa LaBorde
- Lori Goodrich, OTR/L, C/NDT
- Lori Lieberman, RD, MPH, CDE, LDN
- Lorraine Platka-Bird, PhD, RD, CDE
- Luana Marques, PhD
- Margo Maine, PhD, FAED, CEDS
- Meg Salvia, MS, RD, LDN
- Ovidio Bermudez, MD, FAAP, FSAHM FAED, F.iadep, CEDS
- Ragen Chastain
- Robert Chapman, MSSW, LMSW, LADAC
- Robyn Welk-Richards, PhD, MSW, LCSW
- Scott Moseman, MD, CEDS
- Sharon Chirban, PhD
- Siobhan McGurk
- Teresa May-Benson, ScD, OTR/L, FAOTA
- Tina Klaus
- Valerie Martin, LMSW

Refunds - Refunds will be granted, for any reason, up until the start of the conference.

For further information about the Conference please visit:

<http://www.medainc.org/events/national-conference>

Kathryn Ackerman, MD, MPH, FACSM



Dr. Ackerman is an Assistant Professor at Harvard Medical School, the Medical Director of the Female Athlete Program at Boston Children's Hospital, and the Associate Director of the Sports Endocrine Research Lab at Massachusetts General Hospital. She is a former national team lightweight rower, a sports medicine physician and endocrinologist with an MD from Johns Hopkins and an MPH from Harvard. She treats and researches Female Athlete Triad and Relative Energy Deficiency in Sport (RED-S), is a member of the International Olympic Committee's Female Athlete Medical Commission, a team physician for US Rowing, and consulting physician for the Boston Ballet, the Boston Marathon, and various local high schools and colleges. She is also on the Clinical Advisory Board of Walden Behavioral Care.

Ovidio Bermudez MD, FAAP, FSAHM, FAED, F.iaedp, CEDS



Ovidio Bermudez, MD, is the Chief Clinical Officer and Medical Director of Child and Adolescent Services at Eating Recovery Center in Denver, Colorado. He holds academic appointments as Clinical Professor of Psychiatry and Pediatrics at the University of Oklahoma College of Medicine and Clinical Professor of Pediatrics at the University of Colorado School of Medicine. He is Board certified in Pediatrics and Adolescent Medicine. Dr. Bermudez is a Fellow of the American Academy of Pediatrics, the Society for Adolescent Health and Medicine, the Academy for Eating Disorders and the International Association of Eating Disorders Professionals. He is Past Chairman and Senior Advisor on Media for the Board of Directors of the National Eating Disorders Association, Co-Founder of the Eating Disorders Coalition of Tennessee (EDCT), Co-founder of the Oklahoma Eating Disorders Association (OEDA) and a founding member of Houston Eating Disorders Specialists (HEDS). He is a Certified Eating Disorders Specialist of the International Association of Eating Disorders Professionals. Dr. Bermudez has lectured nationally and internationally on eating disorders, childhood obesity and other topics related to pediatric and adult healthcare, and has been repeatedly recognized for his dedication and advocacy in the field of eating disorders.

Kelly Bhatnagar , Ph.D.



Dr. Kelly Bhatnagar is a clinician-researcher that has received extensive training in empirically-founded treatments for eating disorders, including FBT. She is heavily involved in the Academy for Eating Disorders and is currently serving on the Research-Practice Committee and 2017 ICED Scientific Planning Committee. Kelly has published in peer reviewed journals and invited book chapters, and has presented at multiple national and international conferences. In her current professional position, Kelly practices, researches, and provides training and supervision to clinicians in the FBT treatment model.

Don Blackwell



Don Blackwell is a trial attorney with Seipp, Flick & Hosley, LLP in Miami and is the author of "Dear Ashley - A Father's Reflections and Letters to His Daughter on Life, Love and Hope." Don also is a member of NEDA's Parents, Family and Friends Steering Committee, who has presented or co-presented at several regional and national eating disorder conferences and Webinars, including: "Navigating in Uncharted Waters – One Dad's Practical Suggestions for Supporting Your Loved One in All Phases of Their Eating Disorder Journey;" Roundtable Series for Dads: "Tips for Supporting Your Child and Practicing Self-Care;" "Tools for Dads Workshop II: Supporting Your Child's Journey from an Eating Disorder to Recovery;" and "Daddy's Little Girl – Daughters, Dads and Disorders." In addition, Don has authored articles dealing with dads, daughters and eating disorders that have appeared in NEDA's Making Connections Newsletter and in Perspectives, the Renfrew Foundation's Professional Journal.

Alison Bologna



Alison is the founder of Shri, an urban outreach yoga studio in Pawtucket, Rhode Island, which serves 5,000 students each year in schools, shelters, recovery centers, hospitals, clinics and more. As an E-RYT certified yoga instructor with more than 2,000 hours of teaching experience, Alison has implemented a customized curriculum into the community which more than 30 teachers now deliver both domestically and internationally. In addition to her general certification, Alison's training includes all three levels of Little Flower Yoga Kids Teacher Training with Kate Reil, hosted at Shri; Frontiers of Trauma Treatment Training with Dr. Bessel van der Kolk and Dana Moor; Harmonium Sound Training with Daniel Tucker, Ashtanga Yoga with David Swenson and Mindful Schools' Mindfulness Training. Alison's work in the community has been recognized by Providence Business News, The Women's Center of Rhode Island, the Rhode Island Small Business Journal, The National Organization of Italian-American Women, L.I.F.E., Inc., the Rally for Recovery, ARC of Blackstone Valley, the Blackstone Valley Children's Shelter, the Rhode Island Attorney General, The Pawtucket Foundation and more! Alison recently completed her second masters degree in literature from Harvard University, with her thesis focused on Henry David Thoreau, the first American KARMA Yogi. Alison is a board member at the Old Slater Mill Historical Museum, The Providence Center and the Pawtucket Boys and Girls Club. When not at Shri, Alison is an anchor for NBC 10 News.

