Join us for the Eating Disorders Coalition of Tennessee’s
4th Annual Forum for Professionals:

WHAT WORKS
Making Theory Relevant

April 21, 2007
Lipscomb University | Nashville, Tennessee

Featuring:

Beth McGilley, PhD, FAED
Theresa Chestnut, MSW, LCSW
Molly Kellogg, RD, LCSW
Merry Miller, MD
Jeannie Patton, MA
Irv Rubenstein, PhD
Ruth D. Verhegge, MMSc, RD, LDN
Stephanie Whitney, MA, ATR, LPC

Jointly sponsored by the Eating Disorders Coalition of Tennessee
and Vanderbilt University School of Medicine.
The forum offers a vital perspective on helping clinicians effectively address the theoretical and empirical perspectives in the treatment of eating disorders. To this end, we offer three programmatic tracks within which both theoretical and practical case applications are discussed: 1) obesity; 2) anorexia, bulimia, and EDNOS; and 3) aspects of the treatment spectrum. Our April Forum also features a panel discussion with participating treatment centers to detail the nuances of residential treatment of eating disorders. The content is designed to deliver practical information pertaining to a variety of disciplines including nutrition, exercise, mental health, medicine, and youth education.

TRACKS — 6 CME/CE CREDITS OFFERED

**TRACK 1: OBESITY (morning)**
Molly Kellogg, RD, LCSW

**Challenging the Dieting Symptom**
Participants will enhance their understanding of issues often associated with emotional eating and the symptom of dieting; hone specific techniques to help clients challenge beliefs and move forward in the recovery from dieting; and better understand how to develop and implement coordination strategies with team members.

**TRACK 2: ANOREXIA, BULIMIA & EDNOS (morning)**
Irv Rubenstein, PhD

**Exorcising the Stigma of Exercise**
Exercise – chronic, competitive, or compulsive – has long been implicated as a contributing factor in the progression for some sufferers of AN/BN. But exercise is also mandatory public policy in the prevention and treatment of post-industrial society’s health and well-being. Reconciling the socio-cultural demands to engage in physical activity with those that haunt many with AN/BN will be addressed with respect to its value in the treatment process.

**TRACK 3: TREATMENT**
SPECTRUM (morning)
Theresa Chestnut, MSW, LCSW
Stephanie Whitney, MA, ATR, LPC

**Reconnecting to the Body**
This workshop will offer clinicians innovative therapeutic interventions for the client dealing with chronic eating disorder symptoms and body image issues. Participants will learn applications from the expressive therapies, including art therapy, psychodrama, exposure techniques, and guided imagery.

**TRACK 1: OBESITY (afternoon)**
Jeannie Patton, MA: Strategies for Successful Weight Management
This seminar looks at the physiology of obesity to identify factors that contribute to this trend. Strategies that work with the body’s physiology, rather than against it, will be discussed. Exercise recommendations and exercise modifications are included in a practical component as well as tips for keeping clients motivated.

**TRACK 2: ANOREXIA, BULIMIA & EDNOS (afternoon)**
Beth McGilley, PhD, FAED

**Practicing Perseverance with Difficult Clients**
Clinicians treating eating disorders, unlike many other psychiatric illnesses, are required to become facile with multiple “symptoms” in many systems of the client’s life – physical, psychological, social, spiritual, sexual, and somatic. Commonly our clients have complex histories and psychiatric complications that are refractory to the best treatment. This workshop offers insights into how to practice with the Finnish concept of “Sisu,” which means to finish what you started.

**TRACK 3: TREATMENT**
SPECTRUM (afternoon)

**PANEL DISCUSSION: Merry Miller, MD, Gina Prigoff, PhD, & Ruth Verhegge, MMSC, RD, LDN**

**Assisting Clients & Their Families for the Before and After of Residential**
Preparing clients and families for the transitions involved in residential treatment involves clear communication within the treatment team among those affected by residential. Participants may ask expert panel members about potential transitional difficulties, typical indicators of residential, and aftercare issues.

