

# 10.10.2020

## QC EATING DISORDERS VIRTUAL CONFERENCE

### PURPOSE

A full day of livestream presentations aimed at promoting awareness, understanding, diagnosis and treatment for eating disorders in our community.

### WHEN & WHERE

Saturday, October 10th, 2020  
Via GoTo Webinar & GoTo Training  
8:30 AM - 3:00 PM

### INTENDED AUDIENCE

Physicians, Psychiatrists, ARNPs, Social workers,  
Counselors, Nurses, Psychologists, Dietitians, CN's,  
APN's, PA's, and other health care professionals.  
General public is welcome to attend.

### AUDIENCE

Providers

General  
Public

### FEE STRUCTURE

\$75.00 for the full day of  
livestream presentations and  
educational credits.

Registration is free. Freewill  
donations given will enable  
planning of future events.

### KEYNOTE SPEAKER

## Sarah Stevens

Creator, Writer, Speaker & Founder of The Beautifull Project

In 2016, Sarah left a successful, decade-long career in corporate healthcare in favor of work that better aligned with her passion and purpose. After serving for two years as a freelance consultant to small businesses and start-up nonprofits, Sarah founded The Beautifull Project - a storytelling collective that invites women back to their bodies and into a world where they belong with substance and with strength.

Sarah is a gifted storyteller with a skill for using her own experience as a woman navigating the world in a fat body to invite her audience to encounter the parts of themselves they hide away from the world - the parts they believe to be "too much". Sarah amplifies a message that moves beyond a body positive sentiment and creates a movement that makes room for every body to tell their truth and take up space.



### KEYNOTE SPEAKER

## Michelle Roling LMHC, CEDS

Licensed Mental Health Counselor, Co-Founder of the Eating Disorder Coalition of Iowa

Michelle Roling has been a Senior Staff member of Iowa State University's Student Counseling Services for twenty years in a variety of roles and is the eating disorder coordinator. Michelle is a co-founder of the Eating Disorder Coalition of Iowa, which celebrated its 10th Anniversary in 2020. Michelle also has a private practice, in Ames, Iowa, "Sharing is Healing", working with client presenting concerns of body image, eating disorders and their co-occurring mental health diagnoses.



# QC EATING DISORDERS CONFERENCE SCHEDULE

8:30-8:45 AM

## **WELCOME**

8:45-10:00 AM

## **KEYNOTE SPEAKERS**

**Sarah Stevens & Michelle Roling LMHC, CEDS**

### **Kiss BMI Goodbye: Breaking Up with Weight-Centered Approaches to Wellness**

Abandoning the myth that thin equals healthy is the very foundation on which a sustainable approach to wellness can - and should - be built. This session will focus on how we can each move toward a weight neutral, body affirming lifestyle.

*educational credits offered*

10:00-10:15 AM/Break

10:15-11:15 AM

## **BREAKOUT SESSION 1**

### **Room #1**

Platinum Sponsor ED Care presents

**Temperament Informed Treatment for Eating Disorders  
Hardwired for Both an Eating Disorder and**

**Recovery: Is it Possible?**

*educational credits offered*

### **Room #2**

Silver Sponsor Timberline Knolls presents

**Nutrition Therapy in the Treatment of Eating and  
Co-occurring Disorders**

*educational credits offered*

### **Room #3**

Silver Sponsor Rogers Behavioral Health presents

**Eating Disorders and Co-occurring OCD:  
Understanding the Overlap**

*educational credits offered*

### **Room #4**

Bronze Sponsor Monte Nido & Affiliates presents

**Overcoming the Weight Bias in Healthcare**

*educational credits offered*

### **Room #5**

Bronze Sponsor iaedp presents

**The 9 Truths of Eating Disorders:  
How to Be Your Best as a Caregiver & Advocate**

*general public only*

11:15-11:30 AM/Break

11:30 AM-12:30 PM

## **Q&A LUNCH PANEL with the ED Care Provider Team**

12:30-12:45 PM/Break

# QC EATING DISORDERS CONFERENCE SCHEDULE

12:45-1:45 PM

## BREAKOUT SESSION 2

### Room #1

Silver Sponsor Timberline Knolls presents

#### **Nutrition Therapy in the Treatment of Eating and Co-occurring Disorders**

*educational credits offered*

### Room #2

Bronze Sponsor McCallum Place presents

#### **Minority Consideration in the Treatment of Eating Disorders**

*educational credits offered*

### Room #3

Bronze Sponsor Laureate Eating Disorders Program presents

#### **Addressing Over-Exercise in the ED Patient**

*educational credits offered*

### Room #4

Lead Sponsor Amy's Gift presents

#### **Calm and Soothe Yourself: Ways to Help Yourself Through Your Eating Disorder**

*educational credits offered*

### Room #5

Bronze Sponsor Acadia Health presents

#### **The Role of the Treatment Placement Specialist in Eating Disorder Treatment Planning**

*general public only*

1:45-2:00 PM/Break

2:00-3:00 PM

## BREAKOUT SESSION 3

### Room #1

Bronze Sponsor Amita Health presents

#### **Moving Forward Together: Integrating Virtual and Direct Patient Care in the Management of Eating Disorders**

*educational credits offered*

### Room #3

Bronze Sponsor Brandis McFarland presents

#### **Supporting Your Loved One with Advanced Caregiving, Based on Principles and Techniques of Emotion Focused Family Therapy**

