



The Center for Eating Disorders
AT SHEPPARD PRATT

presents a
symposium

**eating disorders:
state of the art
treatment**

saturday,
april 21, 2012

The Conference Center at Sheppard Pratt
6501 N. Charles Street, Towson, MD
www.sheppardpratt.org

7.5 CME/CE Credits

www.eatingdisorder.org

symposium schedule

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.

Acceptance Commitment Therapy (ACT) for Patients with Eating Disorders and Body Image

Kelly G. Wilson, Ph.D.

9:30 - 10:15 A.M.

Trauma and Eating Disorders: Updates and Advances in Managing the Complex Comorbidity

Timothy Brewerton, M.D., DFAPA, FAED

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

10:30 - 11:45 A.M.

Fat is a Feeling: Emotion-focused Therapy in the Treatment of Body Image Disparagement

Joanne Dolhanty, Ph.D.

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

12:45 - 2:00 P.M.

Eating Disorders in the Upcoming DSM-V: Why the Criteria Have Changed and What it Means for You and Your Practice

Timothy Walsh, M.D.

2:00 - 3:15 P.M.

Accentuating the Positive and Enhancing Motivation to Change: Essential Tools to Help Patients with Eating Disorders Engage in Treatment

Janet Treasure, Ph.D., FRCPsych

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

4:00 - 5:15 P.M.: BREAKOUT SESSIONS

5:15 P.M.: PROGRAM EVALUATION & CME/CEUs

faculty

KELLY G. WILSON, PH.D.

is the Director of the University of Mississippi Center for Contextual Psychology and one of the Co-developers of Acceptance and Commitment Therapy. He's been devoted to the development and dissemination of ACT for over 20 years, has published numerous articles, chapters, and books, and is winner of the Elsie M. Hood Outstanding Teaching Award.

TIMOTHY BREWERTON, M.D., DFAPA, FAED

is a Clinical Professor of Psychiatry and Behavioral Sciences at the Medical University of South Carolina and also maintains a private practice. Dr. Brewerton is a Founding Fellow of the AED and has published over 100 articles and book chapters on eating disorders, including their psychobiology, psychopharmacology, and comorbidity. .

JOANNE DOLHANTY, PH.D.

Is a psychologist with the Eating Disorders Clinic at Credit Valley Hospital (Ontario) and at the Mt. Pleasant Therapy Centre (Toronto). She's worked in the field of eating disorders treatment for over 20 years, and has worked closely with Dr. Les Greenberg in recent years to develop the specific application of Emotion Focused Therapy for this population.

B. TIMOTHY WALSH, M.D.

is the Ruane Professor of Pediatric Psychopharmacology in the Department of Psychiatry at the College of Physicians and Surgeons, Columbia University, and the Director of the Division of Clinical Therapeutics at New York State Psychiatric Institute. Dr. Walsh is a member of the DSM-V Task Force and chairs the DSM-V Eating Disorders Workgroup.

JANET TREASURE, PH.D., FRCP, FRCPSYCH

is a psychiatrist and professor who has specialized in the treatment of eating disorders for more than 25 years, during which she has edited seven academic texts, three self-help books and countless journal articles. Dr. Treasure is currently director of the Eating Disorders Unit at the South London Maudsley Hospital NHS Trust.

conference learning objectives

OBJECTIVE 1:

Participants will be able to discuss and apply research on treatments for individuals with anorexia nervosa, bulimia nervosa, binge eating disorder, EDNOS, and body image disturbances.

OBJECTIVE 2:

Participants will demonstrate increased competencies in the practical application of therapeutic skills to enhance motivation in difficult-to-engage patients and families, and to help protect against relapse.

OBJECTIVE 3:

Participants will recognize and effectively manage eating disorders and their common comorbid diagnoses.

OBJECTIVE 4:

Participants will define and assess the implications of the changing diagnostic criteria for eating disorders.

session learning objectives

■ *Acceptance & Commitment Therapy (ACT) for Patients with Eating Disorders and Body Image*

Kelly G. Wilson, Ph.D.

Participants will be able to:

- Recognize the six core ACT processes.
- Identify the role of mindfulness in the treatment of eating disorders.
- Identify the importance of cultivating the values context in the treatment of eating disorders.

■ *Trauma and Eating Disorders: Updates & Advances in Managing the Complex Comorbidity*

Timothy Brewerton, M.D., DFAPA, FAED

Participants will be able to:

- Utilize self-report and interview-based assessments for screening for trauma and comorbid psychopathology.
- Explain available research from both female and male samples of all ages showing that traumatic experiences are significant yet nonspecific risk factors in the development of eating disorders and other related psychiatric conditions.
- Practice integrative treatment approaches for patients of all ages with both eating disorders and comorbid conditions based on available practice guidelines and using Person's case formulations approach.

