

# NEDACON

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## PROGRAM INFORMATION

March 30, 2019 | University of Houston | Houston, TX

### ERC Welcome

Presented By: Carol Dworaczyk, MA



**Carol Dworaczyk** is the Alumni Family Outreach Manager at Eating Recovery Center in Denver, Colorado. Prior to this, she spent 3 years in the treatment center as a family therapist and overall has more than 20 years' experience in the mental health field. She is passionate about educating and supporting patients and families and about connecting them with resources to help them live a full and happy life. She lives in Denver with her partner, her three boys, and her dog Lucy!

### EATING DISORDERS 101

Presented By: Steffanie D. Grossman, Ph.D.

A basic introduction to eating disorders that will cover signs, symptoms and answer any introductory questions about eating disorders. This session is designed to prepare individuals and loved ones with a basic understanding to prepare them for the rest of the day!





**Steffanie D. Grossman, Ph.D.** is a psychologist with a therapy dog named Rockstar. She is the Eating Disorders and Body Image Services Specialist and Groups/Outreach Coordinator at the University of North Texas Counseling and Testing Services. In this role, she has enjoyed collaboratively developing a multidisciplinary eating disorder treatment team and an eating disorder-focused clinical training rotation. She also provides therapy in a private practice setting in Southlake TX, with specialties in the areas of eating disorders and LGBTQ+ related issues.

Steffanie is the Treasurer for the Dallas-Fort Worth Chapter of the International Association of Eating Disorders Professionals and the Professional Advocacy Member-at-Large for the American College Counseling Association. Steffanie received her Ph.D. in Counseling Psychology and School Psychology from Florida State University and her B.S. in Psychology from North Dakota State University. In her spare time, she enjoys geo-caching, playing fetch with Rockstar (or picking up the toys as he stares), doing crossword puzzles, and traveling.

## EATING DISORDERS IN 2019

Presented By: Heather Hower, MSW, LICSW, ACSW, QCSW; Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.iadep, CEDS; and Stephanie Setliff, MD, CEDS-S.

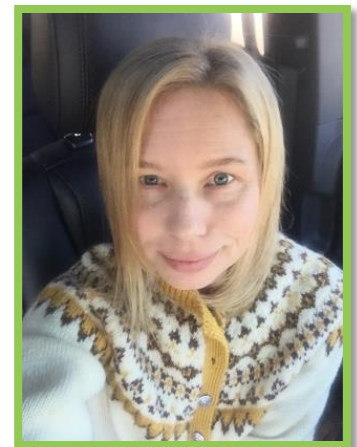
This presentation will review what we know about Eating Disorders (ED) in 2019, including tackling myths and misconceptions, current ED research supporting our understanding about pathology, emerging ED research affecting recovery, how EDs can look different across diverse backgrounds, medical complications of EDs, and special issues affecting higher-weight patients. Eating Disorders in 2019 is a great place to start for those who are less familiar with EDs and would like an overview of the current areas of knowledge about EDs. For attendees who are more familiar with EDs, the session will also provide perspective on new research, clinical practice, and special considerations.





**Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.iadep, CEDS**, is the Senior Medical Director of Child & Adolescent Services, Chief Clinical Education Officer, and Executive Ambassador for Eating Recovery and affiliates. He is Senior Advisor to the Board of Directors of NEDA, Co-Founder of the Eating Disorders Coalition of Tennessee, and Co-founder of the Oklahoma Eating Disorders Association. He is a Certified Eating Disorders Specialist and training supervisor by iadep. Dr. Bermudez has lectured nationally and internationally on eating pathology across the lifespan and other topics related to pediatric and adult healthcare. He has been repeatedly recognized for his dedication, advocacy, professional achievement and clinical excellence in the field of eating disorders, including Lifetime Achievements Awards from NEDA and iadep.

**Heather Hower, MSW, LICSW, QCSW, ACSW** has served on the Board of the National Eating Disorders Association (NEDA) since 2013, including as the Conference Committee Co-Chair, Research Advisory Council (RAC), Feeding Hope Fund (FHF) grant reviewer, and Development Committee contributor to NEDA events and programs. She collaborates with her NEDA colleagues on Eating Disorder research studies, papers, and presentations, including at NEDA conferences and the Academy for Eating Disorders (AED) International Conference on Eating Disorders (ICED) conferences. Through her Faculty-Research Associate appointment at Brown University School of Public Health Hassenfeld Child Innovation Institute Health Services, Policy, and Practice, she has also been collaborating with her Healthy Weight and Nutrition colleagues to submit grant proposals. Heather had Anorexia Nervosa for 23 years and has been recovered since 2012.





