



The Center for Eating Disorders  
AT SHEPPARD PRATT

presents a  
symposium

# eating disorders: state of the art treatment

saturday,  
september 25, 2010

The Conference Center at Sheppard Pratt  
6501 N. Charles Street, Towson, MD  
[www.sheppardpratt.org](http://www.sheppardpratt.org)

7 CME/CE Credits

[www.eatingdisorder.org](http://www.eatingdisorder.org)

## symposium schedule

## presenters

### 7:00 - 8:00 A.M.: REGISTRATION & CONTINENTAL BREAKFAST

---

### 8:00 - 8:15 A.M.: WELCOME

---

Harry A. Brandt, M.D., Director  
Steven F. Crawford, M.D., Associate Director  
Center for Eating Disorders at Sheppard Pratt

### 8:15 - 9:30 A.M.

---

#### ***Seeing From a Different Angle: Shifting Clinical Perspectives and Expanding Skill Sets to Improve Outcomes for Individuals With Treatment Resistant Eating Disorders***

Lucy Serpell, Ph.D.  
Eating Disorder Lecturer,  
Clinical, Educational and Health Psychology,  
University College London

### 9:30 - 10:15 A.M.

---

#### ***What Potential Role Is There for Medication in the Treatment of Anorexia Nervosa?***

Scott Crow, M.D.  
Professor of Psychiatry,  
University of Minnesota

### 10:15 - 10:30 A.M.: BREAK

---

### 10:30 - 11:45 A.M.

---

#### ***Outcomes and Implementation of Family Based Treatment for Anorexia and Bulimia***

Daniel Le Grange, Ph.D.  
Professor, Department of Psychiatry and Behavioral Neuroscience;  
Director, Eating Disorders Clinic,  
University of Chicago

### 11:45 A.M. - 12:45 P.M.: LUNCH

---

### 12:45 - 2:00 P.M.

---

#### ***Updates and Evidence-Based Nutrition Guidelines in the Treatment of Eating Disorders***

Marcia Herrin, Ed.D., MPH, RD, LD  
Founder, Dartmouth College Eating Disorders Prevention,  
Education and Treatment Program,  
New Hampshire

### 2:00 - 3:15 P.M.

---

#### ***Cognitive Process and Remediation in Anorexia Nervosa***

James Lock, M.D., Ph.D.  
Director, Stanford Child and Adolescent Eating Disorder Program,  
Division of Child Psychiatry,  
Department of Psychiatry and Behavioral Sciences,  
Stanford University

### 3:15 - 3:30 P.M.: BREAK

---

### 3:30 - 4:45 P.M.

---

#### ***Resiliency, Vulnerability, and Growth: Utilizing Transference and Countertransference Reactions to Deepen the Treatment of Eating Disorders***

Kathryn Zerbe, M.D.  
Professor of Psychiatry,  
Oregon Health and Sciences University

### 4:45 - 5:00 P.M.: PROGRAM EVALUATION

---

### LUCY SERPELL, Ph.D.

---

is an honorary clinical psychologist at North East London Foundation NHS Trust and a lecturer at University College London. Her interests include eating disorders research focused on cognition, motivation and personality in anorexia nervosa. She also studies the neuropsychology of perseverative behavior in eating disorders.

### SCOTT CROW, M.D.

---

is Professor of Psychiatry at The University of Minnesota, Director of the Midwest Regional Postdoctoral Training Program in Disorders Research, and Director of the Disordered Eating/Assessment Core of the Minnesota Obesity Center. His research interests include the causes, course and treatment of eating disorders.

### DANIEL LE GRANGE, Ph.D.

---

is Professor of Psychiatry and Behavioral Neuroscience and Director of the Eating Disorders Program at The University of Chicago. He trained in family-based treatment at the Maudsley Hospital in London where he was a member of the team that developed the "Maudsley Approach."

### MARCIA HERRIN, Ed.D., MPH, RD

---

is the founder of Dartmouth College's nationally renowned nutrition programs. She conducts a private practice in Lebanon, New Hampshire where she specializes in children and adults with weight issues and eating disorders. Dr. Herrin is the author of several books, including *Nutrition Counseling in the Treatment of Eating Disorders*.

### JAMES LOCK, M.D., Ph.D.

---

is Professor of Child Psychiatry and Pediatrics in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine where he also serves as Director of the Child and Adolescent Eating Disorder Program. He is the co-author of the only evidence-based treatment manual for anorexia nervosa. His current research focuses on interventions for younger patients.