**Target Audience:**
Pediatricians, Internists & Family Practitioners, Psychiatrists, Child & Adolescent Psychiatrists, Psychologists, Counselors, Social Workers, Registered Dieticians, Exercise Professionals, and Nurses.

**Statement of Educational Need:**
To educate interdisciplinary health care professionals about the assessment and treatment of those affected by disordered eating and common comorbid illnesses.

**Learning Objectives:**
- Identify and treat individuals with anorexia, bulimia, binge eating disorder, and compulsive overeating.
- Identify and explain potential comorbidities that may affect treatment needs and/or outcome.
- Describe and discuss both drug and non-drug therapies commonly employed in the treatment of those affected by eating disorders.
**CME Accreditation:**
This activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for CME (ACCME) through the joint sponsorship of the Eating Disorders Coalition of Tennessee and the Vanderbilt University School of Medicine. Vanderbilt University School of Medicine is accredited by the Accreditation Council for CME to sponsor continuing medical education for physicians.

Vanderbilt School of Medicine designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**CE Accreditation:**
This program is co-sponsored by Vanderbilt School of Medicine and the Eating Disorders Coalition of Tennessee. Vanderbilt School of Medicine is approved by the American Psychological Association to sponsor continuing education for psychologists. Vanderbilt School of Medicine maintains responsibility for this program and its content.

Vanderbilt University School of Medicine designates this educational activity for 6.0 CE credits toward the continuing education of psychologists. No partial credit may be awarded.

It is the policy of Vanderbilt School of Medicine that participants in CME activities be made aware of any affiliation or financial interest that may affect the speaker's presentation(s). Each speaker has completed and signed a conflict of interest statement. The faculty members’ relationships will be disclosed to the audience.

**REGISTRATION FEES**

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<td>Professional Attendees</td>
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<td>Student Attendees</td>
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Volunteers are eligible for fee waiver.

Contact the EDCT for more information.

**EDCT MEMBER RATES**
Professional Membership: $75
Student: $15

| FEES ENCLOSED:                                                                 |
|-----------------|---|---|
| $ _______ Forum Registration Fee   |
| $ _______ EDCT Membership Fee      |
| $ _______ Total Payment Enclosed   |

**PAYMENT TYPE**
- check (payable to EDCT, Inc.)
- credit card (fill in below)

Name: ____________________________
*(as it appears on card)*

☐ VISA  ☐ MASTER CARD  ☐ AMERICAN EXPRESS

Card Number: ________________________
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Signature: _________________________

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Address
City/State/Zip

Phone

E-mail Address

☐ I would like a vegetarian lunch

Mail fees to:
EDCT, 2120 Crestmoor Road, Ste. 3000, Nashville, TN 37215

☐ Registration fees are non-refundable.
☐ Continuing education certificates will be mailed separately to each professional attendee after the Forum.
☐ Registration information packet will be sent after payment is received.

**Hotel Information**
Hampton Inn & Suites
2324 Crestmoor Road
Nashville, TN 37215
615-777-0001
www.hamptoninn.com/hf/ash-greenhills

Event name: EDCT Forum
Please make hotel reservation by March 31st.
About Us:
Eating Disorders Coalition of Tennessee was founded in 2002 by a group of health professionals and community members dedicated to providing education and support to every Tennessean seeking information regarding eating disorders and related issues. The EDCT has presented to over 12,000 people at colleges, primary and secondary schools, religious institutions, civic groups, and non-profit agencies across the state. Through our programs and events, the EDCT strives to be recognized as Tennessee's premiere resource to fight disordered eating and promote healthy body image and positive relationships with food.

Our Mission:
To offer help, hope, and support to all who are impacted by disordered eating.

Executive Director:
Shelli Yoder, MS, MDiv
Contact us at: 615-831-9838
Visit our web site at: www.edct.net