**Stephanie Setliff, MD, CEDS-S** is a child, adolescent and adult psychiatrist living in Dallas, Texas. She is certified by the American Board of Psychiatry and Neurology and has specialized in the treatment of eating disorders for over 20 years. Stephanie developed and directed the eating disorders program at Children's Health, and then joined Eating Recovery Center (ERC) in 2014 to develop and open ERC Dallas. ERC Dallas has expanded to be a fully vertically integrated treatment program, offering inpatient and residential care as well. Dr. Setliff speaks frequently at various eating disorder education, prevention, and treatment programs in an effort to increase awareness about the

growing epidemic of eating disorders. She currently serves on the board of Dallas Child and Family Guidance and the Embody Love Movement Organization.

## **WHEN YOUR LOVED ONE COMES HOME: HOW TO SUPPORT YOUR LOVED ONE WITH AN EATING DISORDER**

Presented By: Theresa Fassihi, HD, PLLC and Scott Moseman, MD, CEDS

Dr. Scott Moseman, during his presentation, will center on making neurobiology accessible to families in order to understand their loved one's plight in recovering from an eating disorder. He will call upon history, medical diagnostics, and modern research in neurobiology in a way that families of sufferers can understand and use at home, using a dynamic and interactive presentation format.

Dr. Theresa Fassihi's presentation will focus on preparing families for meeting their loved ones where they are at in terms of their specific needs for support and understanding. Family members will also be encouraged to think of the impact of their loved ones' illness on the family and the importance of self-care and providing support for each other. Finally, we will discuss the key ingredients of resilience.





**Dr. Theresa Fassihi** has been treating eating disorders and associated issues for 20 years. She has worked in inpatient and outpatient settings including The Menninger Clinic and Houston Eating Disorders Center, a partial hospitalization program she founded in 2010. This program is now part of Eating Recovery Center. She earned her PhD in Clinical Psychology from the University of Tulsa. She has been active in advocacy and volunteer work with the Academy for Eating Disorders and International Association of Eating Disorders Professionals, and she is a founding member of Houston Eating Disorders Specialists. Dr. Fassihi is a Fellow of the Academy of Eating Disorders and IAEDP

Certified Eating Disorders Specialist.

**Dr. Scott Moseman** is board-certified in both adult and child and adolescent psychiatry, and received his fellowship training at Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania, where he served as chief fellow. He received his medical training from Texas A&M Health Science Center and completed his adult psychiatric training at the University of Arizona. Dr. Moseman has spoken nationally and internationally on topics related to child psychiatry and eating disorders. Currently, he is collaborating with Martin Paulus, MD and Sahib Khalsa, MD at the Laureate Institute for Brain Research to study neural circuits associated with eating disorders, depression, anxiety, and neurodevelopment. He believes in neurobiologically individualized treatment for eating disorders and specializes in the treatment of co-occurring disorders in adolescents and adults.



## HEALTH AT EVERY SIZE

Presented By: Malak Saddy RD, LD and Amreen Bora RDN, LD

Come join us in learning about the five different Health at Every Size (HAES) principles. We will be debunking diet culture myths by providing scientific evidence that shows health is truly possible at every size, and tips to help find HAES providers. Participants will engage in an interactive body positive activity that will explore the relationship we have with our own bodies, how it was developed, and how we would like it to flourish.

**Malak Saddy, RD, LD** graduated from Michigan State University in East Lansing with her Bachelor of Science degree and then completed her dietetic internship at Keene State College in New Hampshire. She is currently in private practice in Dallas, TX. She has over nine years of experience in nutrition counseling, food cultures, and integrative nutrition education. Malak is a certified intuitive eating counselor, body positive facilitator, and a non-diet advocate. Malak has lectured at multiple eating disorder conferences and universities addressing eating disorder treatment in cultural diverse groups, nutrition basics, and intuitive eating. She uses her own personal experiences of growing up in an American Lebanese Muslim household and attributes her career to her cultural background. She is passionate about providing individualized nutritional care and counseling support to clients and their families while being compassionate and empathetic to their needs.





