



Center for Change National Eating Disorders Conference for Professionals
January 27 – 28, 2017
Pathways of Prevention, Treatment, and Recovery from Eating Disorders

Friday Presentations:

Trauma Informed Care and Practice for Eating Disorders

– **Jenni Schaefer & Timothy D. Brewerton, MD, DFAPA, FAED, DFAACAP, HCEDS**

Those prone to develop eating disorders (EDs) appear to be especially sensitive to stress and adversity. Individuals with EDs also report very high rates of lifetime traumatic events. In this presentation, participants will become familiar with the literature that describes the clinical characteristics of individuals with EDs and comorbid posttraumatic sequelae. Understanding the clinical features of these individuals is extremely important to their successful management and treatment. We will also discuss Trauma Informed Care for EDs and important principles for treating individuals with EDs and comorbid PTSD and other trauma-related disorders, including the necessity of moving beyond sequential treatment to the development of integrated treatment protocols. Integration of existing evidence-based treatments including CBT for EDs, DBT, Cognitive Processing Therapy (CPT) Prolonged Exposure (PE), and Eye Movement Desensitization Reprocessing (EMDR) are recommended. Recent research suggests that ED clinicians view integrated treatment for individuals with ED and PTSD as a top priority yet they have several concerns about administering such a treatment.

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

– **Kenneth W. Willis, MD**

The description for this presentation is coming soon.

The Portrayal and Sexualization of the Female Body in the Media: Exploring the Impact on the Female Identity

– **Melissa K. Taylor, MS, LMFT, CEDS**

This presentation will highlight research completed by leading body image experts regarding how the media's 'thin ideal' impacts females' physical, psychological, and emotional well-being. We will explore how this problem negatively impacts familial relationships, both parent-child and couple interactions. Interventions will be presented to help families openly address these influences in their home environment and in their personal interactions. Melissa will draw on her expertise working with individuals and families torn apart by body image issues, eating disorder histories, and accompanying familial discord. This presentation will be focused on Clinical Application, and will emphasize the Functional Family Therapy's concept of an extrafamilial factor (the media) that has a large influence on female identity and relationships.

In Pursuit of Healing: Curiosity, Self-Compassion, and Collaboration

– **Nikki Rollo, PhD, LMFT**

Shame, a developmentally rooted emotional response to rejection and stigma, characterized by humiliation and inferiority, has been recognized as a central element in the development and maintenance of eating disorders. Eating Disorders could perhaps be called disorders of shame, where proneness has been associated with greater severity of symptoms. Adequate understanding and treatment of eating and body image issues requires a fundamental appreciation of shame as a human and archetypal phenomenon that narrows ones' freedom and keeps one in a state of constant self-observation. This presentation seeks to highlight the shame experience of individuals with eating disorders through including and then moving beyond a primary symptom focused therapeutic lens to one that is in pursuit of a deeper healing process at the level of body and soul. Discussion will include exploration of theories of healing, what healing requires from us in the process, approaching the patient from a stance of curiosity and the role of curiosity for the patient in finding meaning in life, conceptualization and interventions from Compassion-Focused Therapy (Paul Gilbert), and collaboration with the patient through the construct of Participatory Medicine (John Kabat-Zinn).



Center for Change National Eating Disorders Conference for Professionals
January 27 – 28, 2017
Pathways of Prevention, Treatment, and Recovery from Eating Disorders

Friday Presentations (continued):

*An Evidence-Based Sociocultural Approach to Eating Disorders Prevention in the Age of Neurobiology:
10 Principles for a Bolder Model*

– Key Note Speaker – Michael P. Levine, PhD

This presentation examines the prevention of eating disorders from the perspective of a feminist sociocultural theory that extends the Bolder Model of Prevention developed in the late 1990s by Lori Irving, Margo Maine, Niva Piran, and Michael Levine. Topics include (a) the rationale for prevention; (b) the relationships between prevention and risk factor research; (c) types of prevention along a spectrum of mental health interventions; (d) what a sociocultural theory does and does not do, particularly in comparison to the prominent bio-psychiatric and neuro-scientific model of eating disorders; (e) the empirical foundations of the claim that prevention can be “effective”; and (f) obstacles, including controversies, that must be acknowledged and overcome if prevention is to succeed. As a framework for this presentation, the audience is invited to engage in a critical evaluation of 10 principles that are the foundation for application of this newer version of The Bolder Model, which integrates the professional (e.g., clinical, research), the personal, and the political aspects of prevention work.



