

# Multi-service Eating Disorders Association

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## Inspiring Improved Eating Disorder Care: *Translating Theory into Practice*



### **17th National Conference**

May 18-19, 2012

Sheraton Hotel

Needham, Massachusetts



**McLean Hospital**  
**Klarman Eating Disorder Center**

**walden** behavioral care  
lasting recovery for body and mind

## **Objectives**

At the end of the MEDA Conference, participants will be:

1.) Better able to understand how to best manage cases through collaborative, cross-discipline approaches 2.) Better able to differentiate between the unique needs of vulnerable populations struggling with eating disorders 3.) Better able to incorporate specific treatment modalities appropriate for use in care of patients with eating disorders, and 4.) Better able to identify the latest medical, psychological and nutritional advancements that support patients with eating disorders

## **2012 Speakers**

Marci Anderson, MS, RD, LDN

J. Amber Barke, LICSW, RYT

Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS

Emmett R. Bishop Jr., MD, FAED, CEDS

Doug Bunnell, PhD\*

*(Disclosure: Vice President/Employee at The Renfrew Center)*

Theresa Chesnut, MSW, LICSW

Mary Ellen Clausen

Kim Dennis, MD

Jean Fain, LICSW, MSW

Judith Feldman, MD

Suzanne E. Gleysteen, MD

Ellen R. Glovsky, PhD, RD, LDN

Angelica Gonzalez, LMHC

Catherine Gordon, MD, MSc

Rachel Goren-Watts, MPH, MS

Carolyn Hodges Chaffee, MS, RD

Maryjeanne Hunt

Mary E. Kruger, MS, LMFT

Karin R. Lawson, Psy.D.

Beth Mayer, LICSW

Phillip S. Mehler, MD

Wendy Oliver-Pyatt, MD, FAED, CEDS\*

*(Disclosure: Owner, Oliver-Pyatt Centers)*

Melissa Orshan Spann, Ph.D.

Monika Ostroff, MSW, LICSW

Whitney Post, MA

Ana Renno dos Mares Guia, MA

Beth Rontal, LICSW

Christina Sendiña Garbati, LMHC

Patricia Thatcher, LICSW

Anne Welsh, PhD

Rhys Wyman, MS, RD, LDN\*

*(Disclosure: Co-Owner Eating Disorder Center of Andover, LLC & The Nutrition Factory)*

## **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.*

## **Refunds**

Refund requests received before May 1, 2012 will be processed less a \$25.00 administrative fee. Refunds will not be issued on/after May 1, 2012.

## **AGENDA**

### **FRIDAY, MAY 18**

**8:00-8:30AM**—Registration

**8:30-8:45AM**—Welcome

**8:45-10:00AM**—General Session

**10:00-10:15AM**—Break

**10:15-11:30AM**—Session I

**11:30AM-12:45PM**—Lunch

**12:45-2:00PM**—Session II

**2:00-2:15PM**—Break

**2:15-3:30PM**—Session III

**3:30-3:45PM**—Break

**3:45-5:00PM**—Session IV

**5:00PM**—CEU Pickup

*(for Friday Only Registrants)*

### **SATURDAY, MAY 19**

**8:00-8:30AM**—Registration

**8:30-9:00AM**—Opening Remarks

**9:00-10:15AM**—Keynote Address

**10:15-10:30AM**—Break

**10:30-11:45AM**—Session V

**11:45AM-1:00PM**—Lunch

**1:00-2:15PM**—Session VI

**2:15-2:30PM**—Break

**2:30-3:45PM**—Endnote Address

**3:45PM**—CEU Pickup

*\*Continental breakfast, buffet lunch and snacks will be served on both days.*

# Friday Workshops

## G.S. Medical Complications of Anorexia Nervosa and Bulimia and their Treatment

8:45-10:00AM

Presenter: *Phillip S. Mehler, MD*

This session will cover in great detail all the medical complications associated with anorexia nervosa and bulimia. Attendance at this session is important for any clinician caring for patients with anorexia nervosa or bulimia given the fact that both of these eating disorders are associated with medical complications which directly impact the ability to achieve a successful outcome. The session will be structured as a comprehensive, case-based, albeit salient and practical, body system by body system orderly review of these medical complications with clear delineation of those which are associated with anorexia nervosa versus those associated with bulimia. In addition, an extensive amount of time will be devoted to reviewing the evidence-based therapeutic options for these medical complications including insights about nutritional rehabilitation.

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## 1.A. DBT with a Twist

10:15-11:30AM

Presenter: *Monika Ostroff, MSW, LICSW*

This workshop will outline how to change DBT's didactic format to one that is patient driven, creative and experiential. Utilizing impromptu skits, artwork, game shows, experiential self-care activities and even their Droids and iPhones allows patients to quickly learn how to apply DBT skills to their real life situations. These activities provide an opportunity for patients to collaborate and practice skills while simultaneously providing the facilitator with an opportunity to coach *in vivo* situations. Participants will experience this unique format throughout the workshop's entirety. ED specific Diary Cards will be provided as well as tracking methods.

