**CONFERENCE LEARNING OBJECTIVES**

**OBJECTIVE 1:** Demonstrate competency regarding new and updated feeding and eating disorder diagnoses.

**OBJECTIVE 2:** Define new treatment modalities for eating disorders and their indications.

**OBJECTIVE 3:** Explain and apply targeted, evidence-based interventions for specific pathologies within the eating disorders.

**OBJECTIVE 4:** Outline the potential interplay between eating disorders and family dynamics and utilize appropriate clinical tools to help affected families.

**SESSION LEARNING OBJECTIVES**

**Binge Eating Disorder: A New Era of Diagnosis and Treatment**

Carlos Garcia, Ph.D.

- Describe the DSM-5 diagnostic criteria, prevalence, and differential diagnosis of binge eating disorder (BED)
- Recognize the clinical characteristics and co-morbidities associated with BED to inform specific treatment approaches
- Recognize the evidence base for psychological, pharmacological, and combination approaches for effective treatment of BED

**The Phenomenology and Management of Assistant/Restrictive Food Intake Disorder (ARFID)**

Nancy Zucker, Ph.D.

- Define the diagnostic criteria for ARFID and differentiate from other eating and feeding disorders
- Discuss etiology of ARFID, its major presentations and important clinical considerations
- Outline the current evidence and guidelines for effective treatment of ARFID

**The Nature and Treatment of Perfectionism**

Monetary, Ph.D.

- Describe the nature of perfectionism, including definitions, causes, and correlates
- Describe strategies for assessing perfectionism
- Discuss recent research concerning evidence-based approaches for treating perfectionism

**Food Intake Disorder (ARFID)**

Our Brains Need Compassion, And So Our Bodies Do Too: An Examination of Self-Compassion,” the role of the family in the etiology, maintenance, and treatment of eating disorders

- Discuss the historical underpinnings and current views on the role of the family in the etiology, maintenance, and treatment of eating disorders
- Identify three common examples of challenges to family dynamics when one or more members has an eating disorder
- Demonstrate three clinical tools or strategies imperative in therapeutic work with families affected by eating disorders

**Family Dynamics in Eating Disorders**

Allison Kelly, Ph.D., CPsych

- Summarize the empirical links between self-compassion and various forms of perfectionism
- Explain why self-compassion offers unique benefits, beyond those of self-esteem, in the body image domain
- Formulate negative and positive body image in terms of the brain’s evolution
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**Clinical Skills in the Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID)**

Carlos Grilo, Ph.D.

- Define the diagnostic criteria for ARFID and differentiate from other eating and feeding disorders
- Discuss etiology of ARFID, its major presentations and important clinical considerations
- Outline the current evidence and guidelines for effective treatment of ARFID

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The Center for Eating Disorders at Sheppard Pratt invites professionals from around the world to join us in Baltimore, Maryland, on April 9, for a unique professional education opportunity to discuss cutting-edge topics in the assessment and treatment of eating disorders. The symposium is designed to bring cutting-edge, innovative clinical knowledge to health care providers with the ultimate goal of improving outcomes for individuals and families impacted by eating disorders.

AGENDA

8 am to 8:15 am
Registration and Continental Breakfast

9:30 am to 10:45 am
The Phenomenology and Management of Avoidant/Restrictive Food Intake Disorder (ARFID)
Nancy Zucker, Ph.D.

10:45 am to 11 am
Break

11 am to 12:15 pm
The Nature and Treatment of Perfectionism
Allison Kelly, Ph.D.

12:15 pm to 1:15 pm
Catered Lunch

11:5 pm to 2:30 pm
Our Brains Need Compassion, And So Our Bodies Do Too: An Examination of Self-Compassion’s Contribution to Body Image
Allison Kelly, Ph.D., CPsych

2:30 pm to 3:45 pm
Family Dynamics in Eating Disorders
Ivan Eiler, Ph.D., CPSYCH, FACFS, FAED

