

## symposium schedule

### 7:00 - 8:00 A.M.: REGISTRATION & CONTINENTAL BREAKFAST

#### 8:00 A.M.: WELCOME

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

#### 8:15 - 9:30 A.M.

**Mass Media, Eating Disorders, & the Bolder Model of Treatment, Prevention & Advocacy – Michael Levine, Ph.D.**, Department of Psychology, Kenyon College

#### 9:30 - 10:45 A.M.

**Improving the Treatment of Bulimia – Stewart Agras, M.D.**, Professor Emeritus, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

#### 10:45 - 11:15 A.M.: BREAK

#### 11:15 A.M. - 12:30 P.M.

**The Relationship of Trauma & Eating Disorders: Mechanisms and Clinical Implications – Stephen Wonderlich, Ph.D.**, Director of Clinical Research, Neuropsychiatric Research Institute; Professor, Department of Clinical Neuroscience, University of North Dakota

#### 12:30 - 1:45 P.M.: LUNCH

#### 1:45 - 3:00 P.M.

**Integrated Treatment for Eating Disorders: Beyond the Body Betrayed – Kathryn Zerbe, M.D.**, Professor of Psychiatry, Oregon Health & Science University

#### 3:00 - 4:15 P.M.

**Dynamic Tension to Dynamic Strength: Integrating Research & Practice in the Treatment of Eating Disorders – Judith Banker, M.A., LLP, FAED**; Director, Center for Eating Disorders, Ann Arbor, Michigan

#### 4:15 - 4:30 P.M.: PROGRAM EVALUATION

## learning objectives

- **Mass Media, Eating Disorders, and the Bolder Model of Treatment, Prevention and Advocacy.** Participants will be able to:
  - List criteria for a causal risk factor and evaluate whether there is substantial evidence supporting mass media as a risk factor for a spectrum of disordered eating.
  - Describe two models that summarize the relationship between mass media, disordered eating, and the implications for prevention and treatment.
  - List two media-related activities – personal, professional or political – that one can do to contribute to the prevention and treatment of eating disorders.
- **Improving the Treatment of Bulimia.** Participants will be able to:
  - Identify the evidenced-based treatments for bulimia nervosa and compare their effectiveness at the end of treatment and follow-up.
  - Contrast the effectiveness of pharmacological and psychotherapeutic treatments for bulimia nervosa.
  - Develop individualized treatment plans for bulimia nervosa including the role of guided self-help.
- **The Relationship of Trauma and Eating Disorders: Mechanisms and Clinical Implications.** Participants will be able to:
  - Describe common clinical issues associated with trauma.
  - Recognize the possible mechanisms to explain the link between trauma and psychopathology.
  - Describe the possible impact of trauma on eating disorder diagnosis and treatment.
- **Integrated Treatment for Eating Disorders: Beyond the Body Betrayed.** Participants will be able to:
  - Describe how treatment of eating disorders must be based on the developmental stage and life phase of the patient and name three interventions for each specific stage.
  - List the most pertinent transference and countertransference issues that are stirred by this group of patients.
  - Describe what is emerging from qualitative outcome studies and how educative cognitive-behavior, and psychodynamic principles can be applied in “real world” treatment settings.
- **Dynamic Tension to Dynamic Strength: Integrating Research and Practice in the Treatment of Eating Disorders.** Participants will be able to:
  - Identify at least three causes for the research-practice gap in the field of eating disorders.
  - List three steps we can take to bridge the research-practice gap.
  - Describe two major benefits to integrating research and practice.

## presenters

### MICHAEL LEVINE, PH.D.

is the Samuel B. Cummings Jr. Professor of Psychology at Kenyon College and former chair of the Psychology Department. He is a co-author of *The Prevention of Eating Problems* and *Eating Disorders: Theory, Research, and Practice*. He received the Lori Irving Award for Eating Disorders Prevention and Awareness and the Meehan-Hartley Award for Leadership in Public Awareness and Advocacy. He is currently a Fellow of the Academy for Eating Disorders.

### STEWART AGRAS, M.D.

is a Professor Emeritus of Psychiatry at Stanford University School of Medicine where he began one of the first behavioral medicine programs in the U.S. in 1974. He served as President of the Association for the Advancement of Behavior Therapy and President of the Society for Behavioral Medicine. He has spent the last 20 years focusing on eating disorders research in the areas of epidemiology, basic psychological mechanisms and treatment.

### STEPHEN WONDERLICH, PH.D.

is Chester Fritz Distinguished Professor and Associate Chairman of the Department of Neuroscience at the University of North Dakota, School of Medicine; Co-director of the Eating Disorders Institute; and Director of Clinical Research at the Neuropsychiatric Research Institute. He is a Board Member of the Eating Disorders Research Society and is a Past President of the Academy for Eating Disorders. He currently sits on several editorial boards for professional journals. He is a Fellow of the Academy of Eating Disorders and is a member of the DSM V Eating Disorder Workgroup.

### KATHRYN ZERBE, M.D.

is Professor of Psychiatry and Vice Chairperson for Psychotherapy at Oregon Health and Sciences University. She has authored over 50 clinical papers and four books, including *The Body Betrayed: Women, Eating Disorders and Treatment*, and her newest title, *Integrated Treatment of Eating Disorders: Beyond the Body Betrayed*. She is a Distinguished Fellow of the American Psychiatric Association and a Fellow of the Academy of Eating Disorders.