## 1.B. Eating Disorders, Celiac Disease, and Food Sensitivities

10:15-11:30AM

Presenter: *Anne Welsh, PhD*

In the past few years, there has been an increasing awareness of celiac disease and its treatment with a gluten free diet. In addition, gluten free products and menus have become more readily available at grocery stores and restaurants as more individuals have recognized varying levels of gluten sensitivities. However, despite these advancements, there has been little literature looking at the relationship of eating disorders and celiac disease. This presentation will examine the existing literature and case studies to help clinicians understand the ways in which celiac disease and an eating disorder may present similarly, may trigger each other, and when comorbid, may require additional considerations in treatment.

## 1.C. Bone Health in Adolescents with Eating Disorders

10:15-11:30AM

Presenter: *Catherine Gordon, MD, MSc*

This workshop will review determinates of bone density in a young adolescent. Factors that lead to bone loss in this patient group will be reviewed, as well as therapeutic strategies to prevent skeletal losses. This workshop will include interactive cases, and will provide ample time for attendees to ask questions.

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## 2.A. The Challenge of Treating Patients with Chronic Eating Disorders

12:45-2:00PM

Presenters: *Judith Feldman, MD, Suzanne E. Gleysteen, MD, and Beth Mayer, LICSW*

Studies of eating disorders demonstrate that a substantial fraction of patients do not recover during the follow-up period. Many of these patients go on to a chronic or relapsing course over years or decades. This workshop will focus on patients with these chronic or relapsing symptoms. A panel of clinicians using case illustrations will discuss the evaluation and treatment of chronic/relapsing eating disorders. We will include factors predisposing to chronicity; other diagnoses which may complicate treatment; and some of the special challenges and treatment approaches with this population.

## 2.B. From Silence to Freedom: Effective Treatment of Sexual Trauma and Eating Disorders

12:45-2:00PM

Presenters: *Christina Sendiña Garbati, LMHC and Angelica Gonzalez, LMHC*

The treatment of eating disorders and sexual trauma is complicated. This session will include aspects of Herman's well known model from *Trauma and Recovery* (1992) and the many metaphors found in the re-feeding process and the mind/body relationship. Participants will leave the session understanding a three tiered model of treating trauma and eating disorders and learn how to incorporate TFEBT, psychodrama, play therapy and Neurobiology in the treatment of trauma and eating disorders. There will also be an opportunity to practice interventions used with treating trauma and eating disorders.

## 2.C. Using Metaphor to Access and Treat Eating Disorders

12:45-2:00PM

Presenter: *Rachel Goren-Watts, MPH, MS*

Participants will learn the tenants of narrative theory, and specifically the metaphors women use to story their experience, enriching our understanding of eating disorders within a social constructionist lens. The process of meaning-making encourages recovery-based behaviors and allows for alternative ways of viewing the problem of the eating disorder. Furthermore, a woman's relationship to her eating disorder, as revealed by her language and metaphor, shifts during the recovery process. Through didactics, small group practice, and case presentations, this presentation will offer recent research findings that describe the metaphors that women use to talk about their eating problems, as well as ways to integrate this information into clinical applications, such as assessment and treatment for eating disorders.

## **Friday Workshops**

### **3.A. IFS Therapy: A Safer and Easier Way to Work With Eating Disorders and Addictions**

**2:15-3:30PM**

Presenter: *Mary E. Kruger, MS, LMFT*

This workshop will outline the innovations that IFS (Internal Family Systems) therapy brings to the field of eating disorders and addictions, and describe how to make the work safer and easier. Specific IFS techniques will be described and demonstrated, following a brief introduction to basic concepts of the model. This will be both a didactic and experiential workshop, appealing to all of our learning senses.

### **3.B. Motivational Interviewing for Clinicians**

**2:15-3:30PM**

Presenter: *Ellen R. Glovsky, PhD, RD, LDN*

This workshop is designed for clinicians who have some exposure to the basic principles of Motivational Interviewing. We will review these basic ideas, view a video clip, and do a practice exercise to help improve your MI skills. Upon completion of the workshop, participants will be able to: describe a collaborative working relationship with the patient; describe an effective initial motivational interview employing the five basic counseling skills; and describe one effective brief intervention.