■ *Fat is a Feeling: Emotion-focused Therapy in the Treatment of Body Image Disparagement*

Joanne Dolhanty, Ph.D.

Participants will be able to:

- Discuss the importance of actively working with emotion in session with clients in order to increase self-efficacy in the experiencing of emotion.
- Recognize the role of emotions and emotion dysregulation in the maintenance of body image disparagement.
- Identify therapeutic techniques to transform maladaptive emotions with adaptive emotions.

■ *Eating Disorders in the Upcoming DSM-V: Why the Criteria Have Changed and What it Means for You and Your Practice*

Timothy Walsh, M.D.

Participants will be able to:

- Describe the major change in the diagnostic criteria for Anorexia Nervosa proposed for DSM-5.
- Describe the recommendation for Binge Eating Disorder proposed for DSM-5.
- Describe the changes related to Feeding Disorder of Infancy or Early Childhood proposed for DSM-5.

■ *Accentuating the Positive and Enhancing Motivation to Change: Essential Tools to Help Patients with Eating Disorders Engage in Treatment*

Janet Treasure, Ph.D., FRCPsych.

Participants will be able to:

- Explain the models of change and how and where interventions can be targeted towards change.
- Discuss the principles of motivational interviewing and their application in working with treatment-resistant patients with eating disorders.
- Identify and demonstrate two skills of an effective motivational therapist.

registration form
eating disorders: state of the art treatment
saturday, april 21, 2012

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

To register and pay on line:
www.eventville.com/sheppardpratt

Name (write above) _____ Degree/Title _____

Organization _____

Preferred Address (*Business or Home. Must match credit card billing address*) _____

City _____ State _____ Zip _____

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Home Telephone _____ Business Telephone _____

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FAX Number _____ E-mail Address (*required for confirmation*) _____

Discipline:

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

Breakout Session (please indicate 1st and 2nd choices):

- Using ACT with Your Most Difficult Eating Disordered Patients – Kelly Wilson, Ph.D.
- Collaborative Care and Skills Sharing with Families to Facilitate Motivation to Change – Janet Treasure, Ph.D.
- Challenges to Therapists in the Long-Term Psychotherapy of Traumatized Eating Disorder Patients – Timothy Brewerton, M.D.
- Introduction to Skill-Development in Using Emotion-Focused Therapy in the Treatment of Eating Disorders – Joanne Dolhanty, Ph.D.
- Discussion: Enhancing Recovery from Anorexia Nervosa: Any Science to This? – B. Timothy Walsh, M.D.

Registration fee (by April 13th):

- \$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 April 13th

See next page 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 saturday, april 21, 2012

PROGRAM

The treatment of eating disorders is a rapidly expanding field. This symposium is designed to bring cutting edge, innovative treatment knowledge 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 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. Call by April 10th if you need special accommodations or have special dietary needs.

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 \$129 per night (plus tax). The Sheraton is located at 903 Dulaney Valley Road, Baltimore, MD 21204. The Sheraton will provide shuttle transportation to the Conference Center if requested upon booking or check-in.

FEE

Symposium fee is \$170 by April 13th and includes event registration, all program materials, 7.5 continuing education credits, as well as continental breakfast buffet, lunch and refreshments. Fee for employees of Sheppard Pratt Health System and its affiliate agencies is \$100 by April 13th. Full time students providing written documentation acceptable to the program sponsors may register for \$75 by April 13th. Registration for all participants after April 13th is \$185.

REFUND POLICY

April 6th is the deadline to request a partial refund. A \$55 administrative charge will be deducted from refund requests received by that deadline. No refunds will be provided after that date or for absences on conference day. No credits for future conferences will be issued.

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 live activity for a maximum of 7.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Sheppard Pratt is an NBCC Approved Continuing Education Provider.

This activity is approved for 7.5 clock hours for National Certified Counselors (provider #5098). Upon completion of the program, Social Workers will be awarded 7.5 Category I contact hours. Psychologists will be awarded 7.5 CEU hours.

NURSES

This 7.5 contact hour educational activity is provided by Sheppard Pratt Health System. Sheppard Pratt Health System is an approved provider of continuing nursing education by the Maryland Nurses Association, an accredited provider by the American Nurses Credentialing Center's Commission on Accreditation.

REGISTERED DIETITIANS

7.5 CPE's have been approved by the Commission on Dietetic Registration, the credentialing agency for the ADA, for Registered Dietitians and Registered Dietetic Technicians attending this program.



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