

PROGRAM INFORMATION

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

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. 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 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, Steffanie 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.

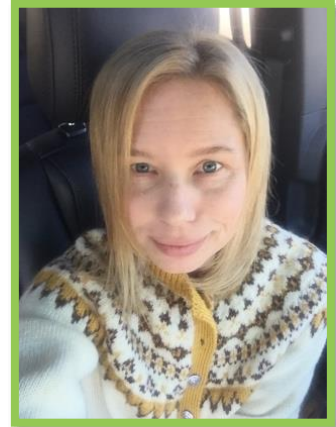
This presentation will review what we know about Eating Disorders (ED) in 2019, including tackling myths and misconceptions, current ED research supporting our understanding about pathology, emerging ED research affecting recovery, how EDs can look different across diverse backgrounds, medical complications 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.

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.

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.