3:45 pm to 4:45 pm
Breakout Sessions (Choice of one)
A. Clinical Issues in Assessment, Treatment Formulation, and Treatment Delivery in Binge Eating Disorder
B. Clinical Issues in the Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID)
C. Cognitive and Behavioral Strategies for the Treatment of Bulimia Nervosa
D. Calming the Self-Critical “Eating Disorder Voice”
E. An Inside Look at Family Interventions in Adolescent Anorexia Nervosa

5:15 pm
Program Conclusion and CME/CEU Certificates

NANCY ZUCKER, PH.D., is professor and chair of the Department of Psychology at Ryerson University, holds faculty appointments at McMaster University and York University, is director of research at the Anxiety Treatment and Research Clinic at St. Joseph’s Healthcare Hamilton, and is past president of the Canadian Psychological Association. She has published 29 books and more than 200 articles and chapters, and has been invited to present internationally. Zucker has focused her research on self-critical problems such as obsessive-compulsive disorder, social anxiety disorder, and perfectionism. Zucker has given more than 300 presentations to professionals around the world and has received a number of career awards for her research, teaching, and education.

Allison Kelly, Ph.D., is an assistant professor of psychology at the University of Waterloo in Ontario, Canada. She is also a registered psychologist and has a private practice treating eating disorders, in which compassion-focused therapy guides much of her work. Dr. Kelly completed her Ph.D. at McGill University on self-compassion interventions for self-critical, shame-prone individuals. She first became interested in studying – and cultivating – self-compassion in eating disorder sufferers during her pre-doctoral clinical training at the Douglas Institute’s Eating Disorders Program. Dr. Kelly now conducts training internationally, has published numerous peer-reviewed articles on self-compassion, and has received several grants to continue this research.

CARLOS M. GIRO, PH.D., is professor of psychiatry and director of the Program for Obesity, Weight, and Eating Research (POWER) at the Yale University School of Medicine. He is also the Director, Yale Psychotherapy, Addictions, and Co-morbidity. Dr. Giro has been the recipient of numerous awards, including more than 20 chapters on binge eating disorder and obesity. He is the author of the book “Fat, Food, and Society” and co-editor of the book “Treatment of Eating Disorders.”

The symposium is designed to bring cutting-edge, innovative clinical knowledge to health care providers with the ultimate goal of improving outcomes for individuals and families impacted by eating disorders.

SYMPOSIUM VENUE
The Conference Center at Sheppard Pratt
6501 N. Charles St., Towson, MD 21204

DRIVING DIRECTIONS
From the North (Pennsylvania, Delaware, New Jersey)
Take I-95 South to Exit 95-Baltimore Street Bridge toward Towson. Take Exit 95 to Exit 25, Charles Street South. Drive on Charles Street for 2 1/2 miles to a 4-way stop and turn left to Gatehouse Drive.

From the South (Washington, DC, Virginia)
Take I-495 South to Exit 95 toward I-495 Baltimore- Washington Toward Towson. Take I-495 to Exit 25, Charles Street South. Drive on Charles Street for 2 1/2 miles. Entrance to Sheppard Pratt campus is on the left on Gatehouse Drive.

From the West (Maryland, Western Pennsylvania, West Virginia)
Take I-70 to I-695 (Baltimore-Washington Beltway) toward Towson. Take I-495 to Exit 25, Charles Street South. Drive on Charles Street for 2 1/2 miles. Entrance to Sheppard Pratt campus is on the left on Gatehouse Drive. Follow Gatehouse Drive and turn left to Conference Center Drive. Parking is located directly in front of the Conference Center.

HOTEL ACCOMMODATIONS
A block of rooms has been reserved at the nearby Sheraton Baltimore North Hotel, 903 Dulany Valley Rd., Towson, MD. These rooms will be offered at a discounted rate for symposium attendees. The group rate is available until March 18, 2016. Subject to availability.

You can reserve your room at the unique link found at www.eatingdisorders.org/events or reserve by phone at 410.321.7400 and mention that you are with the Center for Eating Disorders at Sheppard Pratt Symposium group.

For a list of hotels located directly in front of the Conference Center.

REFUND POLICY
March 25 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.

The discounted registration deadline is April 1st, 2016. Visit eatingdisorders.org/events for a link to online registration or use the form on the back of this panel to register via mail/fax.