### **3.C. The Self-Compassion Diet: Treating Binge Eaters with Loving-Kindness**

**2:15-3:30PM**

Presenter: *Jean Fain, LICSW, MSW*

When it comes to binge eating disorder, many therapists know that cognitive-behavioral therapy and mindfulness are a winning combination. But most don't think to add self-compassion into the therapeutic mix. Why would they? Researchers interested in eating issues have only recently turned a scientific eye on these ancient compassion-enhancing practices. Plus, most clinicians haven't had a chance to survey the scientific literature, let alone translate the exciting findings on loving-kindness into their daily work with clients. After providing a working definition of this guiding meditative principle, the presenter will review the cutting-edge research, and put the findings into a useful therapeutic context. Participants will learn updated self-compassion practices that are proving beneficial for the range of eating issues, but are especially effective for BED.

### **3.D. Connectivity: Effectively Utilizing Social Media and Technology in Eating Disorders Recovery**

**2:15-3:30PM**

Presenters: *Marci Anderson, MS, RD, LDN / J. Amber Barke, LICSW, RYT*

Social media and technology may feel like unknown and scary territory for many clinicians. But in reality, this technology can be a positive and powerful tool to connect your clients to resources and supportive spaces as they navigate the often isolating and unknown world of recovery. This presentation will utilize multi-media, case studies, and small group discussion to take the mystery and fear out of social media while providing you with practical and powerful resources to share with your clients. We will also explore boundary issues, roadblocks, and dilemmas that present themselves when utilizing technology in private practice.

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### **4.A. A Collaborative Recovery Model: Narrowing the Divide between Treatment, Support, and Community**

**3:45-5:00PM**

Presenters: *Mary Ellen Clausen and Carolyn Hodges Chaffee, MS, RD*

This workshop will challenge audience members to consider that a shift in focus from illness and crisis management to one of health and recovery is possible in their own minds, homes, and communities. Audience members will be empowered to think outside-the-box for local solutions to resource barriers for those struggling with eating disorders. The example of a successful one-of-a-kind model that has been established in Upstate New York will be shared.

### **4.B. Understanding Binge Eating Disorder and the 12-Step Model of Recovery**

**3:45-5:00PM**

Presenter: *Kim Dennis, MD and Whitney Post, MA*

This presentation will offer an overview of binge eating disorders and the neurological similarities and differences with other addictions. It will provide a clinical and personal perspective on the 12-steps as they relate to food addictions, and how they provide guidance and support to struggling clients. The presentation will be educational, interactive, and feature a case presentation. If you have been curious or cautious of the 12-step model, this is the perfect presentation for you.

### **4.C. Yoga tools for ED therapy**

**3:45-5:00PM**

Presenter: *Ana Renno dos Mares Guia*

It is common for therapists to find themselves at an impasse in working with patients with eating disorders. Yoga can be a powerful tool for both the therapist and the patient to break out of such periods of stagnation and make significant progress in treatment. In this workshop you will learn and experience first hand techniques of relaxation and resourcefulness that people find helpful in recovering from eating disorders, dealing with digestive discomfort, and living a more present life.

## **Saturday Workshops**

### **Keynote Address. Integrating Research and Practice in the Treatment of Eating Disorders**

**9:00-10:15AM**

Presenter: *Doug Bunnell, PhD*

Clinicians working with patients with eating disorders often balk at integrating evidence based treatment guidelines into their practice. Eating disorder researchers often decry the subjective bias of clinical wisdom over empirical evidence and wonder why clinicians are reluctant to adopt evidence based recommendations. This keynote presentation will explore the gap between research and practice and conclude with ideas about how clinicians can help to bridge that divide.

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### **5.A. Transforming Binge Eating with Innovative Body/Mind Modalities**

**10:30-11:45AM**

Presenters: *Beth Rontal, LICSW, and Patricia Thatcher, LICSW*

Treating Binge Eating Disorder requires multiple strategies that target different aspects of this complicating and challenging problem from different perspectives. This workshop provides a dynamic overview of the intersection between utilizing Tapas Acupressure Technique® (TAT®), Internal Family Systems (parts work), Resources Development and social support to treat Binge Eating Disorder. Through experiential exercise the participants will come away with an introduction to interventions they can bring into their practice while working with clients, both individually and in group.

### **5.B. Eating Disorders and PCOS: Exploring causes, effects, and treatments for those who struggle**

**10:30-11:45AM**

Presenter: *Rhys Wyman, MS, RD, LD*

Polycystic Ovarian Syndrome (PCOS) affects women with eating disorders, and it's hard to know how many. In many cases, it is very difficult to know which problem started first. PCOS can cause clients to have increased hunger, limited satiety, and very low self-esteem. Through case studies and teaching, you will learn about PCOS, how to identify it, and how it may affect some of your clients who struggle with eating disorders.