### KATHRYN ZERBE, M.D.

---

is Professor of Psychiatry & Obstetrics & Gynecology at Oregon Health & Science University and also serves as the Director of the Oregon Psychoanalytic Institute. She was recognized by the American Psychiatric Association and the Association of Women Psychiatrists with the Alexandra Symonds Award for "outstanding contributions to women's health and leadership in advancement of women."

*For more information about our distinguished panel of internationally recognized speakers, please visit [www.eatingdisorder.org](http://www.eatingdisorder.org). In the event a speaker is unable to be present, an alternative speaker will be scheduled on a comparable subject.*

## conference learning objectives

### OBJECTIVE 1:

---

Participants will discuss recent research pertaining to the treatment of eating disorders and practical applications for the clinical setting.

### OBJECTIVE 2:

---

Participants will describe evidence-based behavioral, psychotherapeutic, pharmacotherapy and nutritional strategies to help manage complex eating disorders.

### OBJECTIVE 3:

---

Participants will explain two research-informed skill sets to enhance outcomes for individuals with treatment-resistant eating disorders.

## speaker learning objectives

■ **Seeing From a Different Angle: Shifting Clinical Perspectives and Expanding Skill Sets to Improve Outcomes for Individuals With Treatment Resistant Eating Disorders**  
Lucy Serpell, Ph.D.

The participant will be able to:

- Interpret the individual's attachment to their eating disorder to tackle poor motivation and treatment resistance.
- Describe specific recommendations for adapting CBT to the distinctive characteristics of AN.
- Demonstrate improved ability to engage and work with challenging individuals with eating disorders.
- Outline values-related strategies to increase motivation for change in individuals with eating disorders.

■ **What Potential Role is There for Medication Treatment in Anorexia Nervosa?**  
Scott Crow, M.D.

The participant will be able to:

- Describe the current research findings on use of medication in the treatment of Anorexia Nervosa.
- List at least two factors that may limit the utility of medications in this area.
- Discuss possible avenues for further research in this area.

■ **Outcomes and Implementation of Family Based Treatment for Anorexia and Bulimia**  
Daniel Le Grange, Ph.D.

The participant will be able to:

- Outline the FBT model in the treatment of anorexia nervosa.
- Describe recent research findings comparing FBT to individual treatment for adolescents with anorexia nervosa.
- Explain the differences in the FBT model when applied in the treatment of bulimia nervosa.

■ **Updates and Evidence-Based Nutrition Guidelines in the Treatment of Eating Disorders**  
Marcia Herrin, Ed.D., MPH, RD, LD

The participant will be able to:

- Describe basic nutritional principles guiding the treatment of eating disorders.
- Discuss the importance of utilizing a Food Plan to normalize the eating behaviors.
- Outline differences in the nutritional approaches for patients with Anorexia vs. Bulimia vs. Binge Eating Disorder.

■ **Cognitive Process and Remediation in Anorexia Nervosa**  
James Lock, M.D., Ph.D.

The participant will be able to:

- Identify key neurocognitive processes in eating disorders.
- Identify the basic approach and goals of cognitive remediation therapy (CRT) and will be able to differentiate between CRT and other types of cognitive based therapies.
- Discuss preliminary studies showing feasibility and effectiveness of CRT.

■ **Resiliency, Vulnerability and Growth: Utilizing Transference and Countertransference Reactions to Deepen the Treatment of Eating Disorders**  
Kathryn Zerbe, M.D.

The participant will be able to:

- Describe the most commonly encountered transference and countertransference paradigms of eating disordered patients.
- List at least two tools to manage countertransference reactions.
- Analyze the impact of transference/countertransference reactions on work with treatment resistant patients with eating disorders.

## registration form

eating disorders: state of the art treatment  
saturday, september 25, 2010

*Please print or type. Please register one person per form—  
photocopy if necessary.*

To register and pay on line:  
[www.eventville.com/sheppardpratt](http://www.eventville.com/sheppardpratt)

Name (write above) Degree/Title

Organization

Preferred Address (Business or Home)

City State Zip

( ) ( )

Home Telephone Business Telephone

( )

FAX Number E-mail Address (required for confirmation)

**Discipline:**

- |                                                 |                                                                      |
|-------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> Psychiatrist           | <input type="checkbox"/> Counselor/Psychotherapist                   |
| <input type="checkbox"/> Physician              | <input type="checkbox"/> Licensed Clinical<br>Professional Counselor |
| <input type="checkbox"/> Psychologist           | <input type="checkbox"/> Occupational Therapist                      |
| <input type="checkbox"/> Social Worker          | <input type="checkbox"/> Expressive Therapist                        |
| <input type="checkbox"/> Nurse                  | <input type="checkbox"/> Other: _____                                |
| <input type="checkbox"/> Dietitian/Nutritionist |                                                                      |

