

REGISTRATION FORM

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) Zip Code
Must Match Credit Card Billing Address

() ()
Home Telephone Business Telephone

Email Address (All registrants who provide an email address will receive confirmation of their registration)

Breakout Sessions

Please circle one first choice breakout session and a **different second choice** breakout session. Space is limited and breakout session assignments are made on a first come, first served basis. Every effort will be made to honor first choice selections.

CIRCLE 1ST and 2ND CHOICE

- | | | |
|---|---|-------------------------------------------------------------------------------------------------------|
| 1 | 2 | Clinical Issues in Assessment— Treatment Formulation, and Treatment Delivery in Binge Eating Disorder |
| 1 | 2 | Clinical Skills in the Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID) |
| 1 | 2 | Cognitive and Behavioral Strategies for Treating Perfectionism |
| 1 | 2 | Calming the Self-Critical “Eating Disorder Voice” with Compassion |
| 1 | 2 | An Inside Look at Family Interventions in Adolescent Anorexia Nervosa |

Registration fee (by April 1st):

- \$190 — General Registration
 \$125 — Sheppard Pratt Health System or Affiliate Agency Staff
 \$75 — Full Time Students/Residents/Fellows with Documentation

Late registration fee:

- \$210 — **EVERYONE** Registering After April 1st

Space permitting, registrations are accepted up to the day of the symposium. Please call by April 1st if you need special accommodations or have special dietary needs.

See reverse panel for additional fee information. To register, mail check, made payable to Sheppard Pratt Health System, to:

Sheppard Pratt Professional Education Programs
6501 N. Charles St.
Towson, MD 21204

Or fax registration with credit card information to 410-938-4596.

Credit Card Payments: MasterCard American Express
 Discover Card VISA

Account # Expiration Date

Name of Cardholder

For more information, please call 410-938-4593.

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 Grilo, 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 Avoidant/Restrictive

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.

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

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

- Formulate negative and positive body image in terms of the brain's evolution
- Explain why self-compassion offers unique benefits, beyond those of self-esteem, in the body image domain
- Summarize the empirical links between self-compassion and various forms of positive and negative body image

Family Dynamics in Eating Disorders

Ivan Eisler, Ph.D., CPSYCHOL, FACSS, FAED

- 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

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The Center for Eating Disorders
AT SHEPPARD PRATT
eatingdisorder.org

YOUR REGISTRATION INFORMATION

The Center for Eating Disorders' symposium was designed to bring cutting-edge, innovative treatment knowledge to health and mental health professionals caring for people with eating disorders.


The Center for Eating Disorders
AT SHEPPARD PRATT

*A professional symposium
featuring five international treatment experts.*

EATING DISORDERS: STATE-OF-THE-ART TREATMENT

2016

SATURDAY, APRIL 9TH
THE CONFERENCE CENTER
AT SHEPPARD PRATT
TOWSON, MD

7.5 CME/CEU CREDITS

eatingdisorder.org

ABOUT THE PRESENTERS



CARLOS M. GRILO, 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, and professor of psychology at Yale University. His primary research focus is on binge eating, eating disorders and obesity, and secondary interests include psychopathology, addictions, and co-morbidity. Dr. Grilo has been the recipient of numerous NIH grants and has published more than 20 chapters on binge eating disorder and obesity. He is the author of the book, "Eating and Weight Disorders" and co-editor of the book "Treatment of Eating Disorders."



NANCY ZUCKER, PH.D., is the founder and director of the Duke Center for Eating Disorders (DCEd), an associate professor in the Department of Psychiatry and Behavioral Sciences in the Duke University School of Medicine, and an associate professor in the Department of Psychology and Neuroscience at Duke University. Dr. Zucker's research focuses on how individuals learn to decode the signals from their body and how they come to use (or not use) those body signals to help them make effective decisions. She studies these neurobiological and learning processes and then uses these findings to design innovative treatments for individuals and families impacted by eating and feeding disorders.



MARTIN M. ANTONY, PH.D., is professor and chair of the Department of Psychology at Ryerson University, holds faculty appointments at McMaster University and the University of Toronto, 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. He's published 29 books and more than 200 articles and chapters, mostly on the assessment and treatment of anxiety-based problems such as obsessive-compulsive disorder, social anxiety disorder, and perfectionism. Dr. Antony has given more than 300 presentations to professionals around the world and has received a number of career awards for his contributions to research, training, 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 small 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 trainings internationally, has published numerous peer-reviewed articles on self-compassion, shame, and eating pathology, and has received several grants to continue this research.