Jerel Calzo , Ph.D.



Dr. Calzo is a developmental psychologist, an Assistant Professor in Pediatrics at the Harvard Medical School, and a Research Scientist in the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital. He is currently the Co-Chair of the Males & Eating Disorders Special Interest Group of the Academy for Eating Disorders. Dr. Calzo's research focuses broadly on the development of gender and sexual orientation health disparities in adolescence and young adulthood. Dr. Calzo's work on body image and eating disorders, funded by the National Institute of Child Health and Human Development and the National Institute on Drug Abuse, focuses on body image and eating disorder risk in heterosexual and sexual minority (i.e., gay, bisexual, mostly heterosexual) males. His work breaks new ground by being among the first to trace the development of leanness and muscularity concerns, physical activity, and product use (e.g., creatine, steroids) in both heterosexual and sexual minority males across adolescence. Dr. Calzo's current work examines how stress and socialization processes in specific contexts (e.g., sports, engagement in sexual minority community contexts) contribute to sexual orientation disparities in eating disorder risk, and how such factors can be targeted in preventive interventions to promote health in all boys and men.

**Robert L. Chapman, MSSW,
LMSW, LADAC**



Robert is a MSSW, LMSW, LADAC, and Certified Relapse Prevention Specialist. Robert offers specialties with group and individual counseling, Relapse Prevention, Experiential techniques, and Adventure counseling. He also clinically coordinates the family program at the Ranch. He has 34 years of experience with the rehabilitation and recovery industry and has provided training and consulting services throughout the country. Robert received his Masters degree in Social Work from the University of Tennessee in 1983. Robert has provided extensive training services throughout the country for a number of years. He has been on the faculty of CENAPS Intensive School of Relapse Prevention Specialists and has published in *Addictions and Recovery Magazine* as well as other recovery

Ragen Chastain



Ragen Chastain is an internationally recognized thought leader in the fields of self-esteem, body image, Size Acceptance, and Health at Every Size and a sought after speaker on the college, corporate, and conference circuits. Known for her high energy style and her combination of humor and hard facts, Ragen has informed and entertained audiences around the world from Google Headquarters, to Cal Tech, to the International Weight Stigma Conference. She is the author of the blog *DanceswithFat*, the book *Fat: The Owner's Manual*, editor of the anthology "The Politics of Size" published by Praeger, and frequently appears as a topic expert on television and in print media. Ragen is a featured interviewee in the documentaries *America the Beautiful 2 - The Thin Commandments*, and *A Stage for Size*. She lives in Los Angeles with her partner Julianne and their two adorable dogs, and in her free time she is training for her first IRONMAN triathlon.

Sharon Chirban, PhD



Dr. Chirban is a clinical psychologist and executive coach. She combines her performance psychology skills, positive psychology with insight oriented psychotherapy advancing insight and growth. Her areas of specialty include eating disorders, female athlete triad, clinical eating disorders, relationship counseling and executive development. Sharon has fifteen years of applied sport psychology experience. She works with Olympic, Professional, Collegiate, Elite, Junior and developing youth athletes in varying sports from hockey, skiing, figure skating to track, pole vaulting, throwing, shot put, gymnastics, fencing and others. She works with performers in music, theatre, opera and dancers from the Boston Ballet. At Boston Children's Hospital, she is a staff sport psychologist where she has developed a subspecialty in treating injured athletes of all ages.

**Deandra Christianson
MA, LPC**



Deandra Christianson received her Master's degree in Clinical Psychology with a Counseling Specialization at The Chicago School of Professional Psychology. Ms. Christianson is passionate about creating a supportive environment for recovery during our clients' time at Center for Discovery. During her Master's internship, she worked with eating disorders in an outpatient setting. She has been with Center for Discovery in several capacities since opening in Glenview in 2013. Additionally, she has volunteered for many community agencies where she worked with children and adolescents and has spent substantial time working in school environments. She is enthusiastic about implementing Center for Discovery's mission and working with clients and their families.

Abigail Donaldson, MD



Abigail Donaldson is board certified in both Pediatrics and Adolescent Medicine. She received her medical degree from the University of Vermont School of Medicine, completed her pediatric residency at Robert Wood Johnson University Hospital and her Adolescent Medicine Fellowship at the Johns Hopkins Hospital. She is the Medical Director of the Hasbro Children's Hospital Eating Disorder Program, and as Assistant Professor of Pediatrics at The Warren Alpert Medical School of Brown University. She provides subspecialty care in eating disorders in the inpatient and outpatient settings, and works with a multidisciplinary team to provide comprehensive management for eating disordered patients in the region.

**Lori Goodrich OTR/L, C/
NDT**



Ms. Goodrich is the Assistant Clinical Director at OTA The Koomar Center. In this role she works to oversee all therapeutic aspects of the clinic, as well as to provide therapy and evaluation services. She completed her degree in Occupational Therapy at Quinnipiac University, graduating Summa cum Laude and as a member of the honors society, Pi Theta Epsilon. Ms. Goodrich has broad experience evaluating and treating individuals with Sensory Processing Disorder using specific techniques including therapeutic listening programs, Craniosacral Therapy and visual vestibular based treatment techniques. She has completed the Sensory Integration Assessment and Intervention Certification (SIPT) and is also NDT Certified. Ms. Goodrich has been trained in a wide range of oral motor based programs, including the SOS Approach to Feeding and Debra Beckman's Oral Motor techniques. She provides consultations, lectures and overviews to enhance other professionals' and families' understanding of sensory integration and its relation to the development of various areas including the use of visual-vestibular treatment techniques to improve handwriting, and oral motor skills.