### **5.C. Treating Eating Disorders with Acceptance and Values Based Approaches**

**10:30-11:45AM**

Presenter: *Emmett R. Bishop Jr., MD, FAED, CEDS*

In this session, Dr. Bishop will discuss recurrent characteristic traits of eating disorder patients and how to use newer strategies such as Acceptance and Commitment Therapy to target all major maintaining factors of the eating disorder. With recovery as the goal, the presentation identifies the core processes of ACT and highlights using values to define a rich and meaningful life. This discussion of acceptance and values based approaches offers practical techniques for application in the treatment of eating disorders.

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### **6.A. Two Bodies in the Room: Using Authentic Connection and Self-awareness for Effective Body Image Treatment**

Presenters: *Wendy Oliver-Pyatt, MD, FAED, CEDS, Karin R. Lawson, Psy.D, and Melissa Orshan Spann, Ph.D.*

**1:00-2:15PM**

Body image is a necessary focus of treatment with eating disordered clients. Within body image therapy, therapists are using their own bodies as a treatment tool whether they are aware or not. It is inevitable that patients harbor thoughts and feelings about their therapist's body and vice versa. Clinical examples of how seasoned clinicians experience their bodies and use their bodies while striving to remain authentic and honest in the therapeutic relationship, maintaining appropriate boundaries, coping with client discourse regarding therapist body weight and size, and self-disclosure options will be shared.

### **6.B. Utilizing IFS & Guided Imagery to Work with Clients Eating Disordered Parts of Self**

**1:00-2:15PM**

Presenter: *Theresa Chesnut, MSW, LCSW*

This presentation will illustrate how the powerful model, Internal Family Systems (IFS), can be utilized in the treatment of eating disorders. The IFS model is not only one of the fastest growing approaches to psychotherapy, it has been shown to be quite effective in the treatment of anorexia, bulimia and binge eating disorder. This presentation will illustrate the basic concepts of IFS and participants will walk away having an understanding of how utilizing this model in the treatment of eating disorders is empowering, effective and nonpathologizing. This presentation will include experiential exercises.

### **6.C. Diabulimia - When Diabetes and Body Image Collide**

**1:00-2:15PM**

Presenter: *Maryjeanne Hunt*

According to the American Diabetes Association, diabetic women are nearly three times more likely to develop an eating disorder than non-diabetic women. It is estimated that up to 40% of female teens and young adults living with Type 1 Diabetes are afflicted with an eating disorder. Diabulimia is the dangerous and often fatal practice of altering or omitting insulin to lose weight. The uncanny link between diabetes and eating disorders is irrefutable. This workshop will share one woman's journey from illness to recovery, but it is NOT about illness; it is about hope, possibility and transformation.

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### **Endnote Address. Advances in Refeeding Practices in Adolescents with AN in the Inpatient Setting**

**2:30-3:45PM**

Presenter: *Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS*

This presentation will include a discussion of the rationale for assigning high priority to nutritional rehabilitation for malnourished adolescents given ongoing brain development. We will discuss refeeding risks including refeeding syndrome, followed by a review of recent literature about the safety of more aggressive practices in hospitalized adolescents. Finally we will discuss some practical recommendations for clinicians to balance the risks of refeeding concerns.

## **Presenter Bios**

### **Marci Anderson, MS, RD, LDN**

Marci Anderson, MS, RD, LDN is a registered dietitian in Cambridge and manages a group nutrition practice "Marci RD Nutrition Consulting." She specializes in and works exclusively with people who struggle with eating disorders, body image and weight concerns, as well as emotional and compulsive eating. In the fall of 2010, Marci completed advanced training as an Intuitive Eating Skills Coach and uses a non-weight focused, non-diet approach in her practice. Marci also instructs a nutrition counseling course for the Eating Disorder Institute at Plymouth State. By integrating nutrition therapy, sensitivity, and a little humor she teaches a spectrum of clients how to heal their relationship with food and their bodies.

### **J. Amber Barke, LICSW, RYT**

Amber Barke, LICSW, RYT is a clinical social worker and certified yoga instructor. Strongly utilizing a mind-body approach to healing, she believes that disordered eating is just one of the many maladaptive coping skills that clients use to reinforce negative beliefs about themselves. Working with schools and as the Clinical Coordinator at the Cambridge Eating Disorder Center, Amber had adapted her many of treatment modalities to fit the ever-growing needs of this population. Focusing on an empowerment approach, she urges clients to use mindfulness in deconstructing not only the internal paradigm of their own body image disturbance, but also the social and societal factors that contribute to their distress – specifically social media, culture, relationships, and family values.

### **Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS**

Ovidio Bermudez, MD, is the 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. He is Board certified in Pediatrics and Adolescent Medicine. Dr. Bermudez is a Fellow of the Academy for Eating Disorders, the Society for Adolescent Medicine and the American Academy of Pediatrics. He is Past Chairman and current member of the Board of Directors of the National Eating Disorders Association, Co-Founder of the Eating Disorders Coalition of Tennessee (EDCT) and Co-founder of the Oklahoma Eating Disorders Association (OEDA). He co-chairs the Medical Care Special Interest Group and the Hispano-Latino-American Chapter of the Academy for Eating Disorders.

