



**Eating Disorder Treatment Collaborative  
and  
F.E.E.D. University**



**In Honor of  
NATIONAL EATING DISORDERS AWARENESS WEEK**

**FREE PUBLIC CONFERENCE – 2015**

**Sufferers, Families, Professionals and Educators – Welcome!!**

**Sunday, March 1, 2015**

**9:00 am -12:30 pm • Registration begins at 8:30 am**

**Making Peace with our Food and Bodies:  
Understanding and Treating Eating Disorders**

**Presenters:**

**Sondra Kronberg, MS, RD, CEDRD - Understanding Eating Disorders**

**Douglas Bunnell, PhD, FAED, CEDS –Treatment of Eating Disorders**

**Tabitha Limotte, LMFT – Recovery Perspectives**

**Vicki Paley, LCSW, BCD, CEDS – Finding a Healthy Voice**

**Location: Omni Conference Center- 333 Earle Ovington Blvd.  
Uniondale, NY 11553**

**In Participation with:**

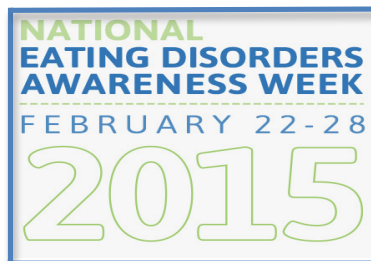
Eating Disorder Treatment Collaborative/F.E.E.D. Programs

F.E.E.D. University • Monte Nido & Affiliates

National Eating Disorders Association

Long Island Dietetic Association • Allied Physicians Group

**To register: Visit [www.edaw2015.eventbrite.com](http://www.edaw2015.eventbrite.com) or call (516) 513-1284**



**Eating Disorder Treatment Collaborative/FEED Programs**

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*"New York's #1 Eating Disorder Treatment Specialists"*

*\*\$5.00 donation welcomed at door*

## Making Peace with our Food and Bodies: Understanding and Treating Eating Disorders

Sunday March 1<sup>st</sup>, 2015 9am-12:30 pm  
Omni Conference Center Uniondale, NY

### SPEAKER BIOGRAPHIES



**Doug Bunnell, Ph.D.,  
FAED, CEDS**

Doug is an expert clinician and leader in the eating disorder field. He brings over three decades of experience and a wealth of knowledge to his role as clinical leader of the Monte Nido's EDTNY team. A graduate of Yale University, Doug did his doctoral training at Northwestern University. He is a former board chair of the National Eating Disorders Association, a fellow of the Academy for Eating Disorders, author and frequent presenter at national and international conferences. He is passionate about research and the latest advancements in the field and equally committed to individualized client care. Doug is directly involved in the clinical program, running groups, meeting with families, and eating meals with clients. His ability to put the latest scientific research into practice creates a successful program and a milieu that fosters trust and respect from both staff and clients alike.

Sondra is the Founder/Director of Eating Disorder Treatment Collaborative and FEED Treatment Programs. A nutrition therapist with 30 years experience and a recognized leader in field. She is a licensed clinical nutritionist, certified eating disorder specialist and treatment consultant. Sondra was the first nutritionist to receive the IAEDP's, Certified Eating Disorder Specialist Award. She is a founding member of the National Eating Disorders Association (NEDA) and a national media spokesperson for NEDA. Sondra was Awarded NEDA's 2004 Excellence in Treatment Award and SCAN's 2002 Excellence in Practice Award. Author of Eating Disorder Learning/Teaching Handout Manual on CD. She is the Director of F.E.E.D. (Facilitated Eating Events and Direction) Concierge; Weekly Connect and IOP Programs. Sondra trains professionals, presents at national conferences and appears regularly on television. Advisory Board Member of Monte Nido & Affiliate Treatment Centers.



**Sondra Kronberg,  
MS, RD, CEDRD**



**Vicki Paley,  
LCSW, BCD, CEDS**

Vicki is a licensed psychotherapist who is a Certified Eating Disorder Specialist. She has been treating eating disorder sufferers and their families for almost 25 years as well as training and supervising professionals in the collaborative treatment of eating disorders. She was Clinical Director of Eating Disorder Treatment Collaborative for 14 years and is now the clinical Advisor. Vicki served as President of the National Eating Disorder Association- Long Island and was an adjunct professor at Adelphi University graduate school of psychology- Derner Institute. She is a member of the Academy for Eating Disorder Professionals and is a Board Certified Diplomat in Clinical Social Work. Her professional publications include "Hatching a New Identity: Transforming the Anorexia Patient and the Therapist" in eating disorders: The Journal of Treatment and Prevention. She presents and leads workshops at professional conferences, hospitals and universities. Her private practice is in Manhasset, NY

Tabitha Limotte, LMFT, is the Clinical Director at Monte Nido's Eating Disorder Treatment of New York. She completed her training with Carolyn Costin at Monte Nido's Partial Hospitalization program in Los Angeles, and received postgraduate training at the Center for the Study of Anorexia and Bulimia in NYC.



**Tabitha Limotte, LMFT**



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### PROGRAM

#### FROM DIET TO DISORDER: UNDERSTANDING EATING DISORDERS

##### **Sondra Kronberg, MS, RD, CEDRD:**

Often sufferers, family members and friends will say they do not understand how and why this is happening to them. They question whether this behavior is really dangerous or if it should be taken seriously and there is confusion about what they should and can do to help themselves or their loved ones. Often feeling like nobody gets it, or them, feeling really stuck. This presentation will help you to understand the emotional, genetic, behavioral and physiological symptoms that alter the course of a sufferer's life and have the potential to trap the sufferer and family in an unexpected nightmare. Sondra will provide a user-friendly perspective on the development, purpose and course of healing from an eating disorder. She will explore eating disorders as a continuum of self-loathing and show how symptoms are a reflection of how one thinks and feels about oneself. She will describe how the development of an eating disorder is multi-factorial, requiring treatment, which addresses the biological, genetic, environmental and psychological factors. Sondra will help sufferers, family members, professionals and friends better understand and cope with the suffering which accompanies an eating disorder.

#### FROM DIET TO DISORDER: TREATMENT OF EATING DISORDERS

##### **Doug Bunnell, PH.D, FAED, CEDS:**

Families, sufferers and professionals are often at a loss at how to proceed and what treatment is either required or adequate. Treatment of eating disorders is both complex and variable requiring numerous modalities to address the emotional, behavioral and physical symptoms that develop. Doug has thirty years of experience and will provide accurate information on standards and levels of care that are available. He will offer resources and information on treatment options for successful recovery as well as how to access treatment professionals who specialize in eating disorders.

#### FINDING AND STRENGTHENING A HEALTHY VOICE

##### **Vicki Paley, LCSW, BCD, CEDS:**

Most eating disorder sufferers are tormented by an inner bully or eating disorder voice that discourages well-being and supports eating disorder symptoms. Vicki's presentation will help sufferers and their families begin to identify that negative voice, develop strategies to disempower it and find ways to strengthen a more positive and healthy inner voice that fosters recovery.

#### RECOVERY: A PERSONAL, PROFESSIONAL AND EMPIRICAL PERSPECTIVE

##### **Tabitha Limotte, LMFT:**

What does the process of recovery really look like? Recovery is unique for each individual and can often feel illusive and beyond reach. It can be inspiring and hopeful to hear other's stories and to know that recovery is possible. Tabitha will illuminate the recovery process using the most recent research, her experience as a therapist working in the field of eating disorders, and her own journey to recovery.

#### QUESTIONS AND ANSWERS SESSION WITH SPEAKERS



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