Allegra Gordon MPH, ScD



Allegra Gordon is a social epidemiologist and postdoctoral research fellow at Boston Children's Hospital and Harvard Medical School. She earned her doctorate in Social & Behavioral Sciences with a concentration in Women, Gender, and Health at the Harvard Chan School of Public Health. She holds an MPH in Sexuality & Health from Columbia University and a BA in Education & Environmental Studies from Swarthmore College. She has also served as Program Manager and Co-Instructor for Fenway Health's Summer Institute in LGBT Population Health Research. Her research interests relate to the mental and physical health impacts of discrimination and the effects of gender socialization and gender norms on the health of young people across sexual orientations and gender identities. Current research projects include a study of gender expression and disordered weight and shape control in U.S. high school students and one on body image development and eating disorders risk among young transgender women in the Boston metro area.

**Leah Graves RD, LD,
FAED, CEDRD**



Leah Graves, RD, LD, CEDRD, FAED, is the manager of nutrition therapy for the Laureate Eating Disorders Program. Ms. Graves received her Bachelor of Science in clinical dietetics, with highest distinction, from the University of Oklahoma Health Sciences Center in 1985. She joined the Laureate Eating Disorders Program at its opening. A founding member of the Academy for Eating Disorders, Ms. Graves has served on the Academy's executive committee, board of directors and has been honored as a fellow in the Academy for Eating Disorders in addition to serving on the 2013 National Eating Disorders Association Conference Committee. Ms. Graves is immediate past president of the Oklahoma Eating Disorders Association, served on the 2014 Fellowship Selection Committee for the Academy for Eating Disorders and on the 2014 Conference Committee for the National Eating Disorders Association. Ms. Graves has been invited to present at the International Conference on Eating Disorders, Academy for Eating Disorders Annual Meeting, National Eating Disorders Organization Meeting and the American Dietetic Association Annual Meeting. Ms. Graves has also published several articles pertaining to nutrition and eating disorders.

Carly Guss, MD



Dr. Carly Guss is a second year fellow in Adolescent Medicine at Boston Children's Hospital. She earned her medical degree from the University of Michigan and subsequently did her residency in pediatrics at Hasbro Children's Hospital in Providence, Rhode Island. She is interested in sexual and reproductive health, contraception, and health care for transgender and gender nonconforming youth. Her current research projects include investigating weight management techniques of transgender high school students in Massachusetts as well as ways to improve delivery of primary care to transgender and gender non-conforming youth and young adults.

Allison Hall, LICSW



Allison Hall is a clinical social worker with The Eating Disorder Program at Hasbro Children's Hospital. She is a master's level social worker with independent clinical social worker licensure through the state of Rhode Island. She has extensive experience treating eating disorders in children and adolescents, as well as implementing social work services in the medical setting.

**Anita Johnston Ph.D.,
CEDS**



Anita Johnston, Ph.D., CEDS, a clinical psychologist, certified eating disorder specialist, and story-teller. She is the author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myth, Metaphor, and Storytelling*, which has been published in six languages, and book chapters *Body Talk* in *Eating Disorders Bridging the Research Treatment Gap*, and *Eating Disorders as Messengers of the Soul*, in *The Psychospiritual Clinician's Handbook*. Dr. Johnston is the Clinical Director of 'Ai Pono Eating Disorders Programs in Honolulu, Hawaii and Clinical Director of the newly opened residential facility, 'Ai Pono Maui on the island of Maui. She is also Senior Clinical Consultant to the EATFED Intensive Out-Patient Programs in Sydney and Melbourne, Australia. Her latest project is the *Light of the Moon Cafe*, an online e-course and support circle for women around the world struggling with eating difficulties.

Hilary Kinavey MS, LPC



In 2006, Hilary Kinavey, MS, LPC co-founded Be Nourished, a revolutionary business helping people heal body dissatisfaction and reclaim body trust. Hilary is a licensed professional counselor and a Certified Daring Way™ facilitator. After many years of deep listening, learning, and working at Be Nourished, Hilary co-created Body Trust™ Wellness, a curriculum to encourage movement toward a compassionate model of radical self-care to heal body shame and patterns of chronic dieting and disordered eating. From 2007-2012, Hilary was an adjunct instructor for the Eating Disorder Certificate Program at Lewis and Clark College in Portland, Oregon. Hilary is a popular speaker on topics such as Health at Every Size®, intuitive eating, and body respect in health care communities, and regular contributors to the Huffington Post. For more information, visit benourished.org.

Tina Klaus



Tina Klaus is a Contemporary Abstract Artist living in Denver, Colorado. She is the Founder and principal contributor of “Don’t Live Small”, an eating disorder recovery blog, where she and her therapist, Dr. Michael Maley, Ph.D., speak out about the chaos of eating disorders and the realities of the bumpy road to recovery. Her blog was voted one of the top eating disorder blogs of 2014 by Eating Disorder Hope. Tina has also spoken at the University of Colorado Boulder where she has shared her personal story and what it means to be living in recovery. She and Dr. Maley are co-authoring a book about eating disorder recovery. In addition, Tina has written articles that have been featured in Love Our Bodies, NEDIC, Project Heal, Yoga & Body Image Coalition, Ceilo House and ReGlam.

Lisa LaBorde

Lisa LaBorde is a child protection lawyer and family mediator and an ED parent advocate. She is FEAST Board Member and currently serves as Outreach Director and co-chair of the Canadian Task Force.