### **Emmett R. Bishop Jr., MD, FAED, CEDS**

Bishop, Jr., MD, FAED, CEDS is the Medical Director of Adult Services at Eating Recovery Center in Denver, Colorado. He has more than 30 years of experience in the treatment of eating disorders. Formerly Assistant Professor of Psychiatry at the Medical College of Georgia, he was director of undergraduate education in psychiatry and did research in psychosomatic medicine. He has also completed drug studies with psychotropic medications and research in eating disorders. Author and co-author of numerous articles in his field, he has lectured widely on eating disorders and psychotropic medications. Dr. Bishop has done systematic research and has presented workshops at national conferences in this area. He is sought after as a consultant and advisor on bariatric psychological assessment.

### **Doug Bunnell, PhD**

Douglas W. Bunnell, PhD, FAED, is a clinical psychologist and Vice President of The Renfrew Center Foundation. He is the editor of Renfrew's professional newsletter, Perspectives, and chairs their research committee. He serves on the editorial board of Eating Disorders: The Journal of Treatment and Prevention and is the co-editor. A Fellow of the Academy for Eating Disorders, he is a former board president of the NEDA, a member of NEDA's Founders Council, and is the clinical advisor for the NEDA Navigator program. Dr. Bunnell has written and lectured, nationally and internationally, on eating disorders treatment, research, professional training, eating disorders in men, and the challenges of integrating science and practice. He is also a member of the AED credentialing committee, working to develop practice standards for residential treatment of patients with eating disorders. Dr. Bunnell has a private practice in Westport, Connecticut specializing in the treatment of eating disorders, chronic illness, and the psychological aspects of Lyme Disease.

### **Theresa Chesnut, MSW, LCSW**

Theresa Chesnut, LMSW, LCSW, has been a specialist in the field of treatment of eating disorders for over fifteen years. She earned her undergraduate degree at Kansas State University and later completed her graduate degree in Clinical Social Work at the University of Kansas. She has been on staff at Castlewood Treatment Center for eleven years as a clinical supervisor, lead therapist and in program development. She facilitates several eating disorder groups weekly with clients in residential, partial and transitional levels of care. She has been trained in Internal Family Systems theory for ten years and is a level one assistant trainer. Ms. Chesnut sits on the board of directors for BEDA (Binge Eating Disorder Association). She lectures regionally and nationally on the treatment of eating disorders and the recovery process.

### **Mary Ellen Clausen**

Mary Ellen is widely recognized as an innovative leader in eating disorder prevention, education and advocacy. After her two daughters struggled with eating disorders and her family learned of the severe lack of eating disorders resources, Mary Ellen envisioned a center that could offer support, encouragement and hope to those impacted by eating disorders. Out of her vision, Ophelia's Place, a non-profit, was founded in 2002. A safe haven for eating disorder sufferers and their families, Ophelia's Place offers information about eating disorder prevention, intervention, treatment, and education. Through its comprehensive resource center, peer run supports groups, educational workshops, and public awareness-raising efforts; Ophelia's Place continues to grow exponentially and reaches thousands of people annually.

## **Presenter Bios**

### **Kim Dennis, MD**

Dr. Kim Dennis is a board-certified psychiatrist who specializes in treating addictions, eating disorders and co-occurring disorders. She currently serves as the medical director at Timberline Knolls. Her knowledge of eating disorders and substance abuse isn't just limited to her academic and clinical experience, having had her own personal experience as a woman in recovery from an eating disorder and alcoholism. Dr. Dennis is published in the areas of gender differences in the development of psychopathology, co-occurring eating disorders and self-injury, and the use of medication with family-based therapy for adolescents with anorexia nervosa. She is on the editorial board of *Eating Disorders: The Journal of Treatment and Prevention*.

### **Jean Fain, LICSW, MSW**

Jean Fain, MSW, LICSW, is a Harvard Medical School-affiliated psychotherapist specializing in eating issues and the author of "The Self-Compassion Diet." A veteran journalist, she's been writing health and fitness features for newspapers (from the Boston Globe to the LA Times), magazines (O: The Oprah Magazine, Shape, Self...) and on-line publications (Huffington Post) for three plus decades.

### **Judith Feldman, MD**

Judith Feldman, MD is a psychiatrist in full-time private practice in Brookline. She is a professional member of MEDA. She did her psychiatric residency at Johns Hopkins and Massachusetts Mental Health Center. She worked for 25 years at Harvard Community Health Plan (Harvard Vanguard Medical Associates) and developed their eating disorders guidelines and program. She is currently seeing patients with eating disorders as part of outpatient treatment teams, and consults to Laurel Hill Inn, a residential program for patients with eating disorders. She has given numerous lectures and presentations on aspects of psychiatric treatment for patients with eating disorders.