**Registration fee (by September 17th):**

- \$170 – General Registration
- \$100 – Sheppard Pratt Health System or Affiliate Agency Staff
- \$75 – Full Time Students/Residents/Fellows (*Written documentation of full time status must be provided with registration; online registrations will be contacted for documentation before registration is processed.*)

**Late Registration fee:**

- \$185 – EVERYONE registering after September 17th

**See reverse panel for additional fee information. Checks should be made payable to Sheppard Pratt Health System and mailed to:**

Sheppard Pratt Professional Education Programs  
6501 N. Charles Street  
P.O. Box 6815  
Baltimore, MD 21285-6815

**Credit Card Payments:**  MasterCard  American Express  
 Discover Card  VISA

Account # Expiration Date

Name of Cardholder

*For further information call 410-938-4593*

# eating disorders: state of the art treatment

## PROGRAM

---

The treatment of eating disorders is a rapidly expanding field. This symposium is designed to bring cutting edge, innovative treatment knowledge and options to the professionals caring for people with eating disorders. The symposium will be of interest and benefit to psychiatrists, internists, family practitioners, psychologists, registered nurses, social workers, licensed clinical professional counselors, registered dietitians, occupational therapists, and expressive therapists.

## REGISTRATION

---

**Registration options:** Register on line using a credit card at [www.eventville.com/sheppardpratt](http://www.eventville.com/sheppardpratt) or return the registration form with **full tuition enclosed** to:

Sheppard Pratt Professional Education Programs  
6501 N. Charles Street  
P.O. Box 6815  
Baltimore, MD 21285-6815

If using a credit card, you may also fax your registration form to 410-938-4596.

**Space permitting**, registrations are accepted up to the day of the symposium. All registrants who provide an e-mail address will receive confirmation. A map of the campus is available at [www.sheppardpratt.org](http://www.sheppardpratt.org). Call by September 14th if you need special accommodations.

## THE CONFERENCE CENTER AT SHEPPARD PRATT

---

Overlooking Sheppard Pratt's beautifully landscaped grounds, this year-round, state-of-the-art conference facility features a 200-seat auditorium, five climate-controlled classrooms, catering and dining services, videoconferencing services, comprehensive audio-visual services and free parking. To reach the Conference Center, enter the campus from Charles Street using Gatehouse Drive. Stay on Gatehouse Drive bearing left when it forks at Pratt Drive. Continue a short distance and Conference Center Drive will be on your left. Follow Conference Center Drive to the facility. Park in front of the building.

## HOTEL ACCOMMODATIONS

---

Hotel lodging is available at the nearby Sheraton Baltimore North. Call 410-321-7400 for reservations. Identify yourself as attending a Sheppard Pratt function to receive the Sheppard Pratt corporate rate of \$124 per night (plus tax). The Sheraton is located at 903 Dulany Valley Road, Baltimore, MD 21204. The Sheraton will provide shuttle transportation to the Conference Center if requested.

## FEE

---

Symposium fee is \$170 by September 17th and includes all materials, breakfast, lunch and refreshments. Fee for employees of Sheppard Pratt Health System and its affiliate agencies is \$100 by September 17th. Full time students providing written documentation acceptable to the program sponsors may register for \$75 before September 17th. Registration for all participants after September 17th is \$185.

## REFUND POLICY

---

September 14th is the deadline to receive a refund for withdrawal. A \$55 administrative charge will be deducted.

## ACCREDITATION

---

Sheppard Pratt Health System is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of the CME activity. Sheppard Pratt Health System is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for Social Workers. Sheppard Pratt Health System is authorized by the State Board of Examiners of Psychologists as a sponsor of Continuing Education. Sheppard Pratt Health System is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. Sheppard Pratt Health System maintains responsibility for the program.

## CREDIT

---

Sheppard Pratt Health System designates this educational activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Sheppard Pratt is an NBCC Approved Continuing Education Provider, Number 5098, and designates this program for 7 clock hours. Upon completion of the program, Social Workers will be awarded a certificate for 7 contact hours, and Psychologists will be awarded a certificate for 7 CEUs. The Symposium has been officially approved by the Commission on Dietetic Registration (CDR) for 7 Continuing Professional Education Units.

## NURSES

---

This 7 contact hour educational activity is provided by the Sheppard Pratt Health System. The Sheppard Pratt Health System is an approved provider of continuing nursing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



The Center for Eating Disorders  
AT SHEPPARD PRATT

[www.eatingdisorder.org](http://www.eatingdisorder.org)