**Lori Lieberman RD, MPH,
CDE, LDN**



Lori received her Bachelor of Arts degree in Biology from Brown University and her Master of Public Health degree in Nutrition from the University of North Carolina at Chapel Hill. She also has received national certification as a Diabetes Educator. She is the founder and manager of Lori Lieberman & Associates, LLC, serving the South Shore of MA since 1999, a practice of 4 RDs and diabetes educators with 3 locations. She is the author of the first of its kind eating disorder recovery cookbook, entitled Food to Eat: guided, hopeful & trusted recipes for eating disorder recovery (www.food-2-eat.com) and Drop the Diet: guided recipes for overcoming your food rules. She writes a popular blog, Drop It and Eat (www.DropItAndEat.blogspot.com), addressing nutrition misinformation and concerns of those with eating disorders. She just might be the only dietitian with a screen size image of a cupcake on her website, www.LoriLiebermanAndAssociates.com. Lori was an advisory board member of MEDA when it first opened and presented at their 1995 and 1998 annual conferences. She has spoken nationally on medical nutrition therapy for a range of conditions and most recently presented at the Renfrew Center Conference (Nov. 2013), at the Academy for Eating Disorders ICED 2014 and at ICED 2015

**Margo Maine PhD, FAED,
CEDS**



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 their Clinical Advisory Board and the Walden Clinical Advisory Board. 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,

**Kelli Malkasian PsyD,
CEDS**



Dr. Malkasian is a clinical psychologist and certified eating disorder specialist. She has worked in the field of eating disorder treatment for over 10 years, having held multiple positions at multiple treatment centers. Most recently Kelli took on the role as the Director of Aftercare and assists the clinical team in focusing treatment goals and aftercare plans to create a meaningful and comprehensive approach to treatment during their stay and after discharge from the center. Prior to this role Dr. Malkasian held roles such as Clinical Director of the IOP and Transitional Living Programs and Primary Therapist in the Comprehensive Programs. Kelli’s training and research also involved extensive experience in the field of eating disorder treatment allowing her to understand the complexities and unique

Luana Marques, Ph.D



Dr. Luana Marques is the director and founder of Community Psychiatry PRIDE, Community Psychiatry Program for Research, Implementation and Dissemination of Evidence-Based Practices. Community Psychiatry PRIDE is a dissemination and implementation psychiatry research center that focuses on reducing disparities in mental health in the communities across Massachusetts. The program's central focus is researching the implementation of evidence-based practices in resource-constricted settings. Specifically, the program is designed to study the process by which evidence-based treatments can be effectively disseminated to community clinics, which in turn leads to increased access and quality of care across a wide range of psychiatric disorders. Dr. Marques' primary research project at PRIDE is an NIH-funded study that examines implementation of Cognitive Processing Therapy for PTSD in diverse community settings such as Massachusetts General Hospital, Chelsea Community Clinic, and North Suffolk Mental Health Association. Dr. Marques is also directing a study that investigates the barriers to treatment of posttraumatic stress disorder and depression as well as the integration of primary care and mental health within the community clinic. For more information: LuanaMarquesPhD.com

Valerie Martin LMSW



A native Texan, Valerie received her Masters of Science in Social Work from the University of Texas at Austin. With a personal history of eating disorder recovery, she is passionate about helping clients reconnect to their potential for a rich and meaningful life in recovery from destructive addictions and attachments. Her clinical philosophy is an integrated focus on mind, body, and spirit for the most whole-person treatment approach, using somatic and experiential therapies, Acceptance & Commitment Therapy, mindfulness, and EMDR. When not at The Ranch, Valerie enjoys reading, singing, yoga, comedy, dessert, and enjoying the company of her husband and four-legged children.

**Teresa May-Benson ScD,
OTR/L, FAOTA**



Dr. May-Benson is the Executive Director of the SPIRAL Foundation. She is a well-known lecturer and researcher on sensory integration theory and intervention and has authored numerous book chapters and articles on praxis and sensory integration. Dr. May-Benson has a diverse background as a clinical practitioner having worked in private and public school settings as well as private practice. She is active in conducting research related to sensory integration through the non-profit Spiral Foundation's Sensory Processing Research Center. In her role of educator, she serves as adjunct faculty at Tufts University and the University of Indianapolis. She has a special interest in, and extensive experience with autism, particularly adolescents and adults. Dr. May-Benson received her bachelor's degree from Ohio State University and her master's degree from Boston University with a concentration in sensory integration and school system therapy. She was a Maternal and Child Health Fellow in the Doctoral Program in Therapeutic Studies at Boston University. She has received the Virginia Scardinia Award of Excellence from AOTA for her work in ideational praxis as well as the Alice Bachman Clinician Award from Pediatric Therapy Network and the Catherine Trombly Award from the Massachusetts Association of Occupational Therapists for her work as a research, clinician and instructor. She is a fellow of the American Occupational Therapy Association.

**Beth McGilley PhD, FAED,
CEDS**



Beth Hartman McGilley, Ph.D., FAED, CEDS, 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. A Fellow of the Academy for Eating Disorders (AED), and a Certified Eating Disorders Specialist, she has practiced for over 30 years, writing, lecturing, supervising, directing an inpatient eating disorders program and providing individual, family and group therapy. She has published in academic journals and the popular media, as well as contributing chapters to several books. She is a journal 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, lay and professional 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 numerous committees for the AED since its inception. She is the co-founder and Co-Chair of the AED Professionals and Recovery Special Interest Group, and is a member of the AED Somatic Therapies SIG. Dr. McGilley also specializes in applications of sports psychology and performance enhancement techniques with athletes at the high school, collegiate and professional levels. She was the sports psychology consultant for the Wichita State University Women's Basketball team from 2005-2008. She was the co-founded and co-chair of the Association for Applied Sports Psychology (AASP) Eating Disorders Special Interest Group from 2007-2012. Dr. McGilley co-founded and for 12 years served as the President of the Healing Path Foundation, a nonprofit foundation dedicated to the prevention and treatment of eating disorders in Kansas. She is a longstanding member of the National Eating Disorders Association (NEDA), the International Association of Eating Disorders Professionals (IAEDP), the American Psychological Association (APA), and the Kansas Psychological Association (KPA). She was a 2008 graduate of the Kansas Health Foundation Leadership Fellows Training program.

Siobhan McGurk

Siobhan McGurk is a biostatistician for an academic tertiary care hospital in Boston, MA. She is a parent in a blended family. She is a long time volunteer for FEAST ED.

