



September 10–12
Minneapolis, MN

Reshaping Our Future:

*A Vision for Recovery, Research,
Attitudes and Action!*

A conference specifically designed for individuals, families, educators, treatment professionals and those in recovery from an eating disorder...



Reflections on Media Images that Promote Eating Disorders

Keynote speaker, **Jean Kilbourne, EdD**, is internationally recognized for her pioneering work on the image of women in advertising. An award-winning author and

documentarian (*Killing Us Softly* and *Slim Hopes*), her new book coauthored with Diane E. Levin is *So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do To Protect Their Kids*.



Eating Disorders: The Science You Need to Know

Dr. Cynthia M. Bulik, PhD, is the William R. and Jeanne H. Jordan Distinguished Professor of Eating Disorders in the Department of Psychiatry in the School of Medicine

at the University of North Carolina at Chapel Hill and is also Professor of Nutrition, School of Public Health and Director of the UNC Eating Disorders Program. She is the author of *Crave: Why You Binge Eat and How to Stop*.

Family Panel: From Here to There: Real Life Roadmaps to Recovery



Panelist, **Jenni Schaefer** is a Singer, Songwriter, Speaker, NEDA Ambassador, and author of *Goodbye Ed, Hello Me: Recover from Your Eating Disorder and*

Fall in Love with Life (to be released by McGraw-Hill in September 2009) and *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too* (McGraw-Hill).

Panel Moderator, **Mary Ellen Clausen**, is Executive Director of Ophelia's Place, and a member of the NEDA Network. After her two daughters struggled with eating disorders, Mary Ellen opened a center to offer support to families impacted by eating disorders.

Panelist, **Laura Collins, MA**, Executive Director of F.E.A.S.T, is a writer from Virginia who became an activist for improved eating disorder treatment after the recovery of her teen daughter from anorexia. Her book, *Eating With Your Anorexic* (McGraw Hill), is the story of her family's experience.

*...and other panelists
you'll enjoy!*

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Puente de Vida
University Medical Center at Princeton

■ Conference Location



Hilton Minneapolis

1001 Marquette Avenue South | Minneapolis, MN 55403

PHONE: (612) 376-1000 | FAX: (612) 397-4875

Located in the heart of downtown Minneapolis, the Hilton Minneapolis provides easy access to restaurants, shops and all of Minneapolis' top attractions, including theatre venues that rival New York! The Walker Art Center and adjacent Sculpture Garden, the nation's largest outdoor urban sculpture garden, is nearby and Minnehaha Park is located 6 miles south, site of the famous Minnehaha Falls. Biking and walking trails abound everywhere. The Mall of America and the world's largest water park are about a mile from the airport and accessible by www.supershuttle.com, (approx \$20 or taxi, \$37).

■ Room Rates and Reservations

The Hilton Minneapolis is offering NEDA Conference guests the following special room rate of \$159/night. Reservations by attendees must be received on or before 5:00 PM, Wednesday, August 5, 2009 for the discount to apply and if rooms are available. Do not wait to make your reservation as the room block may sell out. Make reservations at the phone number listed above or from the NEDA Web site Accommodations section. Be sure to request the group rate by referencing the 2009 NEDA Conference.

■ Transportation

To book discount airfare with Northwest Airlines, use Meeting Agreement Code NY278. See www.myneda.org, Conference homepage, for details.

From Minneapolis-St. Paul International Airport: A delightfully inexpensive tram takes you from the airport to a stop 1 block away from the hotel. It leaves every 15 minutes. Approximate distance to the hotel is 12 miles.

The hotel does not have a shuttle service. Approximate distance to the hotel is 12 miles. A light rail train from the airport can take you to a stop 5 blocks away from the hotel. It leaves about every 7-15 minutes. www.metrotransit.org/rail/facts.asp You can also contact SuperShuttle for your transportation needs at: www.supershuttle.com or telephone (800) 258-3826. The fee for one-way is approximately \$16. Estimated taxi fare from the airport: \$32. There is complimentary on-site parking at the hotel.

■ Registration Information

Conference registration fee includes sessions, Friday and Saturday breakfast, lunch and breaks, the Conference Socials, all session materials and the Professional Learning Day: "Innovations in Care" (see separate paragraph below for information on Learning Day).

Refunds can be provided, on or before August 15, 2009, minus a \$35 processing fee, for requests submitted electronically to NEDA@metroconnections.com or by fax to (952) 884-5680. No refunds after this date, no exceptions.

■ Continuing Education Credits

All conference participants will be provided with a certificate of attendance, presenter biographies and presentation objectives. Participants wishing to obtain CEU's for attending the conference must make arrangements with their respective accrediting organizations for Friday and Saturday sessions.