Center for Change National Eating Disorders Conference for Professionals
January 27 – 28, 2017
Pathways of Prevention, Treatment, and Recovery from Eating Disorders

Saturday Presentations:

A Modern Social Crisis: Dieting and Disordered Eating

– **Nicole Hawkins, PhD, CEDS**

With the ever-increasing prevalence of dieting and disordered eating among woman and men, it is critical to determine how this is impacting body image, and contributing to the development of disordered eating and eating disorders. Current research on frequency of dieting will be presented and how dieting is associated with depression, low self-esteem, and disordered eating. Landmark research on dieting will be discussed and this information is very useful for practitioners to share with their clients. The presentation will also address a non-diet approach as a solution for clients that frequently are trapped in the diet dance. The presentation will end with interventions for professionals working with clients that present in therapy with disordered eating and structure needed for these clients on an outpatient basis.

Eating Disorders & Diabetes: A Complicated Combination

– **Jenaca Beagley, NP-C, CDE & Michelle Smith, FNP-C**

Those who suffer with both an eating disorder and Type 1 Diabetes are faced with many challenges. How well do you understand the basic pathophysiology and diagnostic criteria of Type 1 Diabetes and eating disorders? Why are those with Type 1 Diabetes at increased risk for developing eating disorders? How do you screen for ED in someone with diabetes? What are the common challenges and treatment options for those with Type 1 Diabetes and eating disorders? This presentation will address these questions as well as provide additional information to use in caring for these complicated patients.

When Elimination Diets Aren't the Answer: Effective and Safe Solutions to Support Eating Disorder Recovery & Gastrointestinal Health

– **Marci Evans, MS, CEDRD, LDN**

Gastrointestinal complaints plague over 90% of eating disorder patients at all levels of care. These complaints compromise quality of life, exacerbate negative body image, and stall efforts toward full recovery. Eating Disorder expert Marci Evans brings you an information packed session which explains the complex intersection of GI and eating disorders, how to provide a detailed and purpose-driven assessment, laboratory testing and medical procedures specific to the GI system, and the newest research relating to the microbiome. You will leave with a multi-faceted toolbox of non-triggering interventions to vastly improve the quality of life of your patients.

Understanding Our Worth: A Cornerstone in Eating Disorders Prevention and Recovery

– **Michael E. Berrett, PhD, CEDS**

One of the most common and destructive consequences of the development of eating disorder illness, is the increasing connection to illness as a sense of self, identity, and worth, along with profound disconnection from oneself and a loss of sense of self, identity, and worth. In this perspective of illness, recovery requires a “walking away from” connection to illness, and a “walking towards” connection with self. This clinical workshop addresses: 1) The concepts of self, sense of self-worth, and identity, 2) The impact of eating disorder illness on ones sense of worth, 3) Ways clients can re-connect with and strengthen their sense of self and worth, and 4) clinical interventions which illuminate and strengthen one’s sense of self-identity and worth in the face of an illness which profoundly damages it. The workshop will include: didactic teaching, discussion, reflection, sharing, and experiential exercises. Participants will participate in exercises which allow direct application of principles and interventions taught.



Center for Change National Eating Disorders Conference for Professionals
January 27 – 28, 2017
Pathways of Prevention, Treatment, and Recovery from Eating Disorders

About the Presenters:

Timothy D. Brewerton, MD, DFAPA, FAED, DFAACAP, HCEDS

Dr. Brewerton is Clinical Professor of Psychiatry & Behavioral Sciences at the Medical University of South Carolina in Charleston, where he is also in private practice. He is board certified in general, child/adolescent and forensic psychiatry, as well as addiction medicine. He is a Distinguished Fellow of the American Psychiatric Association and the American Academy of Child Adolescent Psychiatry; a Founding Fellow of the Academy of Eating Disorders; former president of the Eating Disorders Research Society; author of approximately 150 articles/book chapters; Editor of the *Clinical Handbook of Eating Disorders: An Integrated Approach* (2004), Co-editor of *Eating Disorders, Addictions, and Substance Use Disorders: Research, Clinical and Treatment Perspectives* (2014). Dr. Brewerton has reviewed for over 50 scientific journals and serves on the Editorial Boards of the *International Journal of Eating Disorders*, *Eating Disorders: The Journal of Treatment and Prevention*, and *Current Food and Nutrition Science*. He has received numerous awards recognizing his accomplishments, including the 2013 Craig Johnson Award for Clinical Practice and Training by NEDA and the Honorary Certified Eating Disorder Specialist award by IAEDP.