Joanna Kay Mercuri



Joanna (Kay) Mercuri is a writer in New York City and survivor of a 13-year battle with anorexia nervosa. She is the author of *The Middle Ground* (middlegroundmusings.com), a blog that deals with the gray area of recovery that falls between “recovering” and “recovered.” Her blog was recently voted one of the top 10 eating disorder blogs of 2015 by Psych Central. Joanna has been featured in *Cosmopolitan*, *Marie Claire*, and on WNYC radio discussing her experience with eating disorders and access to treatment.

Scott Moseman, MD, CEDS



Scott E. Moseman, MD, CEDS, has worked with the Laureate Eating Disorders Program since completing his child psychiatry training in 2004, and he currently serves as medical director of the program. He is a board certified child and adolescent psychiatrist who received his fellowship training at Western Psychiatric Institute and Clinic in Pittsburg, Pennsylvania, where he served as chief fellow. Dr. Moseman received his medical training from Texas A&M Health Science Center and completed his adult psychiatric training at the University of Arizona. He has spoken throughout the country on topics related to child psychiatry, and he has specific interests in eating, mood and anxiety disorders. Currently, Dr. Moseman is collaborating with Kyle Simmons, PhD, at the Laureate Institute for Brain Research to study neural circuits associated with eating disorders using the facility's state-of-the-art fMRI. Dr. Moseman has sat on the board for the American Academy of Child and Adolescent psychiatry and currently sits on the board for the Oklahoma Eating Disorders Association as well as co-chairing the special interest group on child and adolescent care for the Academy for Eating Disorders.

**Lorraine Platka-Bird PhD,
RD, CDE**



Dr. Lorraine Platka-Bird received her doctorate from Michigan State University in 1980 with a major in Human Nutrition and a minor in Psychology. She became a registered dietitian in 1982. As a dedicated professor in the Nutrition and Dietetics Department at the State University of New York for 19 years, Dr. Platka-Bird taught a wide variety of courses including Weight Management, Medical Nutrition Therapy, Nutritional Biochemistry, Sports Nutrition, Human Physiology, Nutrition Across the Life Span, and numerous related courses. During this period of time Dr. Platka-Bird was granted some of the most prestigious teaching awards offered in the State University system. Dr. Platka-Bird has been counseling individuals with eating disorders for over 30 years. She takes a holistic approach to treatment, considering all aspects of physical, mental, social, emotional, and spiritual well-being. In addition to helping clients develop a healthy relationship with food, Dr. Platka-Bird helps individuals minimize eating disorder thoughts and behaviors, improve self-image and self-esteem, and develop

**Angela Rowan MSW,
LICSW**



Angela Rowan, MSW, LICSW, is the Director of Walden Behavioral Care's Amherst clinic, where she oversees partial hospital and intensive outpatient programs to treat eating disorders. She has had a clinical specialty in working with transgender clients since 2001.

Meg Salvia MS, RD, LDN



Meg Salvia is a registered dietitian specializing in nutrition counseling for patients with eating disorders and diabetes. She is the dietitian at Walden Behavioral Care's Peabody clinic and has a private practice in Harvard Square. Meg graduated from Boston University with a Master's degree in nutrition and completed her undergraduate studies at Boston College. Prior to becoming an RD, she worked in diabetes research at the Joslin Diabetes Center.

Jenni Schaefer BS



Chair of the Ambassadors Council of the National Eating Disorders Association, Jenni Schaefer is a bestselling author and internationally known speaker. She has appeared on shows like Today and Dr. Oz, as well as in publications ranging from Cosmopolitan to The New York Times. Jenni's books include Goodbye Ed, Hello Me and her latest with Harvard Medical School, Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem? Her first book, Life Without Ed, which launched her as a leading light in the eating disorders recovery movement, has been released in a tenth anniversary edition and audiobook. Visit JenniSchaefer.com.

Dana Sturtevant MS, RD



In 2006, Dana Sturtevant, MS, RD co-founded Be Nourished, a revolutionary business helping people heal body dissatisfaction and reclaim body trust. Dana is a registered dietitian, Motivational Interviewing trainer, and Kripalu Yoga teacher. After many years of deep listening, learning, and working at Be Nourished, Dana co-created Body Trust™ Wellness, a curriculum to encourage movement toward a compassionate model of radical self-care to heal body shame and patterns of chronic dieting and disordered eating. From 2007-2012, Dana was an adjunct instructor for the Eating Disorder Certificate Program at Lewis and Clark College in Portland, Oregon. Dana is a popular speaker on topics such as Health at Every Size®, intuitive eating, and body respect in health care communities, and regular contributors to the Huffington Post. For more information, visit benourished.org.

**Robyn Welk-Richards PhD,
MSW, LCSW**



Dr. Robyn Welk-Richards has been specializing in the treatment of eating disorders for nine years. She obtained her PhD in Clinical Social Work in 2012 from Loyola University Chicago where she focused her research studies on residential treatment of eating disorders and quality of life. She is passionate about understanding the impact that eating disorders have on an individual's quality of life and the impact of residential treatment therein. Philosophically, Dr. Welk-Richards believes that residential treatment is an integral level of care where we can target eating disorder symptoms and reconstruct a new-self, free from the eating disorder and other co-occurring disorders. Her intensive training in Dialectical Behavior Therapy has provided Dr. Welk-Richards with a solid clinical foundation in treating adolescents and providing them with healthy alternatives to their eating disorder lifestyle. On top of her DBT foundation she believes eclecticism and creativity are imperative when helping individuals find their path in recovery. Dr. Welk-Richards has participated in research projects as well as provided a number of public speaking engagements locally and nationally about the treatment of eating disorders. Dr Welk-Richards is excited to be part of the team transforming lives at Center for Discovery. She enjoys working with adolescents and their families individually as well as in groups. Her energy and passion is evident in everything she does.