*educational credits offered*

### Room #4

Lead Sponsor EDCI presents

#### **Nutrition for Every Body: Weight Inclusive Practices for Dietitians**

*educational credits offered*

### Room #5

Lead Sponsor Robert Young Center presents

#### **How To Create a Successful Eating Disorder Support Group**

*general public only*

# 2020 Quad Cities Eating Disorders

## CONTINUING EDUCATION

### REGISTRATION & PAYMENT

All conference participants will choose which breakout sessions they would like to attend after payment/reservation online and will be given instructions on how to access the courses upon choosing. Note: All session times listed are Central Standard Time/America-Chicago.

### ALL HEALTH PROFESSIONALS & GENERAL PUBLIC

Purchase and/or reserve your tickets at our Eventbrite web page  
<https://www.eventbrite.com/e/2020-quad-cities-eating-disorders-virtual-conference-tickets-114374605524>

### QUESTIONS

For questions please contact Stephanie Burrough at [Stephanie.Burrough@unitypoint.org](mailto:Stephanie.Burrough@unitypoint.org) or visit our website at [www.qcedconference.com](http://www.qcedconference.com) for more conference details.

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### CME/CE DETAILS



**CME:** This activity has been planned and implemented in accordance with the Essentials and Standards of the Iowa Medical Society through the joint sponsorship of Genesis Medical Center and Amy's Gift. Genesis Medical Center is accredited by the Iowa Medical Society to sponsor continuing medical education for physicians.

Genesis Medical Center designates this Live activity for a maximum of 4.25 *AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

#### **CE:**

IA Nursing: 4.25 contact hours will be awarded by Iowa Board of Nursing Provider #59, Genesis Medical Center, Davenport, Iowa.

IL Nursing may use the IA CE certificate for license renewal.

IA All Others: May be eligible for up to 5.3 hours continuing education credit. Consult your governing rules to determine if appropriate subject matter criteria will apply to credit hours.

IL SW: 4.25 Continuing education hours from Black Hawk College. Bring a check made out to "Black Hawk College" for \$15.

Dietitians: Continuing Education hours for prior approval have been submitted to the Commission on Dietetic Registration.

All Other Professionals Not Listed: May be eligible for continuing education. Consult your governing rules to determine if appropriate subject matter criteria will apply to credit hours.

# Quad Cities Eating Disorders Conference

## CME/CE PRESENTATIONS

### Keynote Presentation

#### **Kiss BMI Goodbye: Breaking Up with a Weight-Centered Approach to Wellness**

PRESENTERS: Sarah Stevens and Michelle Roling LMHC, CEDS

DESCRIPTION: Is it really possible to break up with a weight-centered approach to wellness once and for all? It's one thing to understand diets fail. It is another to recognize disordered eating and eating disorder recovery is dependent on creating a rule-free relationship with food. How does it work? The role of society's ideal body size must be acknowledged. We must call out society's weight belief that a healthy body is a thin body. Abandoning this myth that thin equals healthy is the very foundation on which a sustainable approach to wellness can - and should - be built. This session will focus on how we can each move toward a weight neutral, body affirming lifestyle.

#### OBJECTIVES:

At the end of this presentation, participants will be able to:

1. Identify 3 dangers to patients/clients when weight focused care and weight stigma are present in medical/treatment settings.
2. List 2 strategies which decrease body shame and build body resilience.
3. Discuss potential patient/client benefits, in several life components, for those utilizing weight neutral approaches to wellness.
4. Create a personal wellness paradigm diagram.

### Platinum Sponsor ED Care presents

#### **Eating Disorder Traits in Recovery: Temperament Informed Treatment for Eating Disorders - Hardwired for Both an Eating Disorder and Recovery: Is it Possible?**

PRESENTERS: Tamara Pryor, PhD, FAED and Caroline Neumann, PsyD

DESCRIPTION: This presentation will focus upon temperament traits that may be viewed as risk factors for the development and maintenance of Eating Disorders (EDs), but also facilitate positive outcomes for recovery. Temperament and character has been shown to be important in the onset and in the treatment of eating disorders. Recently new information has emerged suggesting that people who develop EDs often have traits, such as perfectionism, reward dependence, avoidance, inhibition, and hypervigilance. This workshop will conclude with a discussion about the implications for the de-stigmatization of EDs and developing trait-based treatments.