Jenni Schaefer

Jenni Schaefer is a bestselling author and a National Recovery Advocate of the Family Institute at Eating Recovery Center (ERC). Her books include *Life Without Ed*; *Goodbye Ed, Hello Me*; and *Almost Anorexic*, a collaboration about subclinical eating disorders with Harvard Medical School. Currently, Jenni is at work on a book about fighting through posttraumatic stress disorder, PTSD. Partnering with ERC, Insight Behavioral Health Centers provides specialized treatment for mood and anxiety-related disorders, including PTSD, at five Chicago, Illinois treatment centers and one location near Jenni's home in Austin, Texas. To learn more, visit JenniSchaefer.com.

Kenneth W. Willis, MD

Dr. Willis is a board certified psychiatric physician who has been specializing in the treatment of Eating Disorders for over twenty-five years. He did his undergraduate work at Harvard, attended medical school at Dartmouth and completed residency in psychiatry at Dartmouth Hitchcock Medical Center. Ken has extensive experience treating patients at all levels of care including acute inpatient, residential, partial hospitalization and follows patients individually in the long term. As such he has observed Eating Disorders from their earliest beginnings to their most severe presentations including dealing with life threatening medical complications in hospital settings. He has a broad perspective on the management of Eating Disorders throughout the illness course. Dr. Willis is a member of NEDA since its inception, and a strong supporter of family involvement in the management and treatment of their loved ones with Eating Disorders. He is a member of the Academy for Eating Disorders, a Clinical Advisory Board Member of Project HEAL and a Member of the Board of Directors of the International Association of Eating Disorder Professionals. Dr. Willis founded prominent eating disorder programs in New Jersey including the eating disorder program at University Medical Center at Princeton and served as Attending Physician, Medical Director and Supervisor in these settings. Recently he assisted in the initial expansion of Monte Nido East Coast Operations and served as Medical Director as well. Dr. Willis enjoys consulting with colleagues on complex cases, supervising and teaching clinicians, and has private practices in New Jersey and New York City. Dr. Willis has written and lectured on Eating Disorders to the professional and lay communities and is eager to expand on this aspect of his career.

Melissa K. Taylor, CEDS, LMFT, MS

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

Nikki Rollo, PhD, LMFT

Nikki completed her Ph.D. in Depth Psychology, with an emphasis in psychotherapy. She is also a licensed Marriage and Family Therapist in both California and New York. For over ten years she has worked in various aspects of eating disorder treatment. Dr. Rollo is a specialist in program development, staff training, admissions, and business development aspects of eating disorder work. Integral to her clinical philosophy is her personal practice of yoga and meditation including completing a Yoga teacher training with an emphasis on trauma-sensitive mind-body movement. She is the National Director for Program Development for Center for Change and Reasons Eating Disorder Center. Her areas of special interest include meditation, mindful movement, body image, dream analysis, and self-compassion.



Center for Change National Eating Disorders Conference for Professionals
January 27 – 28, 2017
Pathways of Prevention, Treatment, and Recovery from Eating Disorders

Key Note Speaker – Michael P. Levine, PhD

Dr. Levine is Emeritus Professor of Psychology at Kenyon College in Gambier, Ohio, where he taught 33 years (1979-2012). In the field of eating disorders his commitment to research, writing, and activism focuses on the intersection between sociocultural risk factors, prevention, community psychology, and developmental psychology. He has authored two books and three prevention curriculum guides, and he has co-edited three books on prevention. In August 2015, as co-editor with his long-time collaborator and colleague Dr. Linda Smolak, he published a two-volume *Handbook of Eating Disorders* (Wiley & Sons Publishing). He and Dr. Smolak are currently working on a second, updated edition of their 2006 book *The Prevention of Eating Problems and Eating Disorders* (Erlbaum/Routledge/Taylor & Francis). In addition, he has authored or co-authored approximately 110 articles and book chapters, and he has presented his work throughout the United States, as well as in Canada, England, Spain, Austria, and Australia. He is a member of the advisory councils of The National Eating Disorders Association (NEDA), the Center for Study of Anorexia and Bulimia (CSAB, NY), the Center for Balanced Living (CBL, Columbus, Ohio) and Monte Nido & Affiliates—Eating Disorder Treatment Centers. Dr. Levine is a Fellow of the Academy for Eating Disorders (AED), which has awarded him their Meehan-Hartley Award for Leadership in Public Awareness and Advocacy (2006), and their Research-Practice Partnership Award (2008). Dr. Levine is also a member of the Founders Council of the National Eating Disorders Association, which awarded him the Lori Irving Award for Excellence in Eating Disorders Prevention and Awareness (2004) and the Nielsen Award for Lifetime Achievement (2013). After living for 37 years in Mount Vernon, OH, with his wife, Dr. Mary A. Suydam, a retired (as of May 2015) Kenyon religious studies and women and gender studies professor, they moved to California in June 2016, to live near UC Santa Barbara, where they both obtained all their degrees.