Friday, May 13, 2016

8:00-8:30AM	Registration and Check-InWelcome Table
8:00-8:30AM	Breakfast
8:30-9:00AM	Welcome
9:00-10:30AM	<p>Keynote Address by Anita Johnston, PhD., CEDS..... <i>Ancient Wisdom Meets Modern Neuroscience in the Treatment of Eating Disorders</i></p> <p>For eons, ancient traditions in cultures across the world have used metaphor and storytelling for teaching and healing but only recently has modern science developed technology that gives us a glimpse into brain functioning, allowing us to see how these processes work. Many individuals struggling with eating disorders perceive their struggles with eating as unrelated to other aspects of their lives, and metaphor can be a useful tool to help them find important connections. This presentation explores the work of scientists who have discovered rigorous ways to study insight and metaphor by identifying the aspects of the brain that are better able to see hidden connections and the remote associations between separate ideas. It will describe the neuroscience research that supports the use of metaphor and stories in eating disorder treatment.</p>
10:30-10:45AM	Refreshment Break
10:45AM- 12:00PM	Concurrent Sessions 1
	<p>Kelly Bhatnagar, PhD, Lisa LaBorde & Siobhan McGurk..... <i>Translational Evidence Based Medicine: Going from Manualized Treatment Protocols to Real World Experiences</i></p> <p>Panel presentation by clinicians and caregiver parents who used Family Based Treatment / Maudsley Method. The panel would cover strengths and weaknesses in their experiences, with an eye towards constructive evaluation of how manualized treatment protocols function in diverse real life situations. Interactions with practicing clinicians should provide useful dialogue to help improve clinical practice for future families.”</p>
	<p>Abigail Donaldson, MD, Allison Hall, LICSW & Alison Bologna..... <i>Om-ing Into Recovery: Exploring the Who, What, When, Where and Why of Yoga in Treating Eating Disorders</i></p> <p>In recent years, yoga has been receiving increasing amounts of attention as an ancillary treatment for individuals working to recover from an eating disorder. This workshop aims to examine the most recent research on the benefits of yoga, explore the various types of yoga available, identify the medical implications for encouraging patients to participate in yoga and discover resource opportunities to help make yoga more widely available. This discussion will be led by an interdisciplinary team including a certified yoga instructor and studio owner, a medical provider and a clinical social worker, all of whom have been actively involved in developing a collaboration between a yoga studio and a hospital- based eating disorder program.</p>
	<p>Robyn Welk-Richards, Ph.D., MSW, LCSW & Deandra Christianson, MA, LPC <i>Reading Between the Lines when Treating Children and Pre-Teens</i>.....</p> <p>The main objectives of our talk are to highlight the unique clinical and medical characteristics of treating children and young adolescents battling eating disorders. We will be discussing the engagement process, therapeutic interventions and distinctive therapeutic interventions and strategies that we use when treating pediatrics and younger adolescents battling eating disorders. Theoretical framework receiving special attention is DBT.</p>

12:00-1:00PM	Lunch
1:00-2:15PM	Concurrent Sessions 2
	<p>Dana Sturtevant, MS, RD & Hilary Kinavey, MS, LPC..... <i>Promoting Body Trust in Clinical Practice</i></p> <p>The five core competencies of Body Trust™ Wellness (BTW) are weight-neutral self-care, intuitive eating, joyful movement, self-compassion, and redefining success. Using a combination of therapeutic approaches, including Health at Every Size®, BTW can help people truly heal their relationship with food and body by returning the clinical focus to more meaningful markers of health and well-being to improve quality of life and self-care practices. Because weight is a normative discontent (regardless of size) and weight bias impacts us ALL, this workshop is designed to help clinicians across a variety of practice settings deliver care that promotes inclusivity and helps to heal body shame.</p>
	<p>Kathryn Ackerman, MD, MPH, FACSM..... <i>Clinical Approaches to Athletes with Disordered Eating/Eating Disorders – Adolescents to Adults</i></p> <p>This workshop will discuss the Female Athlete Triad (Triad), Relative Energy Deficiency in Sport (RED-S), and the various effects of disordered eating and eating disorders on health and sports performance in female athletes. It will then present treatment strategies for athletes of different ages and sports involvement from recreational exercisers to Olympians. Sports medicine organization guidelines, adolescent medicine guidelines, evidence-based approaches, and clinical care differences will be discussed.</p>
	<p>Angela Rowan, MSW, LICSW <i>Competent Care of the Transgender Eating Disorder Patient</i></p> <p>This workshop will provide an overview of transgender identity, and the way transgender identity issues can intersect with eating disordered behavior. Guidelines for clinically competent care of transgender clients with eating disorders will be discussed. Opportunity for questions and discussion will be provided.</p>
2:15-2:30PM	Refreshment Break
2:30-3:45PM	Concurrent Sessions 3
	<p>Lori Goodrich OTR/L, C/NDT & Teresa May-Benson ScD, OTR/L, FAOT..... <i>Making Sense from the Inside Out: Understanding the Why of Restrictive Eating</i></p> <p>This workshop is designed to educate professionals working with restrictive eaters regarding sensory and motor challenges that may impact an individual's food preferences. Participants will learn components of an established sensory-based oral motor program designed to evaluate and treat these challenges. Strategies that empower and educate clients to understand and progress with expanding their food repertoire will be highlighted. Participants will learn signs that may indicate a client is experiencing sensory and motor limitations that contribute to eating challenges in order to make effective referrals. Learning during this workshop and beyond will be enhanced by the use of case studies and provided resources.</p>

