

EDRS Presents the 5th Annual Conference for  
Eating Disorders Awareness Week

# Pathways to Eating Disorder Recovery

February 4-5, 2011

Lucchesi Community Center • 320 N. McDowell Rd • Petaluma, CA 94954

This event is made possible by the generous donations of our sponsors:

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|---------------------------|---|
| <b>Guardian Angel:</b>    | Petaluma Healthcare District  |
| <b>Platinum Sponsors:</b> | APTED-Association of Professionals Treating Eating Disorders<br>Casa Serena Eating Disorders Program<br>Center for Change<br>Center for Discovery<br>Center for Hope for the Sierras<br>Eating Recovery Center<br>Karen Pierce Gonzalez Public Relations<br>La Ventana Treatment Programs<br>New Dawn Recovery Centers<br>Remuda Ranch<br>Rosewood Centers for Eating Disorders<br>The Renfrew Center<br>The Victorian<br>Timberline Knolls |
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CEs are provided by The Spiritual Competency Resource Center which is co-sponsoring this program and is approved by the American Psychological Association to sponsor continuing education for psychologists. SCRC maintains responsibility for the program and content. SCRC is a California Board of Registered Nursing Provider (BRN) and a Board of Behavioral Sciences Provider (BBS). For questions about CE contact David Lukoff, PhD at (707) 763-3576.

# Eating Disorder Recovery Support (EDRS) 2011 Conference Schedule and Registration

Friday, February 4 – Saturday, February 5, 2011  
Petaluma Community Center

*Friday, February 4th—8:30 am to 5:00 pm  
Pathways to Eating Disorder Recovery*

7:30-8:30 Pilates Class: **Jennifer Milchanoski from Carol Appel Pilates Plus Studio**

**7:30-8:30 REGISTRATION**

8:30-9:00 Welcoming: **Haleh Kashani, PhD, EDRS President**

9:00-10:15 Keynote: **The Mindful Therapist: Carolyn Costin, MA, MED, MFT**

10:15-11:30 Presentation: **Readiness for Change in the Treatment of Eating Disorders:  
Ovidio Bermudez, MD**

11:30-11:45 Break

11:45-1:00 Presentation: **Cognitive Neuroscience of Eating Disorders and Clinical Implications: Kara  
Fitzpatrick, PhD**

1:00-2:00 Lunch break — *Lunch on your own, or pre-purchased boxed lunch with registration*

2:00-3:15 Workshop 1: **A Developmental Approach to Treating Eating Disorders and  
Self-Injurious Behaviors: James Buck Runyan, MFT, LPC, CEDS**

Workshop 2: **Decoding the Spiritual and Symbolic Meaning in Eating Disorder Behaviors:  
Barbara Birsinger, ThD, MPH, RD**

3:15-3:30 Break

3:30-4:45 Workshop 3: **Eating Disorders, Co-morbidity and Early Life Trauma:  
Steven Karp, DO, FACN**

Workshop 4: **From Head to Toe and Back Again—The Medical Complications of Eating Dis-  
orders: Pam Carlton, MD**

4:45-5:00 **Evaluations and Closing**

5:00-5:30 **Reception—Guest Speaker: Adrienne Ressler, LMSW, CEDS—President of IAEDP**

**5:30-7:30 SPECIAL EVENT – On-site**  
*From the Inside Out—Finding My Inner Light*  
*One Woman Show Presented By: Lindsey Wert, MFTI*

*Saturday, February 5th—8:30 am to 5:00 pm  
Pathways to Eating Disorder Recovery*

7:30-8:30 Yoga class: **Jean Grant of BodyWorks Yoga Studio**

**7:30-8:30 REGISTRATION**

8:30-9:00 Welcoming: **Haleh Kashani, PhD, EDRS President**

9:00-10:15 Keynote: **Intuitive Living—10 Principles that Lead to Recovery From an Eating Disorder and Bring Peace and Joy into Your Life: Michael Berrett, PhD**

10:15-11:30 Workshop 5: **Eating Disorders—Hope, Healing and Recovery and the Role of the Nutrition Therapist: Ronnie Benjamin, MPH, RD**

Workshop 6: **Healing Body Hatred: A Mindful - Somatic - Spiritual Approach to Body-Love: Michelle E. Minero, MFT**

11:30-11:45 Break

11:45-1:00 Workshop 7: **“Soul Food”—An Inner Spa Experience to Nourish Your Connection to Eating, Praying and Loving: Elayne Doughty, MFT, and Barbara Birsinger, ThD, MPH, RD**

Workshop 8: **Putting Carer’s Skills to Work—Collaborative Caring: Bridget Whitlow, MFT**