Nicole Hawkins, PhD, CEDS

Dr. Hawkins is a clinical psychologist and is the Director of Clinical Services at Center for Change. She is a specialist in eating disorders and body image and has provided clinical expertise at Center for Change since 1999. Dr. Hawkins developed a comprehensive body image program that focuses on the media, diet industry, plastic surgery, childhood issues, and learning to appreciate one's body, and she leads these groups for the inpatient and residential patients at Center for Change. She is a Certified Eating Disorder Specialist, has published several articles, and presents regularly at national and regional conferences.

Jenaca Beagley, NP-C, CDE

Apart from her personal experience with diabetes, living with it for the past 29 years, Jenaca has years of professional experience working in the field of diabetes. She has been a Certified Diabetes Educator (CDE) for over 10 years, starting in 2002 as an RN at the Diabetes Management Clinic at Utah Valley Regional Medical Center in Provo, Utah. Her experience there gave her the autonomy and desire to further her education and become a nurse practitioner. For the last 3 years she has been a part of strengthening the diabetes program at Center for Change. Jenaca enjoys spending most of her time at home with her 3 amazing kids.

Michelle Smith, FNP-C

Michelle Smith has been practicing as a Family Nurse Practitioner at Center for Change for nearly 10 years. While at Center for Change she has enjoyed being part of a team that believes in replacing suffering and pain with hope, healing and recovery. Michelle graduated from Brigham Young University as a Family Nurse Practitioner and prior to that earned a Bachelor of Science in Nursing from the University of Utah. Michelle came to Center for Change with a background in Pediatrics and Emergency Medicine. She is a member of the American Association of Diabetes Educators and American Association of Nurse Practitioners. Michelle enjoys meeting, educating, and encouraging patients of all ages.

Marci Evans, MS, CEDRD, LDN

Marci is an *iaedp* certified eating disorder dietitian and approved supervisor with nearly 10 years of experience in the eating disorder field. In addition to owning and managing her group practice in Cambridge, MA, which works exclusively with eating disorders, she is an adjunct professor at 3 universities where she lectures on nutrition counseling for eating disorders. She helped to develop and co-leads the eating disorder specific internship at Simmons College in Boston. She developed and launched an eating disorder online training for dietitians in 2015. And over the past year she has participated in an advanced integrative and functional nutrition training to advance her skills in treating co-occurring gastrointestinal concerns in the eating disorder population. Marci has spoken locally and nationally at numerous eating disorder related conferences and volunteers with a number of eating disorder-related organizations. (She would like to mention, she enjoys a lot of things that are not eating disorder-related like hiking, reading, and traveling.) ;)

Michael E. Berrett, PhD

Dr. Berrett is a licensed psychologist and is CEO and Co-Founder of Center for Change. He has more than 30 years' experience working with those suffering from eating disorders. Dr. Berrett received his PhD in Counseling Psychology with a doctoral minor in Marriage and Family Therapy in 1988. Prior to the opening of Center for Change intensive programs in 1994, Dr. Berrett worked in private practice as a psychologist, and at Utah Valley Regional Medical Center in adult and adolescent psychiatry. He is co-author of several books and book chapters including the APA bestseller *Spiritual Approaches in the Treatment of Women with Eating Disorders* and *Spiritual Renewal: A Journey of Faith and Healing*. Dr. Berrett is a nationally recognized presenter and clinical trainer, and is often a clinical professional guest on television, talk radio, and in printed publications.