2:30-3:45PM	<p>Beth McGilley, PhD, FAED, CEDS..... <i>Intuitive Exercise: Move to be Moved!</i></p> <p>Exercise for the eating disorder sufferer is often either a part of their symptomatology or a source of dread. If, when and how to implement physical activity into the treatment and recovery process has been a source of considerable debate despite the fact that research has demonstrated the benefits and alleviated concerns about its potential contraindications. This workshop will include a review of the literature on compulsive exercise and ED, and provide attendees with a description of intuitive exercise and how to incorporate it into their patient's recovery experience.</p>
	<p>Lori Lieberman, RD, MPH, CED, LDN..... <i>Beyond Meal Plans and Intuitive Eating: Practical Guidance for Using FBT, Dietary Research and Virtual Support</i></p> <p>Practitioners need to know how to shift gears based on patients' readiness for change, knowing when it's appropriate to utilize a Family Based Treatment type approach versus a meal plan vs intuitive eating. We need to be armed with solid nutrition and metabolic facts to help debunk the misinformation about exercise, metabolic rate, fats, carbs, protein and calories. And we need to differentiate between a gluten aversion as a guise for restricting vs for management of a medical condition. Strategies for extending care virtually with between session supports will also be addressed.</p>
3:45-4:00PM	<p>Refreshment Break.....</p>
4:00-5:30PM	<p>Endnote Address by Margo Maine, PhD, FAED, CEDS</p> <p><i>Coming of Age in the Treatment of Eating Disorders: Adult Women, Perfectionism and Relational-Cultural Theory</i></p> <p>From early childhood until their dying days, contemporary women experience relentless pressure to be perfect and the body is the canvas on which these pressures play out. Body satisfaction used to increase with age, but today 75% of midlife women express significant body distress and weight preoccupation. Under-diagnosed and under-served, 13 percent of adult women struggle with eating disorders, and with shame and ambivalence about seeking help. 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 and outreach, with ample time for discussion.</p>



Saturday, May 14, 2016

8:00-8:30AM	Registration and Check-InWelcome Table
8:00-8:30AM	Breakfast
8:30-9:00AM	Welcome
9:00-10:30AM	<p>Keynote Address by Carly Guss, MD, Allegra Gordon, MPH, ScD & Jerel Calzo, PhD <i>Gender Identity, Gender Expression and Eating Disorders</i></p> <p>When working with adolescents and young adults with eating disorders, it's important to be aware of how gender identity and gender expression may come into play. Prior research has demonstrated that sexual orientation can be associated with disordered eating behaviors and there is a growing focus on gender identity and gender expression in relation to disordered eating. How can providers navigate the changing landscape and evolving terminology related to gender identity and expression? This workshop will explore the distinctions between sexual orientation, gender identity, and gender expression and their intersection with eating disorder presentation and treatment. Participants will learn about the latest in research in this area and have the opportunity to draw on their own experiences and to practice what they have learned with role play and case-based exercises.</p>
10:30-10:45AM	Refreshment Break
10:45AM- 12:00PM	Concurrent Sessions 1
	<p>Jenni Schaefer & Luana Marques, PhD.....</p> <p><i>What You Need to Know about Trauma and PTSD: A Personal and Professional Perspective for Working with Eating Disorders</i></p> <p>Combining research and clinical knowledge with a patient's perspective, this unique keynote presentation reviews what eating disorder professionals need to know about working with individuals who struggle with posttraumatic stress disorder. While a significant number of women and men battling eating disorders report a history of trauma, research suggests that it is PTSD, not the trauma itself, that best predicts the development of the illness, particularly bulimia nervosa and other eating disorders characterized by binge eating and purging. Data indicate that 37-45% of adults with bulimia and 22-26% of those with binge eating disorder have a lifetime prevalence of PTSD—compared to 5-12% without an eating disorder. In this presentation, Dr. Luana Marques will present up-to-date research in the field of PTSD and discuss key clinical implications for working with the eating disorders population. Author Jenni Schaefer, a recovered patient with a history of an eating disorder, will share her story of seeking professional help for symptoms indicative of trauma and PTSD, an experience that encompasses misdiagnosis, uninformed treatment methods, and, ultimately, the importance of evidence-based therapeutic and pharmacologic approaches as well as alternative interventions.</p>
	<p>Leah Graves, RD, LD, FAED, CEDRD & Scott Moseman, MD, CEDS</p> <p><i>The Moving Target – A Discussion of Psychopathology, Psychopharmacology and Nutrition in the Adolescent and Young Adult Brain</i></p> <p>Though eating disorders occur throughout the life cycle, they generally begin during the period of rapid changes in the brain that occur during adolescence. Understanding how a brain responds to therapy, nutrition and medications can be quite complicated with a paucity of devoted research to this important subject. This session will explore the challenges and opportunities present in a developing brain.</p>

10:45AM- 12:00PM	<p>Robert Chapman, MSSW, LMSW, LADAC.....</p> <p><i>Eating Disorders and the Triple Crown</i></p> <p>Clinicians have long been aware of the “triple crown effect” when working with eating disorders (i.e. eating disorders / sex and relationship based issues/, and chemical dependency). This presentation is designed to bring to the light issues that are apt to emerge with this dynamic and present clinical skill building for address of this pattern in those we work with. Classic patterns with sexual acting out will be addressed emphasizing both diagnostic categories as well as dynamics related to trauma, trauma bonds and arousal templates. External locus of control patterns and relationship or “love addiction” will also be covered as a means to “name the beast” with relationship patterns and attachments. Dynamics related to chemical addiction and the interplay with eating disorders will also be addressed. Experiential tools will be presented to assist with enlivening the work around this subject in the group room or individually with clients.</p>
12:00-1:00PM	<p>Lunch.....</p>
1:00-2:15PM	<p>Concurrent Sessions 2</p>
	<p>Kelli Malkasian, PsyD, CEDS.....</p> <p><i>Complex Recovery: How to Identify and Respond to Unique Needs and Important Considerations for Clients in Recovery from Eating Disorders</i></p> <p>Recovery from an eating disorder is a complex process which requires special attention to multiple considerations about the structure, support, environment, and access to resources that can easily go overlooked. This workshop seeks to assist clinicians in identifying the complexities in their clients and to help them incorporate attention to these details in their treatment and aftercare planning. In doing so clients are significantly more likely to sustain recovery after discharging from a treatment center and will more easily reintegrate into their lives.</p>
	<p>Sharon Chirban, PhD.....</p> <p><i>I n t e n t i o n : The Line Between Disorder and Passion</i></p> <p>In this interactive talk we'll examine the messages that come to clients (and all of us) through our culture - about beauty, our bodies, and health. We'll discuss the ways in which those messages can affect relationships with our bodies, food, movement, and recovery from eating disorders. We'll explore the sources and motivations behind these messages, the surprising effects they can have on every facet of our lives, and we'll discuss practical steps that you can take to support your clients in recognizing and dealing with these messages as part of their recovery journey, and beyond.</p>
	<p>Ragen Chastain.....</p> <p><i>The World is Messed Up, You are Fine – Helping Clients Deal with the Culture of Body Shame</i></p> <p>In this interactive talk we'll examine the messages that come to clients (and all of us) through our culture - about beauty, our bodies, and health. We'll discuss the ways in which those messages can affect relationships with our bodies, food, movement, and recovery from eating disorders. We'll explore the sources and motivations behind these messages, the surprising effects they can have on every facet of our lives, and we'll discuss practical steps that you can take to support your clients in recognizing and dealing with these messages as part of their recovery journey, and beyond.</p>
2:15-2:30PM	<p>Refreshment Break.....</p>