### **Suzanne E. Gleysteen, MD**

Suzanne Gleysteen, MD has been in practice since 1995, with a general medical practice but with a focus on Eating Disorders. She is also the Medical Director of Laurel Hill Inn in Medford. She sees on average 3-10 patients a day with eating disorders, both in continuity care and as new patients. She collaborates with many providers on the care of very complex chronic patients. She is also an Associate in Medicine at BIDMC, an Instructor in Medicine at Harvard Medical School, and Board Certified in Internal Medicine.

### **Ellen R. Glovsky, PhD, RD, LDN**

Ellen Glovsky, Ph.D., RD, LDN is a Registered Dietitian and a member of the Motivational Interviewing network of trainers (MINT). She is a member of the faculty of Northeastern University where she teaches courses in nutrition, public health, health behavior change, and Motivational Interviewing. Dr. Glovsky also maintains a private practice in which she utilizes Motivational Interviewing in weight management, the treatment of eating disorders and nutrition for the prevention of illness. Dr. Glovsky holds both Master of Science and Doctoral degrees from Boston University.

### **Angelica Gonzalez, LMHC**

Angelica Gonzalez is a primary therapist at the Oliver-Pyatt Centers in Miami, Florida, where she works with families and individuals with eating disorders. She has been working as a therapist for over seven years, with an emphasis on treating trauma and related disorders. She has trained in psychodrama for the past eight years and uses creative therapy in most of her work. Angelica is passionate about her work and believes that as a therapist we need to explore every and any way to move our clients into a healthier place where they can dream again.

### **Catherine Gordon, MD, MSc**

Dr. Catherine Gordon is the Bone and Health Program Director at Children's Hospital Boston. Her work is directed at developing new approaches to prevent bone loss in at-risk patients by defining the lifestyle variables that affect the development of peak bone mass. She is seeking to identify factors that contribute to bone loss in healthy children and adolescents, as well as in those with such disorders as anorexia, inflammatory bowel disease, and cystic fibrosis. She is particularly interested in the influence of nutrition on hormones that affect bone development, such as adrenal and gonadal androgens, in this age group.

### **Rachel Goren-Watts, MPH, MS**

Rachael Goren-Watts, MPH, MS, has been in the eating disorder education, prevention, and treatment field for over 10 years. Her combined experiences as a psychotherapist, consultant to colleges and universities, the Education and Outreach Coordinator at MEDA, and in her research has provided her with a breadth of knowledge and experience with eating disorders. She will graduate in May 2012 with a doctorate in clinical psychology from Antioch University New England.

### **Carolyn Hodges Chaffee, MS, RD**

Carolyn Hodges Chaffee, MS, RD is director and CEO of Sol Stone Center for Eating Disorders and the Nutrition Clinic, an outpatient clinic providing specialized treatment for eating disorders. After developing a relationship with Ophelia's Place, the Nutrition Clinic opened an Intensive Outpatient Program in Syracuse, New York. Nutrition consultant for Cornell University's campus-wide multidisciplinary eating disorders program and past consultant for the U.S. women's Olympic crew team, Carolyn has dedicated more than 20 years to working with individuals with eating disorders.

## **Presenter Bios**

### **Maryjeanne Hunt**

Maryjeanne Hunt was diagnosed with Type 1 Diabetes in 1971. As a teenager she developed what is now known as Diabulimia and battled her eating disorder for 22 years. Now fully healed, she has been free of her eating disorder since 1997. Her memoir, currently titled, Eating to Lose is scheduled to launch in January 2012. A nationally published wellness columnist since 2009 and licensed personal fitness and weight management coach since 1987, Maryjeanne's story has been featured on ABC News and Oprah Radio. Maryjeanne has been a guest speaker on the topic of Diabulimia for both The American Diabetes Association and Juvenile Diabetes Research Foundation. She has also led discussion groups about the food-body image relationship in a variety of settings including hospitals, schools, fitness centers, and community centers.

### **Mary E. Kruger, MS, LMFT**

Mary Kruger, M.S., L.M.F.T., is an Internal Family Systems (IFS) Trainer. She is the founder of Rimmon Pond Counseling, LLC, located in the New Haven, Ct. area, which provides services to clients and their families, who are affected by eating disorders and addictions. In addition, she consults nationally with therapists who are interested in applying IFS to their work with this population. Mary has over 20 years of experience working with eating disorders, addictions and trauma, the majority of which has been IFS based; allowing her to utilize, to develop and to integrate IFS interventions into her work.