IVAN EISLER, PH.D., CPSYCHOL, FACSS, FAED, is emeritus professor of Family Psychology and Family Therapy at the Institute of Psychiatry, Psychology and Neuroscience, Kings College, London. He is also joint head of the Child and Adolescent Eating Disorders Service at the South London and Maudsley NHS Foundation Trust. Professor Eisler has, for many years, been part of a clinical research team developing and evaluating psychotherapies for eating disorders, as well as treatments for depression, substance misuse, self-harm, and chronic illness. He is best known for his role in developing Family Based Treatment (FBT), widely accepted as the leading evidence-based treatment for adolescent anorexia nervosa.

PROGRAM

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. Eating Disorders: State-of-the-Art Treatment is a semi-annual symposium featuring five international experts on the forefront of research into effective treatment for individuals with eating disorders and co-occurring illnesses.

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

AGENDA

7 am to 8 am

Registration and Continental Breakfast

8 am to 8:15 am

Welcome

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

8:15 am to 9:30 am

Binge Eating Disorder: A New Era of Diagnosis and Treatment

Carlos Grilo, Ph.D.

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

Martin Antony, Ph.D.

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

Allison Kelly, Ph.D., CPsych

2:30 pm to 3:45 pm

Family Dynamics in Eating Disorders

Ivan Eisler, Ph.D., CPSYCHOL, FACSS, FAED

3:45 pm to 4 pm

Break

4 pm to 5:15 pm

Breakout Sessions (Choice of one)

- Clinical Issues in Assessment, Treatment Formulation, and Treatment Delivery in Binge Eating Disorder
- Clinical Skills in the Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID)
- Cognitive and Behavioral Strategies for Treating Perfectionism
- Calming the Self-Critical "Eating Disorder Voice" with Compassion
- An Inside Look at Family Interventions in Adolescent Anorexia Nervosa

5:15 pm

Program Conclusion and CME/CEU Certificates



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 (JFK Memorial Highway) to I-695 West (Baltimore Beltway) toward Towson. Take I-695 to Exit 25, Charles Street South. Drive South on Charles Street for 2 & 1/2 miles. Entrance to Sheppard Pratt campus is on the left on Gatehouse Drive.

From the South (Washington, DC, Virginia)

Take I-495 (Capital Beltway) to I-95 North. Take I-95 to I-695 (Baltimore Beltway)-toward Towson. Take I-695 to Exit 25, Charles Street South. Drive South on Charles Street for 2 & 1/2 miles. Entrance to Sheppard Pratt campus is on the left on Gatehouse Drive.

From the West (Western Maryland, Western Pennsylvania, West Virginia)

Take I-70 to I-695 (Baltimore Beltway)-toward Towson. Take I-695 to Exit 25, Charles Street South. Drive South 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 Dulaney Valley Rd., 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 can 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.

Closest Airport: Baltimore-Washington Thurgood Marshall Airport (BWI) is approximately 30-35 minutes from Towson.

Closest Train Station: Baltimore Penn Station is approximately 15-20 minutes from Towson.

CONTINUING EDUCATION CREDIT

Physician Statement: 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 this CME activity. 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.

Psychologist Statement: Sheppard Pratt Health System is authorized by the State Board of Examiners of Psychologists as a sponsor of continuing education. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. Sheppard Pratt Health System designates this educational activity for a maximum of 7.5 CEU hours for Psychologists. Psychologists should claim credit commensurate with the extent of their participation in the activity.

Social Worker Statement: Sheppard Pratt Health System is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for Social Workers. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this CME activity. This activity is approved 7.5 CEU contact hours in Category 1 credits for Social Workers.

Counselor Statement: Sheppard Pratt Health System has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5098. Programs that do not qualify for NBCC credit are clearly identified. Sheppard Pratt Health System is solely responsible for all aspects of the program. This activity is approved for 7.5 clock hours for National Certified Counselors.



The Commission on Dietetic Registration, the credentialing agency for The Academy of Nutrition and Dietetics, has approved this activity for 7.5 CPEs for Registered Dietitians and Registered Dietetic Technicians.

FEE

Symposium fee is \$190 by April 1st, and includes event registration, all program materials, 7.5 continuing education credits, as well as a continental breakfast, buffet lunch, and refreshments during breaks. Fee for employees of Sheppard Pratt Health System and its affiliate agencies is \$125 by April 1st. Full-time students providing written documentation acceptable to the program sponsors may register for \$75 by April 1st. Registration for all participants after April 1st is \$210.

REFUND POLICY

March 25th 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 eatingdisorder.org/events for a link to online registration or use the form on the back of this panel to register via mail/fax.

In the event a speaker is unable to be present, an alternative speaker will be scheduled on a comparable subject.