

SYNERGISTIC APPROACHES FOR THE
TREATMENT OF EATING DISORDERS
IS HOSTED BY



NATIONAL ASSOCIATION OF
ANOREXIA NERVOSA AND
ASSOCIATED EATING DISORDERS



THE EATING DISORDER PROGRAM
AT ALEXIAN BROTHERS
BEHAVIORAL HEALTH HOSPITAL



Discover the person you were meant to be.

THE AWAKENING CENTER



TIMBERLINE KNOLLS

ADDRESS AND POSTAGE PANEL

SYNERGISTIC
APPROACHES
FOR THE
TREATMENT
OF EATING
DISORDERS

FEBRUARY 27, 2009

STONEGATE CONFERENCE CENTRE

2401 WEST HIGGINS ROAD

HOFFMAN ESTATES, IL 60169

PROFESSIONALS WILL RECEIVE TRAINING AND LEARN UNIQUE AND INNOVATIVE TREATMENT APPROACHES TO IMPROVE THE QUALITY OF CARE FOR THOSE SUFFERING FROM AN EATING DISORDER AND OTHER CO-MORBID ILLNESSES. SYMPOSIUM PARTICIPANTS WILL HAVE AN OPPORTUNITY TO UPDATE THEIR KNOWLEDGE AND COMPETENCY ON TREATMENT MODELS AND INTERVENTIONS, INCREASE AND ACQUIRE NEW SKILLS, AND ENGAGE IN NETWORKING AND REFERRAL OPPORTUNITIES. PARTICIPANTS WILL EARN 5.0 CEU'S.

8:00 – 8:45 A.M.

REGISTRATION AND BREAKFAST

8:45 – 9:00 A.M.

WELCOME

9:00 – 10:30 A.M.

“BECOMING THE ‘I’ IN THE STORM: HELPING EATING DISORDER CLIENTS FIND THEMSELVES AMID THE CHAOS”

RICHARD SCHWARTZ, PHD

Eating disorder clients who are traumatized often lose a sense of Self and are dominated by their approval-seeking or protective coping mechanisms. As a result, they are particularly susceptible to the messages swirling around them about their bodies and their worth. The Internal Family Systems (IFS) model helps clients find themselves from a place of calm and courage, and relate differently to their inner and outer storms.

10:30 – 10:45 A.M.

BREAK AND EXHIBITS

10:45 – 11:45 A.M.

BREAK OUT SESSIONS #1

CHOOSE ONE SESSION:

- A) “Understanding the Multi-Symptomatic Complex Patient Through the Use of Self-Regulation Model”
Denise M. Styer, PsyD
- B) “Trusting Our Guts: Using Internal Family Systems Therapy for Body Image, Eating Disorders and Parts of Ourselves”
Tanis Allen, ACSW, LMSW
- C) “Cultural Competence in Eating Disorder Treatment: Beyond the Symptom”
Daniela E. Schreier, PsyD, LCPC
- D) “Special Statements: The Use of Positive Self-Messages in the Treatment of Eating Disorders and Body Image Dissatisfaction”
Jill Zimmerman Rutledge, MSW, LCSW

11:45 – 1:00 P.M.

LUNCH AND ANAD AWARDS CEREMONY

1:15 – 2:15 P.M.

BREAK OUT SESSIONS #2

CHOOSE ONE:

- E) “Binge Eating Disorder: An Overview of Current Evidence Based and Complimentary Treatment Options”
Sharon Peterson, LCSW and Chevese Turner
- F) “Males with Eating Disorders: Where Are We Now and Where Are We Going?”
Thomas J. Shiltz, MS, CSAC
- G) “It’s Never Too Late to Have a Happy Childhood: The Use of Integrative Family Therapy with Adult and Adolescent Women with Eating Disorders”
Susan McClanahan, PhD and Katie Pruitt, MA, ATR-BC
- H) “Befriending the Body: Using the Creative Process in Regaining a Sense of Self”
Lisaura Lozada-Torres, MA, DTR, LPC and Melissa Rocchi, LCPC, ATR

2:15 – 2:30 P.M.

BREAK AND EXHIBITS

2:30 – 3:30 P.M.

BREAK OUT SESSIONS #3

CHOOSE ONE:

- I) “The Role of Group Therapy and Support Groups in Recovery from an Eating Disorder”
Rachel Quast, MA
- J) “Relapse Prevention Strategies: Practical Approaches to Building Resiliency in the Eating Disorder Client”
Fatima Ali, M.D. and Trish Jones-Bendel, RN, BSN
- K) “The Balance Between Flexibility and Rigidity: Resiliency Building with Your Clients”
Monica Hinton, MSW, RSW
- L) “Help Clients Take Charge of Their Lives: Using DBT for Emotion Regulation Skills”
Gulin Guneri, PsyD

3:30 P.M.

CONFERENCE END. PICK UP CEU'S

FOR MORE INFORMATION CONTACT

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