### JUDITH BANKER, M.A., LLP, FAED

is the founder and Executive Director of the Center for Eating Disorders in Ann Arbor, Michigan. She currently serves as President of the Academy for Eating Disorders and has lectured internationally on the integration of behavioral and psychodynamic therapies in the treatment of eating disorders. As Chair of the AED Psychodynamic Psychotherapy Special Interest Group and Co-chair of the AED Research-Practice Committee, she has dedicated the last two years to researching and writing about the research-practice gap in the field of eating disorders.

## registration form

### eating disorders: state of the art treatment

*Please print or type. Please register one person per form—photocopy if necessary.*

To register and pay on line: [www.eventville.com/sheppardpratt](http://www.eventville.com/sheppardpratt)

Name (write above) \_\_\_\_\_ Degree/Title \_\_\_\_\_

Organization \_\_\_\_\_

Preferred Address (Business or Home) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Home Telephone \_\_\_\_\_ Business Telephone \_\_\_\_\_

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FAX Number \_\_\_\_\_ E-mail Address (required for confirmation) \_\_\_\_\_

#### Discipline:

- |   |   |
|---|---|
| <input type="checkbox"/> Psychiatrist           | <input type="checkbox"/> Counselor/Psychotherapist                |
| <input type="checkbox"/> Physician _____        | <input type="checkbox"/> Licensed Clinical Professional Counselor |
| <input type="checkbox"/> Psychologist           | <input type="checkbox"/> Occupational Therapist                   |
| <input type="checkbox"/> Social Worker          | <input type="checkbox"/> Expressive Therapist                     |
| <input type="checkbox"/> Nurse                  | <input type="checkbox"/> Other: _____                             |
| <input type="checkbox"/> Dietitian/Nutritionist |   |

- Registration fee paid:**  \$160 by April 10th  
 \$100 for Sheppard Pratt Health System or Affiliate staff - **by April 10th**  
 \$175 for registration after April 10th

**See reverse panel for fee information. Checks should be made payable to Sheppard Pratt Health System and mailed to:**

Sheppard Pratt Professional Education Department  
P.O. Box 6815  
Baltimore, MD 21285-6815

**Credit Card Payments:**  MasterCard  American Express  
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Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name of Cardholder \_\_\_\_\_

*For further information call 410-938-4593*

## eating disorders: state of the art treatment

### PROGRAM

The treatment of eating disorders is a rapidly expanding field. This symposium is designed to bring cutting edge, innovative treatment knowledge and options to the professionals caring for people with eating disorders. The symposium will be of interest and benefit to psychiatrists, internists, family practitioners, psychologists, registered nurses, social workers, licensed clinical professional counselors, registered dietitians, occupational therapists, and expressive therapists.

### REGISTRATION

**Registration options:** Register on line using a credit card at [www.eventville.com/sheppardpratt](http://www.eventville.com/sheppardpratt) or return the registration form with **full tuition enclosed** to Sheppard Pratt Professional Education Programs, 6501 N. Charles Street, P.O. Box 6815, Baltimore, MD 21285-6815. If using a credit card, you may also fax your registration form to 410-938-4596.

**Space permitting**, registrations are accepted up to the day of the symposium. Registration by April 10th is advised. All registrants who provide an e-mail address will receive confirmation. A map of the campus is available at [www.sheppardpratt.org](http://www.sheppardpratt.org). Call by April 7th if you need special accommodations.

### FEE

Symposium fee is \$160 by April 10th and includes all materials, breakfast, lunch and refreshments. Fee for employees of Sheppard Pratt Health System and its affiliate agencies is \$100 by April 10th. Registration for all participants after April 10th is \$175.

### REFUND POLICY

April 7th is the deadline to receive a refund for withdrawal. A \$55 administrative charge will be deducted.

### ACCREDITATION

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 the CME activity. Sheppard Pratt Health System is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for Social Workers. Sheppard Pratt Health System is authorized by the State Board of Examiners of Psychologists as a sponsor of Continuing Education. Sheppard Pratt Health System is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. Sheppard Pratt Health System maintains responsibility for the program.

### CREDIT

Sheppard Pratt Health System designates this educational activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Sheppard Pratt is an NBCC Approved Continuing Education Provider, Number 5098, and designates this program for 6.25 clock hours. Upon completion of the program, Social Workers will be awarded a certificate for 6.25 contact hours, and Psychologists will be awarded a certificate for 6.25 CEUs. The Symposium has been officially approved by the Commission on Dietetic Registration (CDR) for 6.5 Continuing Professional Education Units.

### NURSES

This 6.25 contact hour educational activity is provided by the Sheppard Pratt Health System. The Sheppard Pratt Health System is an approved provider of continuing nursing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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The Center for Eating Disorders  
AT SHEPPARD PRATT

The Center for Eating Disorders  
AT SHEPPARD PRATT

presents a  
symposium

## eating disorders: state of the art treatment

saturday,  
april 18, 2009

The Conference Center at Sheppard Pratt  
6501 N. Charles Street, Towson, MD  
[www.sheppardpratt.org](http://www.sheppardpratt.org)

6.25 CME/CE Credits

[www.eatingdisorder.org](http://www.eatingdisorder.org)