### **Karin R. Lawson, Psy.D**

Karin R. Lawson, Psy.D., licensed clinical psychologist, is a Clinical Program Director at Oliver-Pyatt Centers in South Miami, Florida. Her work with eating disorders includes coordinating the Embodied Living program at the Institute for Girls' Development in Pasadena, California, serving as the Eating Disorder Program Coordinator at UC-Davis Counseling and Psychological Services, as well as working as a counselor at The Renfrew Center's residential program in Coconut Creek, Florida.

### **Beth Mayer, LICSW**

Beth Mayer, LICSW has been in the eating disorders field for 27 years. She is nationally recognized for her work in the eating disorders field and has spoken at conferences around the country. She is currently the President of MEDA, Inc. Beth has been the Program Director of three community-based adolescent programs for Riverside Community Care, a nonprofit, healthcare and human services organization that delivers mental health, early intervention and substance abuse treatment services throughout Eastern and Central Massachusetts.

### **Phillip S. Mehler, MD**

Philip S. Mehler, MD, FACP, FAED, CEDS, is the Chief Medical Officer of Denver Health. A Phi Beta Kappa and Honors Graduate of the University of Colorado and an Alpha Omega Alpha Graduate of the The University of Colorado School of Medicine, Mehler has been at Denver Health since training there as a resident in the early 1980's. He served as Chief of Internal Medicine from 1993-2003 and was named Associate Medical Director in 2003. He served in that position until 2008, when he was promoted to Chief Medical Officer. Dr. Mehler is also a Professor of Medicine at the CU Medical School where he holds the Glassman Endowed Chair of Medicine.

### **Wendy Oliver-Pyatt, MD, FAED, CEDS**

Wendy Oliver-Pyatt, MD, FAED, CEDS received her specialty training at New York University-Bellevue Hospital in New York City, where she served as Chief Resident. She has held faculty positions at New York University, Albert Einstein School of Medicine and University of Nevada School of Medicine. Prior to founding Oliver-Pyatt Centers, she founded Center for Hope of the Sierras and Eating Recovery and Wellness Center of Nevada. She served as the Medical Director for the State of Nevada Division of Mental Health and Disability Services, Medical Director and Chief of Staff of Northern Nevada Adult Mental Health and has received Senatorial Recognition for her commitment to the mental health community. As an Assistant Clinical Professor of Psychiatry, Wendy educates medical students, nursing students, and psychiatry residents on the treatment and medical consequences for all forms of eating disorders.

### **Melissa Orshan Spann, Ph.D.**

Melissa Orshan Spann, Ph.D. specializes in Couple and Family Therapy and is currently a primary therapist at Oliver-Pyatt Centers in South Miami, Florida. Previously, her work has included serving as a primary therapist at The Renfrew Center and Life Counseling Services in Radnor, Pennsylvania and in private practice. Additionally, she is the Senior Consultant for Moving Traditions, whose premier program, Rosh Hodesh: It's a Girl Thing! is dedicated to proactively building for health in adolescent Jewish girls.

### **Monika Ostroff, MSW, LICSW**

Monika Ostroff, MSW, LICSW is a therapist, author and consultant specializing in eating disorders. The former Program Director of Hampstead Hospital's Eating Disorder Treatment Center, she is currently in private practice in Exeter, NH. Among her credits, Monika is a contributing author to Self-Harm Behavior and Eating Disorders 2004 and co-author of Anorexia Nervosa: A Guide to Recovery, 1999. Monika has been active in the field of eating disorders for the past twenty one years. She has appeared on several radio and television broadcasts including NPR's Public Affair, Boston's WGBH Arts and Ideas and Vatican Radio's Generation Jubilee.



## **Presenter Bios**

### **Whitney Post, MA**

Whitney Ladd Post, MA, is President and Co-Founder for Eating for Life Alliance, an organization focused on providing educational resources to colleges on the treatment and prevention of eating disorders and body image concerns. As a clinician, she has designed or implemented outpatient treatment for Boston eating disorder programs. As a consultant, she has provided wellness trainings, workshops, and individual coaching to National team athletes, as well as to area colleges, including Harvard University, Williams College, Boston University, and Wellesley College. She served for four years as the Director of the Women's Sports Foundation's GoGirlGo! Boston, an organization focused on improving the physical and emotional health of girls through physical activity and sports. Based on her own experience as a four-time National team rower, World Champion, and alternate for the Sydney Olympics, she specializes in athletes and eating disorder recovery, and contributes to national publications on the topic.

### **Ana Renno dos Mares Guia, MA**

Ana Renno dos Mares Guia, MA moved from her native Brazil to Boston where she earned her Master's degree from Lesley University in Independent Studies with specialization in Yoga Therapy applied to eating disorders. DJ has worked in various psychiatric treatment settings in the Boston area, as a yoga therapist and yoga consultant. She runs a busy private and small group practice in her yoga studio in Brookline, assisting students recovering from eating disorders. She is also a partner with MEDA in providing special training to health providers in how to integrate specific yoga tools into a private practice.