Professional Learning Day: "Innovations in Care," Thursday, September 10, Noon–5:00 PM., hosted by Park Nicollet Melrose Institute. Continuing education credits can be obtained by signing up for this educational opportunity (*The Professional Learning Day is free of charge. 125 person maximum*) You must register for the NEDA conference in order to attend this learning day. No exceptions will be made. **CMEs:** This activity has been approved for AMA PRA Category 1 Credit. **CEUs:** This program is designed to meet the Minnesota Board of Nursing requirements. Additional credits. If credits for this activity are approved from additional fields, they will be announced as information becomes available.

■ Student Volunteers

High school and college (graduate and undergraduate) students who are 18 years and older who wish to volunteer at the conference will receive a reduced rate and will be asked to assist with registration and a limited number of program sessions. Volunteers will be required to attend the entire conference. Two local volunteers will be needed on Thursday morning to assist with Exhibit Hall set-up and other related tasks.

■ Scholarship Availability

Scholarships are available to cover the registration fee while funds last. Applications will be evaluated based on demonstration of need and will be awarded to first time NEDA Conference attendees only. See the Web site for details and application form.

■ Americans with Disabilities Act (ADA)

Should you require special dietary, allergy or physical needs to participate in the conference, please note on the registration form. Every effort will be made to assist.

For more information: www.nationaleatingdisorders.org

SCHEDULE AT-A-GLANCE

Thursday, September 10

12:00 - 5:00 PM **Optional Learning Day**
CMEs: AMA PRA Category 1 Credit. **CEUs:** Will meet Minnesota Board of Nursing requirements.
Hosted by Park Nicollet – Melrose Institute.
 Transportation Provided to and from the Hilton.
 No additional cost. (Capacity 125).

3:00 - 7:30 PM **Registration and Check-In**

6:00 - 7:30 PM **Welcome Social | Refreshments provided.** Open to all.

Friday, September 11

7:00 AM - 5:00 PM **Registration and Check-In**

7:00 - 8:45 AM **Exhibit Hall Viewing and Breakfast**

8:45 - 9:45 AM **GENERAL SESSION 1**
 Reflections on Media Images that Promote Eating Disorders
Jean Kilbourne, EdD, author

9:45 - 10:15 AM **Exhibit Hall Viewing and Refreshment Break**

10:15 - 11:30 AM **CONCURRENT SESSIONS**

Educator KidPower... Food, Mood & Attitude! Creating Physical & Psychological Fitness in Our Pint-Sized Population
Michele Tamarkin, MA, LMFT

Family Eating Disorders 101
Craig Johnson, PhD and Ovidio Bermudez, MD

Special Issues A Five Step Guide to Creating an Effective Spousal Partnership in the Recovery Process
Jocelyn and John Golden

Outreach It's the Inside That Counts: Preventing eating disorders and empowering strengths among youth
Diane Ackard, PhD and Nancy Tellett-Royce, MD

Treatment CBT-E: Implementing a Manualized Treatment Approach to Eating Disorders in a Multi-Disciplinary Setting
Anne Vorbach, PhD and Marci Mueller Theisen, PsyD

11:30 AM - 1:00 PM **Exhibit Hall Viewing and Lunch**
(Sponsored by Remuda Ranch)

1:00 - 2:00 PM **GENERAL SESSION 2**
 Eating Disorders: The Science You Need to Know
Cynthia Bulik, PhD, author

2:15 - 3:30 PM **CONCURRENT SESSIONS**

Educator Motivational Interviewing within New Moves, a school based program for adolescent girls.
Colleen Flattum, MS, RD, Dianne Neumark-Sztainer, MPH, PhD, RD and Shira Feldman, MPH, RD, LD

Family Negotiating Insurance Coverage for ED Treatment
Kitty Westin MA, LP, Susan Maccia, Dawn Bey

2:15 - 3:30 PM **CONCURRENT SESSIONS (continued)**

Special Issues Why do males have eating disorders and how do they get better?
Ted Weltzin, MD and Melissa Schneider, MA

Outreach Training Healthcare Providers, Educators, Mental Health Generalists, and Public Policy Makers to Respond Effectively to Body Image, Eating, Fitness and Weight Concerns
Kathy Kater, LCSW and Lynn Grefe, MA

Treatment Acceptance and Commitment Therapy & Eating Disorders: Special Considerations
Tera Lensegrav-Benson, PhD

NEDA Outreach NEDA STAR Training (State Advocacy)
Lara Gregorio, MA, et al.

3:30 - 4:00 PM **Exhibit Hall Viewing, Refreshment Break and Raffle**

4:00 - 5:15 PM **CONCURRENT SESSIONS**

Educator Media Literacy: Promoting Healthy Body Image in a Weight Obsessed Culture
Melinda Ann Green, PhD

Family Dangers and Phobias
Julie Lesser, MD and Joel Jahraus, MD

Special Issues The Weight-Bearing Years: Eating Disorders and Body Image Despair in Adult Women
Margo Maine, PhD and Ann Kearney-Cook, PhD

Outreach Promoting Eating Disorder Awareness in a Obesity Focused World
Heidi Limbrunner, PsyD and Kristin Rager, MD

Treatment Anxiety and Eating: The importance of addressing anxiety symptoms in patients with eating disorders.
Nicolette Weisensel, MD and Erin McGinty, MS

