

# REGISTRATION FORM

Houston Eating Disorders Specialists 2013 Conference: *The Journey Of Hope*  
February 23, 2013 8:00am-4:30pm  
303 Jackson Hill Street, Houston, TX 77007

Full Name: \_\_\_\_\_ Title (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Lunch Preference (Circle One)

Smoked Turkey and Provolone      Black Forest Ham and Swiss      Vegetarian      Gluten Free

Registration Fees

Professionals through Feb 16: \$100  
Professionals after Feb 16: \$125  
Students and Non-Professionals: \$50

Payment Options

1. Check  
Submit the check and registration form to Houston Eating Disorders Specialists at  
1501 Crocker St. #1  
Houston, Texas 77019  
2. Credit  
Payable through the HEDS PayPal account at [www.houstoneds.org](http://www.houstoneds.org)

\*Up to 5 continuing education credit hours available to counselors, social workers, psychologists, and dietitians.

Sponsored By:



## HOUSTON EATING DISORDERS SPECIALISTS

2013 Conference  
***The Journey Of Hope***  
February 23, 2013  
8:00am-4:30pm

Join us for a day of education and hope building as we explore the latest advances in eating disorders care with local and national experts. Breakfast, lunch and snack provided as well as professional CEU's.

For more information &  
to register online visit  
[www.houstoneds.org](http://www.houstoneds.org)

# SCHEDULE

## Houston Eating Disorders Specialists 2013 Conference *The Journey Of Hope*

8:00 - 8:30 Registration and Breakfast

8:30 - 8:45 Welcome and Conference Orientation - Jana Rosenbaum, LCSW, CGP and Theresa Fassih, PhD, CEDS

8:45 - 10:00 Keynote Session: New Developments in the Understanding and Treatment of Eating Disorders - Craig Johnson, PhD, FAED, CEDS (1.0 CEU)

Dr. Craig Johnson is a leading mind in the research, development and implementation of eating disorders treatment. This presentation will explore the latest developments in the eating disorders evidence base, including cutting-edge interventions addressing anorexia nervosa, bulimia nervosa and binge eating disorder, and strategies for applying emerging therapeutic techniques in an outpatient treatment setting. Participants will gain an understanding of the eating disorders evidence base, including bio-psycho-social elements, predisposing factors and co-morbid disorders; precipitating factors and perpetuating factors associated with the development and maintenance of eating disorders; research supporting evidence-based interventions, including Family-Based Treatment (FBT), Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT); and practical applications of these interventions in the outpatient treatment environment.

10:00 - 10:15 Break/Sponsor Booths

10:15 - 11:15 Breakout Session 1

**Room A** Hope and Empowerment for Families and Friends: Helping the loved ones of individuals with eating disorders know what to do and say for support in the recovery process - Meredith Cook, LPC (1.0 CEU)

**Room B** Follow The Yellow Brick Road: The Spiritual Path to Hope - Laura Laine, MEd, RD, LD, (1.0 CEUs for RDs)

**Room C** The Brain, Eating Disorders and You: Neuroscience 101 for clinical practice - Carolyn Costin, MEd, LMFT, CEDS (1.0 CEU)

11:30 - 12:30 Lunch and Panel Discussion: Stories of Hope with moderator Sherr-Min Chow

12:45 - 1:45 Breakout Session 2

**Room A** Creative Ideas to Engage Clients in Various Perspectives of Body Image - Debbie Grammas, PhD and Chris Webb, CPRP, MT-BC (1.0 CEU)

**Room B** Updates in Refeeding Practices for Adolescents with Anorexia in the Inpatient Setting - Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS (1.0 CEU)

**Room C** Eating Disorders in the Age of Anti-Aging: Implications for Treatment and Hope for Recovery in Women Midlife and Beyond - Deborah Michel, PhD, CEDS and Kathy Veath, RD, LD, BSN (1.0 CEU)

1:45 - 2:00 Break/Sponsor Booths

2:00 - 3:00 Breakout Session 3

**Room A** Medications for Eating Disorders: A Reason for Hope? - Aaron Fink, MD (1.0 CEU)

**Room B** Supporting Recovery with Nutritional Rehabilitation: Utilizing an Interdisciplinary Approach - Brandi Powell, MS, RD, LD and Jill Sechi, MS, RD, LD (1.0 CEU for RDs)

**Room C** What is Mentalizing and Why Eating Disorder Patients Should Do It: How Mentalizing Based Treatment Can Strengthen Recovery From Eating Disorders - Theresa Fassih, PhD, CEDS and Heather Murphy, LPC. (1.0 CEUs)

3:00 - 3:30 Snack Break and Sponsor Tables

3:30 - 4:30 Breakout Session 4

**Room A** Daddy's Little Girl: Dads, Daughters & Disorders - Keesha Broome, LMFT and Mike Polan, Father (1.0 CEU)

**Room B** It's Not About Food or Weight: Combining Traditional and Non-traditional/Eclectic Approaches for the Treatment of Eating Disorders - Caryn Honig, MEd, RD, LD, and Amy Waldner, LCSW (1.0 CEU)

**Room C** From Disordered to Recovered: Taking a Client Through 8 Keys to Recovery - Carolyn Costin, MEd, LMFT, CEDS (1.0 CEU)



Eating disorders can lead to feelings of hopelessness, but recovery is possible. Join us for a day of education and hope building as we explore the latest advances in eating disorders care with local and national experts. This conference will benefit anyone wanting more information about these treatable illnesses, including students, professionals, and those affected by eating disorders. Seating is limited. Early registration is recommended. Breakfast, lunch and snack provided with CEU's available for counselors, psychologists, social workers, and dietitians.