### **Beth Rontal, LICSW**

Beth Rontal, LICSW of Partnership in Wellness, specializes in binge-eating. Twelve years as a wellness coach and eleven years of experience counseling weight loss patients in our-patient and in-patient settings, informs her view that diets don't work. Beth is a Certified Professional in Tapas Acupressure Technique® and trained in Internal Family Systems. She is a member of the New England Society for the Treatment of Trauma and Dissociation, is a clinical supervisor at Community Services Institute and maintains a private practice in W. Roxbury, MA where she sees adults.

### **Christina Sendiña Garbati, LMHC**

Christina has expertise in the application of expressive and creative therapies in the treatment of eating disorders and presents to other clinicians on this subject. She has been working as a therapist specializing in trauma and eating disorders and has extensive training in TF-CBT and play therapy. Before joining the Oliver-Pyatt team she worked as a primary and family therapist specializing in treatment of trauma in children and families at Kristi House. She developed a passion for helping the patients reintegrate into their lives following treatment.

### **Patricia Thatcher, LICSW**

Patricia Thatcher, LICSW of The LifeWorks Center has over 25 years of experience working with trauma and dissociation. She specializes in the use of mind/body methods including the Tapas Acupressure Technique®, Thought Field Therapy, EMDR, The REMAP Process and hypnosis. Pat presents at international conferences, is a trainer of Tapas Acupressure Technique and President Emeritus of the New England Society for the Treatment of Trauma and Dissociation. She has a private practice in Cambridge, MA where she sees adults, children, couples and families dealing with trauma related issues, including eating and weight problems.

### **Anne Welsh, PhD**

Anne Welsh is a clinical psychologist in private practice in Cambridge MA. She received her PhD and MA from the University of Maryland and her BA at Bowdoin College. Prior to beginning her private practice, Dr. Welsh held a position at Harvard University Health Services and served as part of the Eating Disorders team. She completed her internship at the University of New Hampshire counseling center where she helped develop a peer-counseling program for eating disorders, and completed her post-doctoral fellowship at the Cambridge Eating Disorder Center. In addition, she trained in the eating disorders program at Children's Hospital in Washington DC, and the eating disorders treatment track at the University of Maryland Health Center.

### **Rhys Wyman, MS, RD, LD**

Rhys Wyman, MS, RD, LD is a dietitian in private practice in Andover, Massachusetts, specializing in eating disorders, but treating many disease states. He has recently joined forces with Karin Lewis, MA, LMFT to open the Eating Disorder Center of Andover, LLC, and is delighted to be able to help more than one client at a time. His work with clients with PCOS and diabetes started more than 10 years ago, working in various settings: The Diabetes Resource Institute at Catholic Medical Center, Manchester, NH, a pediatric endocrinology clinic, and consulting at physician offices and the Lowell Diabetes and Endocrine Center. He has found that some clients with PCOS and/or diabetes may have overlapping eating disorders. The challenge to treat the whole client, and minimize health risks, is one that he embraces on a daily basis.

# Multi-service Eating Disorders Association

## 17th National Conference

May 18-19, 2012

Sheraton Hotel

Needham, Massachusetts

### Who Planned the 2012 Conference?

MEDA would like to thank the 2012 Conference Committee: Marci Anderson, MS, RD, LDN, Sherrie Delinsky, Ph.D., Judith Feldman, MD, Katie Heimer, MA, Mary Korba, Beth Mayer, LICSW and Kristin Tyman, MPH. No one who planned the event made any disclosures.

### Who Is Invited?

MEDA welcomes eating disorder specialists and non-specialists to take part in the 2012 Conference. Certain workshops are designed to meet the need of advanced professionals and others are targeted to a more general audience.

### Accreditation

#### Jointly Sponsored Continuing Education for 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 MEDA. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this live activity for a maximum of 11.25 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Jointly Sponsored Continuing Education for Psychologists

This program is co-sponsored by Mclean Hospital and MEDA. 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 11.25 C.E. hour(s) for psychologists. Form more information, please call 617.558.1881.

#### Jointly Sponsored Continuing Education for RN's

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 11.25 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.

#### Continuing Education for Dietitians

This program has been approved by the Commission on Dietetic Registration for 12.0 CPEUs.

#### Continuing Education for Social Workers

This program is Approved by the National Association of Social Workers (Approval # 886416155- 8566 for 12.0 Clinical Social Work continuing education contact hour.

#### Continuing Education for Mental Health Counselors

MEDA has applied for continuing education credits and will hear back by May 1, 2012.



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