2:30-3:45PM	Concurrent Sessions 3
	Lorraine Platka-Bird, Ph.D., RD, CDE & Meg Salvia, MS, RD, LDN.....Room x <i>Diabetes and Eating Disorders</i>
	Valerie Martin, LMSW & Robert Chapman, MSSW, LMSW, LADAC.....Room x <i>The Hydra: Weaving Together Greek Mythology, ACT and Experiential Therapy</i> In this workshop, Valerie Martin and Bobby Chapman will weave together principals from Acceptance & Commitment Therapy and experiential therapy to illustrate the nature of cross-addiction or “addiction interaction” between eating disorders and commonly co-occurring substance abuse, codependency, sex/love addiction, and other process addictions. Participants will learn experientially through an interactive role-play exercise using the Hydra from Greek mythology to symbolize the “multi-headed” nature of addiction. The presenters will also discuss how this highly effective experiential intervention (ideal for group therapy but also workable in individual) is rooted in evidence-based theory/ practice including Internal Family Systems and Acceptance & Commitment Therapy.
	Joanna Kay Mercuri, Donald Blackwell & Tina Klaus.....Room x <i>Taking the “Th” Out of #Thinspiration – Utilizing Social Media to Encourage, Empower & Bring Hope to Those Battling or In Recovery from Eating Disorders</i> There has been much discussion of late regarding the negative impact that pro ana, #thinspiration, #fitspiration, #cleaneating and other similarly destructive social media “movements” can have and are having on those who are predisposed to, struggling with or in recovery from eating disorders – and what steps, if any, can reasonably be taken to control or limit them. Generally speaking if there is a diet fad or unhealthy eating practice chances are there is a home for it and staunch advocates touting it on social media. We appreciate the challenges that these movements present not only for the vulnerable, but for those who are responsible for loving and treating them. However, we also feel strongly that, when used properly, social media platforms (e.g., Twitter, Pintrest, Instagram, Facebook, blogs, etc.) can be powerful tools of support and hope not only for those committed to recovery, but those who are struggling with these insidious diseases and lack the resources necessary to avail themselves of more traditional treatment and support vehicles.
3:45-4:00PM	Refreshment Break.....Room x
4:00-5:30PM	Endnote Address by Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.iadep, CEDS <i>Overview of ARFID: Avoidant/Restrictive Food Intake Disorder.....Room x</i> In this presentation, Dr. Ovidio Bermudez will define and describe the new diagnosis included in the DSM-5, Avoidant/Restrictive Food Intake Disorder (ARFID), and how to effectively recognize and manage this patient population. First, he will cover the evolution of eating disorder diagnoses, and elaborate on the importance of differentiating Eating Disorder, Not Otherwise Specified (EDNOS) and Feeding Disorder of Infancy or Early Childhood criteria from the newly introduced ARFID diagnosis. Next, Dr. Bermudez will discuss creating an effective treatment plan to address the illness, which includes behavioral interventions and treatment of underlying conditions such as anxiety, obsessive-compulsive features or depression. In conclusion, he will share best practices and his recommendations to incorporate both the art and science of treating eating disorders. Presentation slides will include citations regarding data available on ARFID development,

2016 Exhibitors

- Behavioral Nutrition
 - Carolina House
 - Castlewood
 - Center for Discovery
- Center for Hope of the Sierras
 - Eating Recovery Center
- Elements Behavioral Health
- Green Mountain at Fox Run
- Klarman Center at McLean
- Massachusetts General Hospital
 - McCallum Place
 - Monte Nido
 - Montecatini
 - Oliver Pyatt Centers
 - Renfrew Center
- Rogers Memorial Hospital
 - Sierra Tucson
 - Timberline Knolls
- Veritas Collaborative
- Walden Behavioral Care

Hotel and Travel

Hotel

Where: [Boston Marriott—Newton](#)

Room Rates and Reservations

The following special room rate is being offered to MEDA guests by the Boston Marriott—Newton : \$159.00 single/double.

*Reservations must be made by **April 21, 2016** for this rate to apply.* To make your reservation call 1-617-969-1000 and use the group code MEDA or visit our website to book online.

Hotel Amenities

Check-in and Check-out

- Check-in: 4:00 PM
- Check-out: 12:00 PM
- Express Check-In and Express Checkout
- Video Review Billing , Video Checkout

Parking

- Complimentary On-site parking,

Internet Access

- Complimentary high speed internet included in room rate
- Lobby and public areas: Complimentary Wireless
- Meeting rooms: Wireless, Wired

Travel to the hotel:

Boston Marriott Newton

2345 Commonwealth Avenue

Newton, Massachusetts 02466 USA

Nearest Airport

Boston Logan International Airport—BOS

-The hotel does not provide shuttle service

-Estimated taxi fare: \$58 USD (one way)