**Amreen Bora, RDN, LD** is a graduate of the University Of Texas where she received her Bachelors of Science in Nutritional Science. She completed her dietetic internship at Baylor University Medical Center where she also practiced as a clinical dietitian. Amreen has treated adults and adolescents in the acute, long-term, and outpatient settings. She has provided lectures for professional eating disorder organizations and dietetic students educating them on treating eating disorders at different levels of care. She believes in providing compassionate and individualized nutritional counseling to help her clients foster a healthy relationship with food and obtain a more positive body image.

## **LET'S TALK ABOUT SEX, BABY! EATING DISORDERS AND INTIMACY: A BRIEF GLIMPSE INTO BODY IMAGE, ATTACHMENT, AND TRUST IN RELATIONSHIPS**

Presented By: Meredith Riddick, LPC-S, CEDS-S

Recovering from an eating disorder can be fraught with anxiety about relational intimacy, ranging from obsessive thoughts about our appearance and how others may or may not be accepting of us, as well as how our early childhood experiences and memories from adolescence and adulthood shape how we perceive and interact with others. The #metoo movement has certainly brought to light the blatant AND subtle disrespect that is received when it comes to our bodies. Eating disorder behaviors often isolate us from connection with others, even friends and family. This presentation will highlight aspects in each of these areas in an open and collaborative conversation to continue this important dialogue.





**Meredith Riddick, LPC-S, CEDS-S** is a Licensed Professional Counselor-Supervisor and Certified Eating Disorders Specialist-Supervisor who primarily treats eating disorders, trauma, anxiety, stress, and relationship issues with individuals. With over a decade of experience as a therapist, Meredith has accrued an impressive resume of specialties, presentations, and a variety of highly individualized services to her clientele. Meredith is certified in EMDR and is intensively trained in Radically Open Dialectical Behavior Therapy. In addition to her clinical work, Meredith provides supervision for Licensed Professional Counselor Interns, and therapists seeking certification as eating disorder specialists. Meredith volunteers her time on the Board of the Houston Eating Disorders Specialists as well as the International Association for Eating Disorders Professionals Certification Committee. Meredith completed her undergraduate work at Baylor University and went on to receive her Master's degree through Texas Tech University.

## RECOVERY PANEL: ACCESSING CARE FOR MARGINALIZED POPULATIONS

Moderated By: Brooks Brodrick, MD, PhD

Panelists: Nate Nahmias, PE, CJ Lagare, Angelo Thomas



**Dr. Brooks Brodrick** is originally from California. She attended the University of Texas at Austin, where she studied microbiology. She was a member of the Kappa Delta Sorority, Phi Beta Kappa Honor's Society, and a Texas Orange Jacket. She earned a combined medical degree and doctorate in pharmacology from University of Virginia in Charlottesville. Her doctorate dissertation led to the identification of key signaling pathways involved in intestinal epithelial cell differentiation. She completed her residency training and fellowship in Internal Medicine at the University of Texas Southwestern Medical Center in Dallas. Dr. Brodrick's research and clinical interests are in medical complications of eating disorders. She been an





active member of the National Eating Disorder Association since 2009 and currently serves on their scientific advisor board. In her spare time she enjoys exploring the outdoors with her rescue lab, Rocky, and cheering on her two favorite sports teams, Texas Longhorns and Virginia Cavaliers.



**Nate Nahmias, PE** is 28 years old and working for a major chemical manufacturer in the Houston area. From 2006 to 2007, Nate struggled with anorexia and bulimia. He entered into a male residential treatment program in the latter half of 2017; the program and support staff there helped him start his journey in recovery, and he has been in recovery ever since. He enjoys working with groups such as NEDA to help support others who may be struggling with eating disorders, male or female.

**CJ Legare** of Functional Girl is Chief of Staff at a global startup and a sometimes-working actor & plus-size model. She speaks on topics rooted in female culture including body image & self-everything, the business of being a girl and elevating/celebrating the sisterhood. Her favorite color is sparkle. Her favorite word is Shenanigans.