#### OBJECTIVES:

At the end of this presentation, participants will be able to:

1. Discuss how to identify and measure temperament traits in EDs.
2. Identify specific ED traits which can be utilized as strengths in recovery.
3. Discuss treatments that have been developed to constructively utilize the ED traits.

# Quad Cities Eating Disorders Conference

## CME/CE PRESENTATIONS

*Silver Sponsor Timberline Knolls presents*

### **Nutrition Therapy in the Treatment of Eating and Co-occurring Disorders**

PRESENTER: Victoria Kupiec RD, LDN

DESCRIPTION: Research has shown us that most individuals in treatment at higher levels of care for an eating disorder also have a co-occurring mood disorder and that females struggling with substance abuse have a high incidence of eating disorders. This presentation will educate participants on key factors to recognize and detect eating disorders through screening and assessment. It will also demonstrate the importance of nutrition therapy in the treatment of co-occurring disorders and help participants understand of the role of a dietitian in an inter-disciplinary approach to treatment.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Identify key components for screening and assessment of eating disorder behaviors.
2. Examine tools to recognize and differentiate between eating disorders and disordered eating.
3. Describe the importance of nutrition therapy in the treatment of co-occurring disorders.

*Silver Sponsor Rogers Behavioral Health presents*

### **Eating Disorders and Co-Occurring OCD: Understanding the Overlap**

PRESENTERS: Nicholas Farrell, PhD and Stephanie C. Eken, MD

DESCRIPTION: Eating disorders and obsessive-compulsive disorder share a number of important conceptual similarities and frequently co-occur, which can present significant challenges to clinicians. Our presentation will help clinicians to better understand the conceptual overlap between eating disorders and OCD, which allows for effective use of exposure-based treatment strategies to address both problems simultaneously.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Recognize and describe conceptual similarities between key symptoms of eating disorders and OCD.
2. Implement exposure-based therapy techniques to simultaneously address symptoms of an eating disorder and OCD.

# Quad Cities Eating Disorders Conference

## CME/CE PRESENTATIONS

Bronze Sponsor Monte Nido & Affiliates presents

### **Overcoming the Weight Bias in Healthcare**

PRESENTER: S. Umamah Fatima, MS, RDN, LDN, CEDRD

DESCRIPTION: Oftentimes a patient's weight can affect the way they are treated among healthcare professionals. This presentation will explore why a weight bias is present in the healthcare field and how it affects patient care. It will also explore how healthcare professionals can reduce their weight bias in order to better support and treat their patients.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Identify the root of weight bias in the healthcare field
2. Identify consequences that weight bias by healthcare professionals can have on patients
3. Discuss ways to how healthcare professionals can reduce weight bias in their own practice

Bronze Sponsor McCallum Place presents

### **Minority Considerations in the Treatment of Eating Disorders**

PRESENTER: Veronica Delgado, MA, LPC

DESCRIPTION: This presentation will discuss the presence of minority identified individuals in eating disorder treatments and why current figures are not representative of the general population. This presentation will also suggest some "best practices" for treating minority identified individuals including special considerations to make for specific identities and guide providers through how to initiate and engage in conversations regarding minority status.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Articulate at least two barriers faced by BIPOC when seeking treatment for an eating disorder.
2. Articulate at least two "best practices" for working with minority-identifying clients.
3. Articulate at least two phrases that they can use to explore power dynamics based on minority status with clients.



# Quad Cities Eating Disorders Conference

## CME/CE PRESENTATIONS

*Bronze Sponsor Laureate Eating Disorders Program presents*

### **Addressing Over-Exercise in the ED Patient**

PRESENTER: Gabrielle Taylor MS, RD, LD

DESCRIPTION: This presentation will be an exploration of the role over-exercise might play in eating disorder illness. In addition, the webinar will explain how to help our patients establish a healthy relationship with movement, activity and their bodies while also challenging the obsessive- compulsive aspects of the disorder.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Assess how exercise may be intertwined with a patient's eating disorder.
2. Describe interventions at the inpatient and outpatient level to change patient relationship with exercise and to safely introduce healthy movement into the recovery journey.
3. Describe the concept of joyful movement in treatment.
4. Explain the guidance for appropriate supplementation for movement.

*Amy's Gift: Quad Cities Eating Disorder Consortium presents*

### **Calm and Soothe Yourself: Ways to Help Yourself Through Your Eating Disorder**

PRESENTER: Betsy Zmuda-Swanson, MSW, SEP

DESCRIPTION: In this workshop you learn techniques to work with yourself, especially during anxious times. Be prepared to learn some new skills on how to kindly, gently, be with you.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Describe stepping inside themselves and outside of their thinking and often anxious brain.
2. Discuss the skill of listening to your body.

