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 families affected.

SESSION LEARNING OBJECTIVES

Binge Eating Disorder: A New Era of Diagnosis and Treatment
Carlos Gara, 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/Supportive Food Intake Disorder (ARFID)
Nancy Zucker, Ph.D.
- Define the diagnostic criteria for ARFID and differentiate from other feeding and eating 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
Martin Antony, Ph.D.
- Define the nature of perfectionism, including definitions, causes, and correlates.
- Describe strategies for assessing perfectionism.
- Discuss research concerning evidence-based approaches for treating perfectionism.

Our Brains Need Compassion, And So Our Bodies Do Too: An Examination of Self-Compassion and Body Image
Allison Kelly, Ph.D., CPsych
- Explain why self-compassion offers unique benefits, beyond those of self-esteem, and how it can benefit individuals with eating disorders.
- Formulate negative and positive body image in terms of the brain's evolution.

Discuss etiology of ARFID, its major presentations and important clinical considerations.

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.

You may register online using a credit card at eventville.com/CEDatSheppardPratt or fill out and fax the form below. Please print or type. Please register one person per form, photocopy if necessary.

Name (write above)  Professional Discipline
Organization
Preferred Address (Business or Home)
Name Telephone  Business Telephone
Email Address (All registrants who provide an email address will receive confirmation of their registration)
Name of Cardholder
Account #    Expiration Date
Registration fee (by April 1):
- $190 — General Registration
- $125 — Sheppard Pratt Health System or Affiliate Agency Staff
- $75 — Full Time Students/Residents/Fellows with Documentation
Late registration fee:
- $210 — General Registration
- $125 — Sheppard Pratt Health System or Affiliate Agency Staff
- $75 — Full Time Students/Residents/Fellows with Documentation

Late registration fee:
- $210 — General Registration
- $125 — Sheppard Pratt Health System or Affiliate Agency Staff
- $75 — Full Time Students/Residents/Fellows with Documentation

For more information, please call 410-938-4593.
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 educational experience. The focus will be on providing a full day of innovative treatments for individuals and families impacted by eating disorders. The symposium is designed to bring cutting-edge, innovative clinical knowledge to the field and is given with the ultimate goal of improving outcomes for individuals and families impacted by eating disorders.

Program

- **7 am to 8 am**: Registration and Continental Breakfast
- **8 am to 8:15 am**: Welcome
- **8:15 am to 9:30 am**: Binge Eating Disorder: A New Era of Diagnosis and Treatment
- **9:30 am to 10:45 am**: The Phenomenology and Management of Avoidant/Restrictive Food Intake Disorder (ARFID)
- **10:45 am to 11 am**: Break
- **11 am to 12:15 pm**: The Nature and Treatment of Perfectionism in People with Eating Disorders
- **12:15 pm to 1:15 pm**: Catered Lunch
- **1:15 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
- **2:30 pm to 3:45 pm**: Family Dynamics in Eating Disorders
- **3:45 pm to 4:45 pm**: Breakout Sessions (Choose one)
  - A. Clinical Facets in Assessment, Treatment Formulation, and Treatment Delivery in Binge Eating Disorder
  - B. Cognitive and Behavioral Strategies for the Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID)
  - C. Cognitive and Behavioral Strategies for the Treatment of Anorexia Nervosa
  - D. Calming the Self-Critical “Eating Disorder Voice”
  - E. An Inside Look at Family Interventions in Adolescent Anorexia Nervosa
- **4:55 pm to 5:15 pm**: Program Conclusion and CMCE/CEU Certificates

Symposium Venue

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

Driving Directions

From the North (Pennsylvania, New Jersey)
Take I-78 West to I-80 West to I-81 South to I-83 South to I-79 South to 1-70 West to 40 West to Baltimore. Take I-95 North and take Exit 25. Enter I-95 to 25, Charles Street South. Drive on Charles Street for 2 & 1/2 miles until past Housatonic Drive.

From the South (Washington, DC, Virginia)
Take I-95 South to I-495 South to I-83 South to I-695 South to I-70 West to I-95 South to 25, Charles Street South. Drive on Charles Street for 2 & 1/2 miles. Enter to Sheppard Pratt campus on I-695 exit on the Housatonic Drive.

From the West (Maryland, Western Pennsylvania, West Virginia)
Take I-70 to I-695 (Baltimore/Washington) Toward Towson. Take I-495 to 25, Charles Street South. Drive on Charles Street for 2 & 1/2 miles. Enter to Sheppard Pratt campus on I-695 exit on the Housatonic Drive. Follow Housatonic 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 Blvd., Towson, MD 21204. 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 may reserve your room at the unique link found at www.eatingdisorder.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.

The closest airport is Baltimore/Washington Thurgood Marshall (BWI) and is approximately 30-35 minutes from Towson.

Refund Policy

March 25th is the deadline to request a partial refund. A $55 administrative charge will be assessed for all cancellations received 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 eatingdisorder.org/events for a link to online registration or use the form on the back of this panel to register via mail/fax.