**Angelo Thomas** is a writer, filmmaker, and mental health advocate. The course of Angelo’s career changed at the moment he released “To a Life Worth Living,” an autobiographical short film documenting his journey to recovery from anorexia. Angelo found his power, passion, and purpose in sharing his story and inspiring others by doing so. Angelo’s reach and presence in this space spans from a communal to national level. He is a leader of Student Wellness initiatives at his college; a spokesperson for The Center for Balanced Living in Columbus, Ohio; and an ambassador for The National Association of

Anorexia Nervosa and Associated Disorders. Regardless of sales, views, or any other measure of success, if Angelo is able to reach and inspire people in telling his story, that’s all that matters and that is the goal and the motive of everything he does.

## FAMILY PANEL: HOW TO CARE FOR YOURSELF WHILE CARING FOR OTHERS

Moderated By: Caryn Honig, MEd, RD, LD

Panelists: Sunnie Gruwell, Shannon Nunnally, BS, Patrick Lukingbeal, M.Ed, PhD



**Caryn Honig, MEd, RD, LD** is a Registered and Licensed Dietitian and owns The Healthy Weigh, a private practice offering nutritional counseling where she counsels patients who struggle with eating disorders. She also works at Texas Children’s Hospital with employees who struggle with eating disorders/disordered eating and chronic diseases. Finally, she is an adjunct clinical professor at University of Houston—and teaches Introduction to Nutritional Counseling and Current Issues in Eating Disorders. She chose the field of nutritional counseling because of her past struggles with anorexia and bulimia. She has been in recovery for over 20 years. Caryn has undergraduate



degrees from the University of Denver and the University of Texas Health Science Center. She completed a master's degree in counseling from the University of St. Thomas in Houston. She is one year away from completing her doctorate in Education from Walden University. Caryn's most challenging and rewarding job is raising her two daughters, Samantha (20) and Natasha (19).

**Sunnie Gruwell** resides in Houston, Texas with her husband and six children. She graduated with a teaching degree in health education from Brigham Young University, but is lucky enough to be able to stay home to raise her kids. Her faith and religion are very important to her, and the strength that comes from those beliefs has helped her family make it through whatever trials they have faced. She has immense gratitude for the life-saving treatment her oldest daughter received at the Eating Recovery Center in Denver, Colorado, and recognizes the extremely important role that caregiver knowledge and education play in the treatment of adolescents with eating disorders. Her continued support for her daughter reinforces the reality that recovery is not a one-time event, but a journey. She currently serves on the Recovery Ambassador Council and feels grateful for the opportunities this has provided to share her story with others. She admires the strength, resilience, and growth her daughter has shown as she battles her eating disorder, and greatly appreciates the ERC for equipping her family with the tools needed to feel empowered in their fight. "Successful mothers are not the ones that have never struggled. They are the ones that never give up, despite the struggles." (Sharon Jaynes)



**Shannon Nunnely, BS** lives in Indianapolis and works as a kindergarten teacher. Since her daughter was diagnosed with an eating disorder, Shannon has become tremendously involved as an advocate in the field. She is a member of the Eating Disorder Task Force of Indiana, has lobbied in Washington DC with the Eating Disorders Coalition, has coordinated the Indianapolis walk for the last four years, organized and funded a Body Project training through a local grant, worked with an Indiana Representative to bring a resolution for National Eating Disorders Awareness Week to be recognized in the state of Indiana (which was passed unanimously!) and has been an all around supporter of NEDA's programs while supporting her family through the eating disorder recovery journey. She has been married to her husband Bruce for 32 years and is the mother of four children ages 20 to 27.



**Patrick Lukingbeal, M.Ed, PhD** is a 7th generation Texan from Houston, and joined the Division of Student Affairs and Enrollment Services as the Director of UH Wellness in June 2014. He received his Ph.D. in Educational Psychology and Individual Differences with an emphasis in Higher Education Administration from the College of Education, and currently serves as an adjunct instructor in the Masters of Education in Counseling program. He is passionate about helping students be successful while in college. He has several years of progressive experience in various higher education capacities, including wellness and wellbeing, residence life, conduct and student activities. Previous to UH, he worked at Rice University, Georgetown University, and Texas A&M University. He is also a certified Mental Health First Aid instructor through the National Council of Behavioral Health, and serves on the board of the Southeast Texas Chapter for the American Foundation for Suicide Prevention. In his spare time, he enjoys spending time with friends and family, traveling the world, gardening, listening to music, Crossfit, and finding excuses to explore the great state of Texas.