NEDA Outreach NEDA's Parent, Family and Friend Network: "NEDA Navigator" (family support) Training
Doug Bunnell, PhD, Phoebe Megna and Laurie Vanderboom

5:45 - 7:00 pm **Conference Networking Social and Book Signing | Refreshments.** Open to all

Saturday, September 12

7:00 - 9:00 AM **Registration and Check-In**

7:00 - 8:45 AM **Exhibit Hall Viewing and Breakfast**

8:45 - 10:15 AM **GENERAL SESSION 3**
 From Here to There: Real-Life Roadmaps to Recovery
Family Panel: *Mary Ellen Clausen, Jenni Schaefer, author, Laura Collins, author, and Stephanie Covington-Armstrong, author*

10:15 - 10:45 AM **Exhibit Hall Viewing and Refreshment Break**

10:45 - Noon **CONCURRENT SESSIONS**

Educator Taking Back Our Bodies: Creating youth advocates through a school based peer education program.
Carmen Cool, MA, LPC and Connie Sobczak, BA

Family The Family as an Ally in the Treatment of Eating Disorders: Applying Advances in Our Understanding of Eating Disorders to Novel Treatment Development
Walt Kaye, MD, Nancy Zucker, PhD and Roxanne Rockwell, MA

Special Issues In Their Own Words: The Psychosocial Impact of a Child's Anorexia Nervosa on Mothers
Melinda Parisi, PhD, Jessica Whitney, MA, EdM, Merle Keitel, PhD, Lauren Stack, MS, Sara LaCasse, MA, and Marissa Miller, MA

Outreach Social Media for Social Change: Connecting Activists and Promoting Awareness Online
Julie Neumann, MA

Treatment Binge Eating Disorder
Cynthia Bulik, PhD

Noon - 1:45 PM **Exhibit Hall Viewing and Lunch**
(Sponsored by Rader Programs)

1:45 - 3:00 PM **CONCURRENT SESSIONS**

Educator Just Eat! How to support students navigating the maze of disordered eating, and eating disorder behaviors
Lee Blum and Liz Bergren

Family You want me to eat WHAT? Parent Coaching during Maudsley Family-Based Recovery
Stephanie B. Milstein, PhD and Laura Collins, MA

Special Issues Nutrition Panel
Esther Rose Park MS, RD, Juliet Zuercher, RD, Amanda Mellowspring, MS, RD, LD and Page Love, MS, RD

Outreach NEDAwareness Week /NEDA Walks Training
Lynn Grefe, MA, Susie Roman, MA, Sarah Stinson, MS, LCSW, CMT, et al.

Treatment Treating Athletes with Eating Disorders Across All Levels of Care with a Multidisciplinary Treatment Team
Michelle Hoff, DO, Nan Brown, MA, LP, Andrea Kurilla, RD, LD, MPH, Heather Gallivan, PhD, LP, and Catherine Cronemeyer, MA

Treatment Medical Complications of Bulimic Behavior
Ovidio Bermudez, MD

3:00 - 3:30 PM **Refreshment Break and Raffle**

3:30 - 4:00 PM **GENERAL SESSION 4**
 Surprise Closing Session!

7:00 - 9:00 PM **OPTIONAL Fundraising Event:** World Premiere of "Running on Empty" at the acclaimed Guthrie Theater in downtown Minneapolis. (\$25 per ticket)



NEDA 2008 Conference Registration
 603 Stewart Street, Suite 803
 Seattle, Washington 98101

REGISTRATION INFORMATION

Please print all information – one form per registrant. (Please photo copy form for each additional registration.)
 Includes all scheduled meal functions, networking, general and break-out sessions, and presentation materials.



- Early Bird Rate (until 7/20) \$350
- Standard Rate (until 8/15) \$425 At the Door Rate (8/16 at the door) \$495
- Early Bird One-Day Rate (check one): Friday Saturday (until 7/20) \$195
- One-Day (check one): Friday Saturday (until 8/20) \$235
- Exhibit Booth (includes one exhibitor badge) \$1,600 through 7/31/09. (\$1,800 starting 8/1). See www.myneda.org for more information

Name and Credentials (as you would like it to be recognized)

Name Tag First Name (exactly as you wish it to appear)

Organization (as you would like it to be recognized)

Address City State Country Zip/postal code

Telephone Fax

Email (required for registration confirmation)

Reg Code (if one was provided to you)

Special Needs (Disability/Dietary)

First Time attendee? Yes No

Payment Information: AMEX MasterCard VISA Check# (Payable to NEDA) _____

Card Number VCode*

Name of Cardholder Exp. Date

Card Billing Address City State Country Zip/postal code

Signature

* The VCode is a 3 or 4 digit number on the back of your card following your card number (front of AMEX card).

Mail completed Registration Form and payment to:

NEDA 2009 Conference Registration Headquarters | 1650 West 82nd Street, Suite 125 | Bloomington, MN 55431
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