*Bronze Sponsor Amita Health presents*

### **Moving Forward Together: Integrating Virtual and Direct Patient Care in the Management of Eating Disorders**

PRESENTER: Lacey Lemke, PsyD

DESCRIPTION: This presentation focuses on the integration of virtual and in-person care in the treatment of eating disorders. Through embracing changes that were brought about from the global pandemic, we can work to better enhance treatment for our patients moving forward. Join us in exploring how we can tailor treatment approaches to best fit our patients' needs and the benefits of hybrid models of treatment.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Describe the context in which telemental health practices are developed.
2. Identify opportunities and challenges of virtual care encountered thus far.
3. Discuss how to begin a discourse about future directions and integrated models of care.



# Quad Cities Eating Disorders Conference

## CME/CE PRESENTATIONS

*Bronze Sponsor Brandis McFarland Mental Health Counseling presents*

### **Supporting Your Loved One with Advanced Caregiving, Based on Principals and Techniques of Emotion Focused Family Therapy**

PRESENTER: Brandis McFarland MA, LMHC, CEDS

DESCRIPTION: Emotion-Focused Family Therapy (EFFT) is a treatment model designed to empower parents and caregivers to take on an active role in their loved one's mental health and wellness and for clinicians to support caregivers become healing agents of change. In this session, attendees will learn how to use behavior coaching, emotion coaching and how to heal wounds through therapeutic apologies to improve outcomes for all involved.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Explain that EFFT is inspired by theories of attachment, emotion and neuroscience and supports the healing power of supportive parent-child interactions.
2. Describe that Caregivers DO NOT cause mental health issues and that through Emotion Coaching and Behavior Coaching they can bring about positive change.
3. Recognize how to work through Blocks which are attitudes or behaviors that can leave you feeling stuck or frustrated or out of touch with your instincts as caregivers and providers and learn how to heal wounds through therapeutic apologies.

*Eating Disorders Coalition of Iowa presents*

### **Nutrition for Every Body: Weight Inclusive Practices for Dietitians**

PRESENTER: Holly Paulsen RD, CEDRD-S, LD

DESCRIPTION: Words matter. In this presentation, we'll discuss the evidence based practices in providing a weight inclusive nutrition message. From Mindful and Intuitive Eating to Health at Every Size Principles, participants will leave with a full 'toolbox' of resources to communicate nutrition messages effectively without triggering disordered eating.

#### **OBJECTIVES:**

At the end of this presentation, participants will be able to:

1. Define and differentiate between weight centric and weight inclusive nutrition messages
2. Discuss evidence based support for weight neutral or weight inclusive nutrition
3. Identify resources and references for further training and information

# Quad Cities Eating Disorders Conference

## GENERAL PUBLIC PRESENTATIONS

*iaedp presents*

### **The 9 Truths of Eating Disorders: How to Be Your Best as a Caregiver & Advocate**

PRESENTER: Beth Harrell, MS, RD, LD, CEDRD-S

DESCRIPTION: Much has changed in our understanding around eating disorders over the past few decades, so much so that in 2015 the Academy of Eating Disorders collaborated with international patient, advocacy, and parent organizations to create the "Nine Truths About Eating Disorders". Since then, this document has been distributed globally, allowing both providers and the public to replace misunderstandings and stereotypes about eating disorders with science-based facts. This presentation will share those truths in an effort to help you deepen your understanding about what eating disorders are, their causes, and paths to treatment. By doing this, we are able to become a better allies and advocates for our family, friends and loved ones - as well as for ourselves.

*Acadia Health Treatment Placement Specialists presents*

### **The Role of the Treatment Placement Specialist in Eating Disorder Treatment Planning**

PRESENTER: Alissa Gunderson, Treatment Placement Specialist ®

DESCRIPTION: Acadia Healthcare's Treatment Placement Specialists (TPS) exist to help behavioral health professionals locate advanced clinical care for clients with complex needs. TPS offers complimentary treatment guidance for individuals and families whose lives have been disrupted by a variety of eating disorder diagnoses and co-occurring conditions. The TPS team is uniquely prepared to provide higher-level treatment options for adolescents and adults who in need of comprehensive inpatient, residential, outpatient, and step-down programming.

*Robert Young Center - UnityPoint Health presents*

### **How To Create a Successful Eating Disorder Support Group**

PRESENTERS: Eating Disorder Support Group Panel

DESCRIPTION: Local facilitators will discuss what has made our eating disorders support group successful over ten years in the community. Attendees are encouraged to ask questions to learn more about the benefits of attending and how to start a successful support group of their own.

*Presentation changes may be made due to unforeseen circumstances  
and will be updated on the web site as changes are made.*

## FOR MORE INFORMATION

visit our website at [www.qcedconference.com](http://www.qcedconference.com)

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