1:00-2:00 Lunch Break – *Lunch on your own, or pre-purchased boxed lunch with registration*

2:00-3:15 Workshop 9: **Eating Disorders and Spiritual Crisis/Emergence: Carol Normandi, MFT and Lauralee Roark, MA**

Workshop 10: **Fragile Mind, Fragile Self: A Story of Recovering from Anorexia Nervosa While Living with Bipolar Disorder: Audrey Bell, MA**

3:15-3:30 Break

3:30-4:45 Workshop 11: **Working Together as a Team—The Importance of a Team in the Treatment of Eating Disorders:  
Panel Members: Pam Carlton, MD, Haleh Kashani, PhD,  
Ronnie Benjamin, MPH, RD, and Bridget Whitlow, MFT**

Workshop 12: **Pilates and Eating Disorder Recovery: Jennifer Milchanoski**

4:45-5:00 **Evaluations and Closing**

*Drop-In Anytime on Friday and Saturday Conference—Stringing Stories:  
An On-going Expressive Art Project  
With Cat Meehan, CIC, MAc, On-site Community Center Art Room*

*Sunday, February 6th—8:30 am to 5:00 pm  
All-Day Post Conference Workshop—Spirit House: A Multidimensional Arts Project  
with Cat Meehan, CIC, MAc, Off-site Petaluma Location*

**PRE-REGISTRATION FORM**

Each day there are large group presentations and then small group breakouts. You can choose from Workshop 1 or 2, 3 or 4, and so on. Please mark your choices below.

**Friday, February 4<sup>th</sup>**

\_\_\_ Workshop 1: Developmental: Runyan or \_\_\_ Workshop 2: Decoding ED: Birsinger  
\_\_\_ Workshop 3: ED: Co-Trauma: Karp or \_\_\_ Workshop 4: Medical & ED: Carlton

**Saturday, February 5<sup>th</sup>**

\_\_\_ Workshop 5: Nutritionist Role: Benjamin or \_\_\_ Workshop 6: Body Love: Minero  
\_\_\_ Workshop 7: Soul Food/Spa: Doughty or \_\_\_ Workshop 8: Carer's Skills: Whitlow  
\_\_\_ Workshop 9: Spiritual Crisis: Normandi or \_\_\_ Workshop 10: Recovery Story: Bell  
\_\_\_ Workshop 11: Treatment Team: Panel or \_\_\_ Workshop 12: Pilates: Milchanoski

**Sunday, February 6<sup>th</sup> \_\_\_\_\_ Post-Workshop: Spirit House—Off-Site Location (Petaluma)**

**CONFERENCE FEES** (All fees are tax deductible and 100% proceeds benefit EDRS Treatment Fund) Please mark your selections and total the fees below.

**Professionals with CEUs included:** (6 CEUs each day for MFTs, LCSWs, Psychologists, and RNs)  
CEUs are provided by The Spiritual Competency Resource Center which is co-sponsoring this program and is approved by the American Psychological Association to sponsor continuing education for psychologists. SCRC maintains responsibility for the program and content. SCRC is a California Board of Registered Nursing Provider (BRN) and a Board of Behavioral Sciences Provider (BBS). For questions about ce contact David Lukoff, PhD at (707) 763-3576.

Fri. Only \_\_\_ \$110 Sat. Only \_\_\_ \$110 Both Days \_\_\_ \$200 (save \$20)

**Students / Interns / General Public:** Fri Only \_\_\_ \$75 Sat Only \_\_\_ \$75 Both Days \_\_\_ \$130  
Scholarships and volunteer positions available. Contact Joan Thompson: 707-778-7849

**Sunday Off-Site Post Workshop** \_\_\_ \$125 (Materials included) Optional: 6 CEUs, add \$25 \_\_\_

**Friday Box Lunch** \$10 \_\_\_ Vegetarian \_\_\_ Traditional *(Advance registration and payment required)*  
**Saturday Box Lunch** \$10 \_\_\_ Vegetarian \_\_\_ Traditional *(Advance registration and payment required)*

**Number of Participants** \_\_\_\_\_ **Total Amount of Registration: \$** \_\_\_\_\_

**Method of Payment:**

\_\_\_ Cash \_\_\_ Check: (Pay to CASA SERENA) Check #: \_\_\_\_\_  
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**PLEASE SEND YOUR PRE-REGISTRATION FORM by January 15, 2011 to Casa Serena EDP: MAIL: 1868 Clayton Road, Suite 123, Concord, CA 94520 or FAX: (925) 682-8313 or EMAIL: info@casaserenaedp.com**