

Promoting Self Esteem & Positive Body Image

A Program for the Jewish Community

An Educational Program of Awareness,
Prevention & Intervention on Eating Disorders

Sunday, January 31, 2010

8:45 a.m. to 1:30 p.m.

The Conference Center at Sheppard Pratt
6501 N. Charles Street ■ Towson, MD 21204

Free admission. Pre-registration is required at rsvp@sheppardpratt.org
or call 410-938-3157

8:45 a.m. **Registration & Light Refreshments**
(under OU Kashrut guidelines)

9:30 a.m. **Welcome**
Harry A. Brandt, M.D., Director, Center for Eating Disorders at Sheppard Pratt

9:45 a.m. **Keynote Address**
Self Esteem and Eating Disorders: Facing the Issue in Our Community
Rabbi Dr. Tzvi Hersh Weinreb, Executive Vice President, Emeritus
of the Orthodox Union

10:30 a.m. **A.M. Workshops**

- (A) **Eating Disorders 101: Signs, Symptoms, and Accessing Treatment**
Harry A. Brandt, M.D., Director, Center for Eating Disorders at Sheppard Pratt
- (B) **It Started with Kiddush: Fostering Positive Food Relationships in our Community**
Samantha Lewandowski, RDLD, Outpatient Coordinator, Nutritional Services, Center
for Eating Disorders at Sheppard Pratt; Laure Gutman, R.N., Nurse Educator
- (C) **Shidduchim and Body Image**
Rabbi Dovid Goldwasser, Rav, Author, and Eating Disorders Counselor
- (D) **"Hungry to Be Heard:" A Documentary Exploring Eating Disorders in the Orthodox
Jewish Community**
Elisheva Diamond, M.A., Executive Producer;
Sarah L. Weinberger-Litman, Ph.D. , Associate Producer
Talya Nack, LCPC, The Center for Eating Disorders at Sheppard Pratt
- (E) **Don't Blame the Family: Nurturing Healthy Communication in our Homes**
Joan Cohen, LCSW-C , Senior Manager, JCS Access Services





11:30 a.m.

Greetings

Frank Buchweitz, National Director, Community Services and Special Projects, Orthodox Union

Plenary Session

Introduction

Steven Crawford, M.D., Associate Director, Center for Eating Disorders at Sheppard Pratt

Raising Strong and Resilient Children in Today's Society

Catherine Steiner Adair, Ed.D. , Director, Education & Prevention, Klarman Eating Disorders Center, McLean Hospital , Belmont, MA

12:15 p.m.

Break

12:30 p.m.

P.M. Workshops

(A) **Hearing Our Voices: Students Speak Out on Societal and Peer Pressures**

Students from Baltimore area schools will participate in a moderated panel focused on teen challenges.

Moderators: Debra Waranch, LCSW-C, Jewish Community Services
Barbara Berg, M.Ed., Health Education Coordinator, Hadassah
Baltimore

Talya Nack, LCPC, The Center for Eating Disorders at Sheppard Pratt

(B) **Pound for Pound: Don't "Weigh" Your Self Esteem**

Kristin Grasso, Psy.D., College Liaison, Center for Eating Disorders at Sheppard Pratt

(C) **Tackling Conflicting Religious, Cultural and Secular Messages about Body Image and Health**

Hinda Dubin, M.D., Assistant Clinical Professor, University of Maryland School of Medicine, Department of Psychiatry

(D) **Communal and Familial Strategies to Enhance Self Image**

Rabbi Daniel Lerner, PsyD, Beth Tfiloh Congregation

(E) **Healthy Living at Every Size**

Deborah Kauffmann, R.D., L.D.N.

Sponsored by:



In collaboration with:

