

SUMMER
2021

Continuing EDUCATION

CATALOG FOR MENTAL HEALTH PROFESSIONALS

DON'T MISS OUT ON THE
MOST RELEVANT
MENTAL HEALTH TOPICS AND
CONVERSATIONS OF 2021



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

FREE COURSES

We provide continuing education credits for mental health providers and clinicians including...

COUNSELORS
DIETITIANS
NURSES
PSYCHIATRISTS
PSYCHOLOGISTS
PRIMARY CARE PHYSICIANS
SCHOOL PROFESSIONALS
SOCIAL WORKERS
THERAPISTS

Prepare Yourself for What Lies Ahead

Courses and conversations uniquely designed for 2021 – a year of hope and healing for clinicians and patients.

A TIMELY AND RELEVANT CLINICIAN'S GUIDE FOR THE REAL WORLD...

Eating Recovery Center (ERC) and Pathlight Mood & Anxiety Center's (Pathlight) continuing education (CE) courses present an ideal opportunity to address the unique challenges and opportunities mental health professionals face now and will be facing in the weeks and months ahead.

Our focus was to develop a highly relevant curriculum with powerful insights that could be immediately applied in everyday practice and address the new world in which we now live. We are holding space for today's most important conversations and want to help you do the same in a compassionate and safe clinical setting.

From the comfort of your home or office, you can earn CE credit hours to fulfill your licensure requirements, while engaging in professional learning experiences and thoughtful conversations across a broad spectrum of topics that are facilitated by industry-leading clinicians.



If you're looking for a dynamic learning experience that will enhance your practice, look no further...

TOPICS INCLUDE:

- ✓ Bias, Racism and Minority Stress in Mental Health
- ✓ An EFFT-Informed Approach to Managing Anxiety and Depression in Children and Teens
- ✓ Grief, Loss and Mental Health: One Year Into a New World

CONTINUING EDUCATION COURSES

JUNE

PRIDE MONTH

OUT LOUD PRIDE SUMMIT: JUNE 11-JUNE 13

Eating Recovery Center and Pathlight Mood & Anxiety Center's Out Loud Pride Summit is a weekend-long virtual event focused on exploring LGBTQ+ identity and mental health. Our programming includes continuing education opportunities for professionals and lived experience panels for all. Each event is designed to educate, elevate and advocate for the voices of the LGBTQ+ community.

FRIDAY, JUNE 11

Gender Dysphoria and Eating Disorders: Understanding and Improving Care for Transgender Individuals With Eating Disorders

Enhance your understanding and awareness of therapeutic implications when working with transgender clients struggling with eating disorders. This presentation will show you how to properly screen for gender dysphoria in patients with eating disorders, while exploring strategies that can help delineate if their gender identity influences their eating disorder. Clinical interventions that can help with self-acceptance, body image concerns and eating disorder symptoms, as well as medical options for pubertal suppression and transitioning will be presented.

When: June 11, 9:30-11:00 am MDT | **Speakers:** Anne Marie O'Melia, MS, MD, FAAP, CEDS-S and Michael Spaulding-Barclay, MS, MD, CEDS
CE/CME Hours: 1.5

Reconsidering Grief: Exploring Grief and Loss From an LGBTQ+ Perspective

Within the LGBTQ+ community, grief takes many forms. Outside of the grief one experiences due to the loss of a loved one, people who are marginalized may also experience grief in identity, loss of security, loss of support and acceptance from family and friends, among others. This presentation will explore the experience and expression of grief and loss in the LGBTQ+ community. Presenters will discuss how one can make room for and honor their grief while also developing strategies for moving through their grief toward healing.

When: June 11, 12:00-1:30 pm MDT | **Speakers:** Lisa Constantino, LPC, CEDS-S and Hanna Badenoch, LMHC | **CE/CME Hours:** 1.5

SATURDAY, JUNE 12

Pulse Memorial

June 12 marks the fifth anniversary of the Pulse Massacre in Orlando, FL. On this day, we will be holding space to honor the 49 lives lost and an entire community affected by an act of violence. We ask all members of the LGBTQ+ community to take time to care for themselves and all allies to reflect on how they can continue to stand up for the LGBTQ+ community.



SUNDAY, JUNE 13

While today's events do not offer CE credit, providers are encouraged to attend to gain valuable insights into the experience of LGBTQ+ individuals and their journeys with mental health and identity.

History of Activism

Join us for a special message from the host of "Queen & Sober," Eric Dorsa aka Fonda K (they/them), about the history of Pride and how learning about queer history impacted their mental health journey.

When: June 13, 10:00-10:15 am MDT | **Speaker:** Eric Dorsa (they/them)

Over the Rainbow: From Shame to Pride

When we think of the word "pride," we often are reminded of the parades, the colors, the joy, the community and celebration. Yet for many of us, our journeys toward pride began in shame. We kept our thoughts and feelings around our sexuality and identity a painful secret. In this candid panel, we will explore the effects of long, withstanding shame and how to find true pride in our identities as LGBTQ+ people.

When: June 13, 10:15-11:15 am MDT | **Speakers:** Eric Dorsa (they/them), Lindsey Hall (she/her) and guests

Out and About: Living in Our Truth

Most of us don't just open the closet door and know who we are as LGBTQ+ people. Our journeys are often full of ups and downs as we finally let our authentic selves be known. In this panel, we will explore the power of finding and connecting with chosen communities while healing our relationships with our spirits, minds and bodies.

When: June 13, 11:30 am-12:30 pm MDT | **Speakers:** Eric Dorsa (they/them), Lindsey Hall (she/her) and guests

Safe Spaces: Mental Health Care in Marginalized Populations

Do not miss this powerful opportunity to broaden your understanding and heighten your awareness of the significant bias and overwhelming challenges faced by individuals in marginalized populations as they seek out and receive mental health care. Our discussion will expose inherent and implicit bias further compounded by cultural differences that influence assessment for those seeking treatment. Cultural challenges that also impact proper diagnosis, treatment planning and actual treatment of mental health concerns.

When: June 23, 9:30-11:00 am MDT | **Speaker:** Avanti Bergquist, MS, MD, FAPA, DFAACAP | **CE Hours:** 1.5

JULY

Psychiatric Treatment of Eating Disorders

This insightful presentation will review eating disorder treatment from a psychiatric perspective for adult, adolescent and child patients. Our discussion will include epidemiology of comorbid psychiatric diagnoses with eating disorders and when (or if) psychiatric medications can be helpful in treatment. This continuing education course is ideal for all mental health providers and clinicians working with individuals with mental health diagnoses. Content is appropriate for learners of all levels who have at least an introductory level of understanding about mental health concerns.

When: July 12, 4:00-5:30 pm MDT | **Speaker:** Avanti Bergquist, MD, MS, FAPA, DFAACAP | **CE/CNE/CME Hours:** 1.5

Obsessive Compulsive Disorder: Morbid and Harm Obsessions

Join us as we explore cognitive behavior therapy using exposure and response prevention (ERP) considered to be the gold standard of evidence-based practice for the psychological treatment of obsessive-compulsive disorder (OCD). The application of ERP in the treatment of individuals with OCD is characterized by morbid and harm obsessions that will be the main focus of this presentation. We will also help attendees understand the phenomenon of suicidal obsessions as a version of harm obsessions, while teaching them how to discern suicidal obsessions from suicidal ideation.

When: July 14, 9:30-11:00 am MDT
Speaker: Charles Brady, PhD, ABPP | **CE Hours:** 1.5

Navigating Grief and Trauma – Discussion of Trauma-Informed Care

Join us for a powerful presentation that reviews the impact of 2020 as a year when we were exposed to significant trauma and grief. Trauma that will remain with us long after these events have passed. To help us care for patients in the months and years to come, we will explore the difference between healthy and adaptive grief, and complicated or traumatic grief that requires intervention. We will also explore the utility of trauma-informed treatment for promoting recovery.

When: July 30, 9:30-11:00 am MDT
Speakers: Lara Effland, LICSW and Laura Cabanillas, LPCC, LMHC, NCC, CEDS | **CE Hours:** 1.5

AUGUST

Assessing for Severe Eating Disorders and Related Medical Complications in Children, Adolescents and Young Adults: Tools for Case Managers

Don't miss this opportunity to refine your patient assessment and referral skills as we summarize DSM-5 diagnostic criteria for common eating disorders, discuss associated medical complications and explain appropriate interventions. This includes guidelines on how to identify an eating disorder, case examples, levels of care in eating disorder treatment, the role of social work and/or nurse care management and how to initiate a referral to the right level of care. Ideal for all mental health providers and clinicians working with individuals with mental health diagnoses. Appropriate for learners of all levels who have at least an introductory understanding of mental health concerns.

When: August 9, 4:00-5:30 pm MDT | **Speakers:** Sharon Harrison, BSN, RN, CDCES and Sara Nieder, LCSW | **CE/CNE/CME Hours:** 1.5

COMING IN AUGUST:

Love Your Tree 3-Part Creative Arts Education Series

Love Your Tree is an arts-based campaign for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection. Love Your Tree uses the metaphor of the tree and its universal symbols to help participants celebrate themselves and others across branches of hope, including: Diversity & Uniqueness, Resilience & Change, Community & Social Connectedness, Strength & Growth and Peace & Calm. This series will provide turn-key training and resources that can be used in your practice.

To register, visit...
ERCPATHLIGHT.COM/SummerEvents2021



This is the best ethics training I have done in the last 10+ years as a psychologist! You are digging into the nuance and bringing your authentic selves into the topic in such a helpful way.

– CE Course Attendee

Course details including topic, speaker and time are subject to change without notice. Please visit ERCPATHLIGHT.COM/SummerEvents2021 to see current event details.

*For more information on Love Your Tree, see page 15.

CONTINUING EDUCATION COURSES



On-Demand Courses Available Online

Bias, Racism and Minority Stress in Mental Health

Speakers: Neeru Bakshi, MD, CEDS, FAPA and Kimberly Brusch, MEd, RN | **CE Hours:** 1.5

Eating Disorders, Anxiety and Mood Disorders in the Black Community

Speakers: Judi-Lee Webb, PhD; Siobhan Taylor; Ivy Watts; Abraham Sculley and Dana Cunningham, PhD | **CE Hours:** 1

Through the Looking Glass: New Insights for Addressing the Unpredictable Challenges of Binge Eating Disorder and COVID-19

Speaker: Ralph E. Carson, RD, CEDRD, PhD
CE Hours: 1

Integrating Exposure and Response Prevention and Acceptance and Commitment Therapy in the Treatment of Binge Eating Disorder

Speaker: Catherine Ruscitti, PsyD, CEDS
CE Hours: 1

Body Neutrality: Reclaiming the Body in Intersectional Eating Disorder Treatment

Speakers: Meredith Nisbet, MS, LMFT and Elizabeth Wassenaar, MS, MD, CEDS
CE Hours: 1.5

Health at Every Size®: Hope for the New Year Say It Brave Masterclass*

Speakers: Shana Minei Spence, MS, RDN, CDN and Meredith Nisbet, MS, LMFT | **CE Hours:** 1

Navigating Diet and Exercise in the Eating Disorder Population: A Slippery Slope

Speakers: Ralph E. Carson, RD, CEDRD, PhD; Adele Levinstein, MS, RD, CSSD, LD, CEDRD and Rachel Zavala, MS, RD | **CE Hours:** 1.5

Interference or Insight? Caregiver and Clinician Dynamics in Treatment

Speakers: Scott Bullock, LICSW-S, LCSW, CEDS and Elizabeth Easton, PsyD, CEDS
CE Hours: 1.5

Emerging Eating Pathologies: What and Why

Speaker: Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.iaedp, CEDS | **CE Hours:** 2

Eating Disorders: Symptoms and Consequences

Speaker: Landry Weatherston-Yarborough, LPC, CEDS-S, NCC | **CE Hours:** 1

New Year, New You? The Ugly Truth About Diet Culture

Speaker: Landry Weatherston-Yarborough, LPC, CEDS-S, NCC | **CE Hours:** 1

Going Virtual: Transitioning an Eating Disorder Treatment Team During the Pandemic

Speakers: Sabrina Johnson, LPC and Nicole Matros, PsyD | **CE Hours:** 1

Leading Evidence-Based Treatments for Eating Disorders: A Special Look at Cognitive Behavior Therapy for Eating Disorders (CBT-E)

Speaker: Irene Rovira, PhD | **CE Hours:** 1.5

Eating Disorders, Infertility and Pregnancy: Improving Assessment, Diagnosis and Treatment

Speaker: Steven Crawford, MD | **CE/CME Hours:** 1.5

Identifying Medical Complications in Patients With an Eating Disorder and the Appropriate Level of Care

Speakers: Ovidio Bermudez, MD, FAP, FSAHM, FAED, F.iaedp, CEDS and Dennis Gibson, MD, FACP, CEDS | **CE/CNE/CME Hours:** 1.5

Eating Disorders Throughout Different Levels of Support

Speakers: Jennifer McAdams, MA, LCPC, CEDS-S and Rebecca Hansen, MA, LCPC, CEDS-S
CE Hours: 1.5

Medical Complications and Emotion-Focused Family Therapy

Speakers: Elizabeth Stachulski, LCPC, CEDS-S and Delia Aldridge, MD, FAPA, CEDS-S
CE Hours: 1

Inclusive Assessment and Early Intervention Strategies for Eating Disorders on Campus

Speaker: Jennifer Moran, PsyD | **CE Hours:** 2

Student Athlete Mental Health in 2021: What Schools and Coaches Need to Know About Mood, Anxiety and Eating Disorders in the Wake of COVID-19

Speaker: Amy Gooding, PsyD | **CE Hours:** 1

Supporting Students With Eating Disorders on College Campuses

Speaker: Jennifer Moran, PsyD | **CE Hours:** 1

To access our on-demand courses, visit [ERCPathlight.com/CECoursesOnDemand](https://ercpathlight.com/CECoursesOnDemand) and follow these three easy steps:

- 1 Enter your name and email address.
- 2 Enter the code **Summer2021**.
- 3 Check your email for login instructions from ERC and Pathlight Continuing Education and Events.

The Importance and Role of the Campus Eating Disorder Dietitian

Speakers: Kate Ruley, RDN, CSSD and Sarah Walsh, MS, RD, CSSD, LDN | **CE Hours:** 1

Diagnosing and Treating Eating Disorders on the College Campus

Speaker: Steven Crawford, MD | **CE Hours:** 1

Strategies for Handling Non-Compliant Students With Eating Disorders Who Need a Higher Level of Care

Speakers: Ashley Wilson, PsyD, HSP-P and Casey Tallent, PhD | **CE Hours:** 1

Managing Anxiety and Depression in Children and Teens: An EFFT-Informed Approach

Speakers: Elizabeth Easton, PsyD, CEDS and Allison Chase, PhD, CEDS | **CE Hours:** 1.5

The Psychology of Trauma: The Effects of Social Media, the Pandemic, Social Unrest and Ambivalence to Change

Speaker: Susan McClanahan, PhD, CEDS
CE Hours: 1.5

Grief, Loss and Mental Health: One Year Into a New World Say It Brave Masterclass*

Speakers: Lara Effland, LCSW; Robyn Cruze; Mimi Cole and Patrick Devenny
CE Hours: 1

Treating Psychiatric Issues in a Primary Care Setting

Speakers: Heather Dlugosz, MD, CEDS, FAPA and Ileana Calinoiu, MD | **CE/CME Hours:** 1.5

Illuminating the Path to Recovery: Understanding Assessment, Diagnosis and Levels of Care for Mental Health and Eating Disorder Treatment

Speakers: Lisa Constantino, LPC, CEDS-S and Dori Bowling-Walters, LCSW | **CE Hours:** 1.5

The Ethics of Mental Health Care in an Ever-Changing World

Speakers: Megan Riddle, MS, MD, PhD; Libby Erickson, DO; Kristie Simmons, MS, RD, CEDRD-S and Deb Michel, PhD, CEDS-S, FAED
CE Hours: 3

Innovations in Psychiatric Care

Speakers: Anne Marie O'Melia, MS, MD, FAAP, CEDS-S; Stephanie Setliff, MD, CEDS-S and Elizabeth Wassenaar, MS, MD, CEDS | **CE/CME Hours:** 1.5

**For more information on Say It Brave Masterclasses, see page 10*

Course details including topic, speaker and time are subject to change without notice. Please visit [ERCPathlight.com/SummerEvents2021](https://ercpathlight.com/SummerEvents2021) to see current event details.

CONTINUING EDUCATION COURSES



YOUTH MENTAL HEALTH COURSES FOR SCHOOL PROFESSIONALS



MENTAL HEALTH RESOURCES FOR SCHOOL PROFESSIONALS

This presentation will provide an overview of the nature and causes of mental health concerns. We will share various approaches designed to enhance support for students, along with a review of the latest resources. We will conclude our presentation with a live Q&A so we can further discuss this topic and specifically address any unique challenges you face at your school.

When: First Saturday of the month, 8:00-9:00 am MDT
Speaker: Beth Ayn Stansfield, MEd | **CE Hours:** 1



EATING DISORDERS 101 FOR SCHOOL PROFESSIONALS

Eating disorders are particularly relevant to school-aged students, as most eating disorders emerge during this time of development. Eating disorders also affect a young person's physical health, mental health and social development. This presentation will provide an overview of eating disorders and an online symptoms checklist to help identify those at risk. Our focus is to increase awareness while providing a toolbox of practical approaches and resources.

When: Third Saturday of the month, 8:00-9:00 am MDT
Speaker: Beth Ayn Stansfield, MEd | **CE Hours:** 1



To register, visit ERCPATHLIGHT.COM/CoursesForSchoolProfessionals

EATING DISORDER COURSES FOR COLLEGE PROVIDERS



WHAT DOES BIO-TEMPERAMENT HAVE TO DO WITH IT? HOW TO HELP OUR CLIENTS OPTIMALLY ENGAGE IN THEIR LIVES

Join us and learn how to help your patients more fully engage in their own lives, whether they are immersed in their work, love, friendships or social life. Despite many factors such as genetics, bio-temperament and individual circumstances, we want patients to become optimally engaged. To achieve this we need to find balance, so they are not over or under-engaged. This can be achieved by understanding engagement and bio-temperamental traits, such as over or under-controlled, and how each needs to be considered when choosing an effective treatment plan.

When: June 4, 9:00-10:00 am MDT | **Speaker:** Lara Effland, LICSW
CE Hours: 1



To register, visit ERCPATHLIGHT.COM/College/BioTemperament



INNOVATIONS AND BENEFITS OF VIRTUAL EATING DISORDER TREATMENT: A DIETITIAN'S PERSPECTIVE

Virtual treatment for eating disorders has increased access to care and provided many unique benefits to nutrition therapy. Join us as we discuss the advantages of virtual nutrition therapy and innovative strategies to bringing treatment to our patients.

When: August 3, 10:00-11:00 am MDT | **Speakers:** Kristie Simmons, MS, RD, CEDRD-S and Sarah Walsh, MS, RD, CSSD, LDN | **CE Hours:** 1



To register, visit ERCPATHLIGHT.COM/College/VirtualEDTreatment

Course details including topic, speaker and time are subject to change without notice. Please visit ERCPATHLIGHT.COM/SummerEvents2021 to see current event details.

A Customized Training Experience to Meet Your Team's Needs

CE, CME and CNE Courses Available On-Site or Virtually



We work directly with organizations across the country to design custom training opportunities that address specific challenges and areas of interest. We can create a training program focused on the unique needs of your hospital, treatment center, physician practice or other healthcare organization.

With more than 30 Professional Relationship Liaisons across the nation, we can support your needs for professional education, care consultations and admission support questions in your community.

EXAMPLES OF POPULAR TOPICS:

- School Refusal Behavior: Children Who Can't or Won't Go to School
- Managing Diabetes in Eating Disorders
- Social Work Triage: Identifying and Treating Eating Disorders in a Medical Setting
- Innovations in Neuropsychiatric Care



LEARN MORE Email your local Professional Relationship Liaison at ProfessionalRelations@ERCPATHLIGHT.COM to find out more about how we can create a custom training experience for your organization today.

A POWERFUL EVENING OF INSPIRATION AND HOPE

With Sonya Renee Taylor

March Forth on March 4th was a special day of personal and community enrichment where Sonya shared her passion for life and energized 1,000 participants with her message of love, inspiration and hope. The evening began with profound ideas and a new approach to self-awareness and discovery, as a way to find our true and best self amidst a world of chaos, bias and conflict. Sonya took us on a deeply personal journey where she discovered radical self-love as the guiding force that would redefine her path forward.

Thank you Sonya Renee Taylor and Colorado Community Collaborative for allowing ERC and Pathlight to be part of this very meaningful event.

Sonya Renee Taylor is a world-renowned activist, poet and author of the best-selling book *The Body Is Not an Apology: The Power of Radical Self-Love*, and Founder and Radical Executive Officer of the digital media company, The Body Is Not An Apology.

Can I Choose Me? A powerful lesson of my last year has been can I choose me by releasing things not in alignment with the direction I'm going. And can I do that lovingly with care and compassion?

— Sonya Renee Taylor



CLINICIAN SPOTLIGHT

A conversation with...

Anne Marie O'Melia, MS, MD, FAAP, CEDS-S



Anne Marie O'Melia, MS, MD, FAAP, CEDS-S is the Chief Medical Officer and Chief Clinical Officer for Eating Recovery Center and Pathlight Mood & Anxiety Center. As a triple board-trained physician, she holds board certifications in pediatrics and general psychiatry, as well as subspecialty board certifications in child and adolescent psychiatry and psychosomatic medicine. Dr. O'Melia has co-authored multiple articles and book chapters on eating disorders and has been recognized as one of the "Best Doctors in America" every year since 2007.

We recently sat down with Dr. O'Melia to learn more about her vision for ERC and Pathlight.

What is the significance of the name Pathlight?

We changed our name to Pathlight Mood & Anxiety Center last year because it better describes our promise to illuminate our patients' unique paths forward. At Pathlight, we fill the gap between acute psychiatric care and outpatient therapy, teaching patients the skills and strategies they need to transform their lives and achieve long-lasting recovery. Pathlight embodies our commitment to light the way for our patients on their journey to emotional wellness.

How has ERC and Pathlight become a national leader in virtual behavioral health treatment?

As pioneers in telebehavioral health, we started treating patients virtually in 2016. Our experienced clinicians have adopted the same proven curriculum that we use to treat patients in person, to treat patients virtually. The program really works, and our published research confirms that our Virtual Intensive Outpatient Program (Virtual IOP) patients showed significant and clinically meaningful improvements in all outcomes measured. This includes self-reported eating disorder symptoms, depression, self-esteem, quality of life and overall satisfaction.

What makes ERC and Pathlight unique?

ERC and Pathlight comprise the nation's leading mental health care system dedicated to the treatment of eating disorders and primary mood, anxiety and trauma-related disorders. Working closely with patients and their families is at the heart of what we do. We provide innovative, evidence-based treatment programs uniquely tailored for patients of all ages, genders, ethnicities and races. Offering multiple levels of care and therapeutic approaches, we offer all patients the specialized care they need to find lasting recovery.

We are truly grateful to be a part of the mental health community and serve as a valuable resource to both clinicians and their patients. We are extremely passionate about everyone we support and care for and are proud to offer the highest quality care at every stage of treatment during this time of accelerated need.

AUGUST
2021

Presented by the
Eating Recovery and
Pathlight Foundation

ATTEND THIS YEAR'S

PREMIER VIRTUAL MENTAL HEALTH AND EATING DISORDER TREATMENT CONFERENCES

Transformative Solutions in Mental Health and Eating Disorder Treatment

Don't miss valuable insights and important conversations with the nation's leading mental health experts.



AUGUST
24-25 | 2021

TOPICS INCLUDE...

- Neuropsychiatric Treatment Innovation – Current Research Trends
- Clinical Perspectives on Bereavement and Grief: Past, Present and Future
- Mental Health in African American Men
- Getting Past Overwhelmed: Celebrating the Resilient Edge
- The Interpersonal Theory of Suicide From a Radically Open DBT Perspective

FEATURED SPEAKERS...

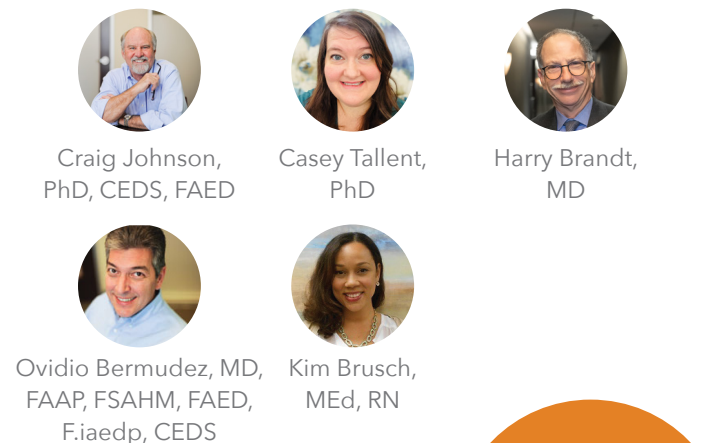


AUGUST
26-27 | 2021

TOPICS INCLUDE...

- Eating Disorder Treatment: Where We Came From, Where We Are Going and Lessons Learned Along the Way
- Treating the Entire Family: An EFFT Approach
- A Panel Discussion of ARFID Cases: Challenges and Opportunities in the Clinical Setting
- Competition Cut Short: One Athlete's Story and How Professionals Make a Difference
- Five Years of Evidence-Based Virtual Eating Disorder Treatment: Decoding the Data

FEATURED SPEAKERS...



SAVE THE DATE & REGISTER NOW

Register now at PathlightBH.com/RegisterNow and EatingRecovery.com/RegisterNow

Regular Price as of June 29, 2021: \$79

Early Bird
Pricing Through
June 28, 2021
\$49

JOIN OUR INCLUSIVE MENTAL HEALTH COMMUNITY: SAY IT BRAVE

Say It Brave is an inclusive community that provides honest conversations and free resources for mental health issues. In a world that stigmatizes mental health, we believe that sharing your truth in a safe space, or *saying it brave*, is essential to healing.

Visit EatingRecovery.com/Say-It-Brave or PathlightBH.com/Say-It-Brave to learn more, and to join our community of truth-tellers.

FOR PROFESSIONALS AND COMMUNITY...

MASTERCLASSES

In Say It Brave Masterclasses, nationally recognized thought leaders shed light on the most pressing topics in mental health. The tools and perspectives shared are beneficial for both providers and people with lived experience of mental health issues.

- ✓ Clinicians and behavioral health providers receive one CE credit hour per event and the opportunity to hear provider and patient perspectives.
- ✓ Individuals on a recovery journey receive a self-reflection tool, resource list and a whole lot of inspiration.
- ✓ Each Masterclass features a nonprofit organization bringing hope and vital resources to individuals with mental health issues.
- ✓ **Registration is free!**

“I am honored to be a part of the Say It Brave community because I once needed to see myself in someone else to know that I was not alone. Advocacy is what offers hope to so many, especially in the LGBTQ+ community.”

Eric Dorsa (They/Them)

CONVERSATIONS



COLLECTIVE CONVERSATIONS

Hosted by members of our Say It Brave Collective, these candid conversations focus on the wins, the setbacks and the collective “oh wow, someone else feels this way, too!” topics via Instagram Live, in an open and supportive dialogue on mental health.

Topics Include: Resilience, Mindfulness, Coping With Relapse, Radical Compassion, Animal-Assisted Therapy, Community Resources and Support, Self-Love and more.



QUEEN AND SOBER

A monthly virtual series where National LGBTQ+ Mental Health Advocate, Eric Dorsa (They/Them), interviews guests on all topics LGBTQ+ and mental health as their drag persona, Fonda K.

Topics Include: Healthy Boundaries, Claiming Space With All of Who You Are, What Comes After Coming Out, LGBTQ+ Body Image, Self-Acceptance and more.



SHINING A LIGHT ON RECOVERY

Authors Robyn Cruze and Kara Richardson Whitley host a monthly virtual gathering to discuss the challenges, goals, truth and triumphs that make up life’s adventure that we call recovery.

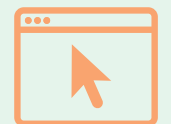
Topics Include: Cultivating Relationships, Recovery Roadblocks, Asking for Help, Coping With Uncertainty, The Nitty-Gritty of Depression or Anxiety, Rediscovering Your Passion and Purpose, and more.

THE SAY IT BRAVE COLLECTIVE

The Say It Brave Collective is a diverse group of mental health advocates who provide powerful insights that help us humanize the recovery experience. We encourage you to “meet them” through the link below and explore their unique perspectives as a source of encouragement and hope.



MEET OUR MENTAL HEALTH ADVOCATES



To learn more about these amazing individuals, visit ERCPATHLIGHT.COM/SAYITBRAVECOLLECTIVE

TAKE ADVANTAGE OF OUR COMMUNITY, ALUMNI AND FAMILY RESOURCES

FREE VIRTUAL SUPPORT GROUPS

Join ERC and Pathlight community members for support, education and connection in navigating the twists and turns of the mental health journey.

ERC and Pathlight strive to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first come, first served and limited to 15 participants each. Please note, the groups are supplemental support and are not a replacement for eating disorder and/or mood and anxiety disorder treatment, therapy or medical advice.

 <p>COMMUNITY MEMBERS <i>Anyone is welcome; prior treatment at ERC and/or Pathlight is not necessary.</i></p> <ul style="list-style-type: none"> ✔ LGBTQ+ Eating Disorder and Body Image Support Group Mondays at 12:00 pm ET ✔ Mental Health Support Group for People of Color Mondays at 7:00 pm ET ✔ Eating Disorder Support Group Tuesdays at 1:00 pm ET ✔ Binge Eating Recovery Support Group Wednesdays at 5:15 pm ET ✔ Eating Disorder Support Group Wednesdays at 7:00 pm ET ✔ Anxiety and Depression Support Group Wednesdays at 8:00 pm ET ✔ College Student/Early Adult Support Group Thursdays at 2:00 pm ET ✔ Addictive Behaviors Skills Groups Fridays at 6:15 pm ET 	 <p>IOP PATIENTS & ALUMNI <i>For current or past patients of ERC and/or Pathlight</i></p> <ul style="list-style-type: none"> ✔ Binge Eating Disorder Alumni Support Group Mondays at 7:15 pm ET ✔ Eating Disorder Alumni Support Group Mondays at 7:30 pm ET ✔ Binge Eating Disorder Alumni Support Group Tuesdays at 7:15 pm ET ✔ Eating Disorder Alumni Support Group* Tuesdays at 8:00 pm ET ✔ Anxiety and Depression Alumni Support Group Wednesdays at 7:00 pm ET <hr/>  <p>PROVIDERS & CLINICIANS</p> <ul style="list-style-type: none"> ✔ Clinician Connection Support Group Wednesdays at 2:00 pm ET 	 <p>FAMILY & CAREGIVERS <i>Anyone supporting a loved one; prior treatment at ERC and/or Pathlight is not necessary.</i></p> <ul style="list-style-type: none"> ✔ Eating Disorder Family and Caregiver Support Group: For Loved Ones of Adolescents Wednesdays at 6:00 pm ET ✔ Eating Disorder Family and Caregiver Support Group: For Loved Ones of Adolescents Wednesdays at 8:15 pm ET ✔ Eating Disorder Family and Caregiver Support Group: For Loved Ones of Adults Thursdays at 8:00 pm ET ✔ Eating Disorder Family and Caregiver Support Group: For Loved Ones of Adults Thursdays at 9:30 pm ET <p>If you are interested in learning more about family support resources, please email Resources@ERCPathlight.com</p> <p><i>* Closed captioning provided</i></p>
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“After having graduated from the IOP program, I feel better than I ever have. I don’t feel my eating disorder’s presence anymore and food finally feels like just food again. I’m able to not only live life, but to thrive. I am finally able to say, with great confidence, that I am in recovery.”

Gaby F., ERC Program Alumnus

COMMUNITY OUTREACH AND ENGAGEMENT



CONTINUED ALUMNI CONNECTION

Check-ins at one week, one month, six months and one year for alumni to connect to their Clinical Alumni and Family Liaison for additional support and encouragement post-discharge and throughout their recovery journey.



ONLINE COMMUNITIES

Eating Disorder Family Connection (EDFC)

A Facebook-based community open to any family member or support person of a loved one with an eating disorder, regardless of that person’s treatment or recovery status. Master’s-level clinicians moderate and validate the community and the information shared.

[Facebook.com/groups/EatingDisordersFamilyConnection](https://www.facebook.com/groups/EatingDisordersFamilyConnection)

Binge Eating Connection

A Facebook-based community inspiring people to share experiences, tips for recovery and information about their struggle with binge eating disorder.

[Facebook.com/BingeEatingConnection](https://www.facebook.com/BingeEatingConnection)



COMMUNITY EVENTS

Local, regional and national events that introduce alumni, family, support persons and community members to build powerful connections and expand resources.

Topics include: Self-Care Workshops, Skill Building, Mental Health Stories, Panel Discussions, Community Building, BINGO, Cooking Classes and more.

For upcoming events, visit

EatingRecovery.com/Community/Events

PathlightBH.com/Community/Events



RECOVERY AMBASSADOR COUNCIL

ERC and Pathlight has a wonderful group of alumni and family members who have expressed a passion to help destigmatize eating disorders and mental health issues. This group has been invited to share their personal recovery stories providing inspiration to others through their heartfelt voices.

EatingRecovery.com/Alumni/Recovery-Ambassadors

PathlightBH.com/Alumni/Recovery-Ambassadors

TAKE ADVANTAGE OF OUR COMMUNITY, ALUMNI AND FAMILY RESOURCES

MENTAL NOTE PODCAST

We are excited to share with you *Mental Note*, our ERC and Pathlight podcast that highlights both the work and the beauty of mental health recovery.

Our stories span a variety of mental health struggles and we introduce you to relatable personalities with in-depth conversations into how they chose health amidst daunting illnesses. At the end of it all, this podcast provides hope that recovery and mental health are possible – and worth it. We hope you are inspired by these real-life stories. Enjoy!



CHECK OUT SOME OF OUR LATEST EPISODES ON YOUR FAVORITE PODCAST LISTENING APP...

EPISODE 39: BLACK MENTAL HEALTH, PART 1

History of Black Mental Health with Dr. Charlynn Small and Dr. Mazella Fuller (co-editors of *Treating Black Women With Eating Disorders: A Clinician's Guide*) – This episode redefines mental health in a new light while discussing the broad and lasting impact of racism and oppression on the mental health of the Black community throughout history. In part 2 of this episode, our guests provide practical tools and advice for the mental health community so that we can become allies with the Black community and work together to bring equity and inclusion to the forefront.

EPISODE 41: HEALTH AT EVERY SIZE® (HAES)

HAES With Meredith Nisbet, MS, LMFT, CEDS
This episode defines the concept of HAES as an inclusive, hope-filled framework that provides solace and freedom from diet culture and fat phobia while providing practical tools for people of all sizes to find compassionate ways to take care of themselves and instill basic tenants of HAES into their lives.

HERE ARE SOME ADDITIONAL AND VERY POPULAR EPISODES...

EPISODE 37: LIFE AFTER DRUG ADDICTION: ONE JOURNALIST'S SEARCH FOR MENTAL HEALTH WITH VIC VELA

Before Colorado Public Radio's Vic Vela launched his own podcast about overcoming adversity, he faced a crippling substance use disorder that threatened to end his career, relationships and even his own life. But Vic found a way out and he's here to walk us through the journey.

EPISODE 34: BIG BOOTY PRIDE: BODY POSITIVITY & SYSTEMIC RACISM WITH GLORIA LUCAS

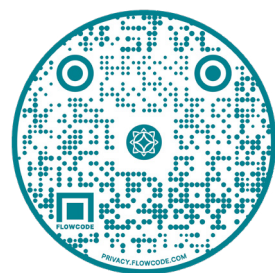
Join us as we trace Gloria's journey to create a place of healing for communities suffering from generational trauma and cultural exclusion and racism.

EPISODE 31: POSTSECRET WITH FRANK WARREN

Along our mental health journeys, secrets often play a sinister role in keeping us locked into shame. That's why this episode's storyteller, Frank Warren, launched the global sensation PostSecret that offers an anonymous and artful platform to share the deepest hidden knowledge we all keep inside.

EPISODE 22: WHY YOUR STORY MATTERS WITH CHERYL STRAYED

What if your story has the potential to reshape the world? Cheryl shares special insights on why it's so critical to be the author of your own journey.



Scan the QR code to listen now

LOVE YOUR TREE

Love Your Tree is a national creative arts campaign that focuses on cultivating self-compassion, body acceptance and positive mental well-being.

The tree is a universal symbol for growth, resilience, strength and the beauty of individual differences and diversity. Just like humans, every tree in the forest is unique, yet trees remain connected to one another and the world around them in powerful ways. We encourage people of all ages to explore the tree metaphor and share creative expressions of acceptance and gratitude for the unique shapes of our lives and our bodies, and the many ways in which we get stronger and heal through connection with others.



CREATE YOUR OWN LOVE YOUR TREE ARTWORK

With a focus on self-compassion, body acceptance and positive mental well-being, bring your branch of diversity and uniqueness to the forefront. Spend some time creating a poster that expresses your answer to the phrase, "Like a tree, I am..." To find out more and participate, visit us at LoveYourTree.org. Share your finished tree on social media and tag us with [@EatingRecovery](https://twitter.com/EatingRecovery), [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.com/LoveYourTree)

Artists: Daniel C., Kate H., Tavi S., Patricia E., Maddie V., Stella H., Gavin M.

EVERYONE'S JOURNEY IS UNIQUE

MULTIPLE LEVELS OF CARE FOR LONG-LASTING RECOVERY

Eating Recovery Center and Pathlight Mood & Anxiety Center specialize in treating patients and their families who struggle with eating disorders and primary mood, anxiety and trauma-related disorders at all levels of program-based care. Our treatment model allows patients to transition up or down seamlessly between different levels of care and locations based on the patients' individual needs.



“Delivery of therapy, education and skill development is far more efficient in higher levels of care. The same behavior change achieved in just eight weeks of intensive, multidisciplinary treatment might take years to deliver across weekly outpatient appointments. We collaborate with our referring professionals throughout their patient’s treatment process to ensure we’re providing the very best care and a smooth transition back to their care where they can continue their recovery journey.”

– Elizabeth Easton, PsyD, National Director of Psychotherapy for ERC and Pathlight



Please contact us to make a referral or schedule a free consultation with a master’s-level clinician.
 1-877-825-8584 • Fax: 425-974-1530 | EatingRecovery.com • PathlightBH.com

Most commercial insurance accepted



Eating Recovery Center



Pathlight Mood & Anxiety Center

CONTINUING EDUCATION COURSES SPEAKER BIOS



DELIA ALDRIDGE, MD, FAPA, CEDS-S

Medical Director of Suburban Eating Disorder Services at Eating Recovery Center (ERC) in Chicago, IL. Board-certified Psychiatrist with 17 years of experience treating adults and adolescents with eating disorders, PTSD, personality disorders, substance use disorders, self-injury and mood and anxiety disorders. An expert in refeeding, she has established a premier refeeding service for pediatric and adult patients with complex psychiatric comorbid conditions including self-injury, PTSD, mood disorders and substance use disorders. Co-authored numerous book chapters, articles and presentations and volunteers on the Advisory Board for NAMI of Barrington.



HANNA BADENOCH, LMHC

Licensed Mental Health Counselor and Certified Transgender Care Therapist, ERC virtual services. Dedicated to working with adolescents and adults who are striving to have the healthiest lives possible. Has worked in a variety of clinical settings from inpatient to outpatient treatment and is passionate about serving members of the LGBTQ+ population and their families to provide a safe and nonjudgmental space for self-exploration and self-acceptance.



NEERU BAKSHI, MD, CEDS, FAPA

Board-certified Psychiatrist, Regional Medical Director for ERC and Pathlight Mood & Anxiety Center (Pathlight) and Medical Director for ERC and Pathlight in Bellevue and Seattle. Fellow of the American Psychiatric Association and member of the International Association of Eating Disorder Professionals. Served as Chairperson for the Overlake Hospital Department of Psychiatry, and is a Courtesy Clinical Instructor with the University of Washington. Member of the Washington State Psychiatric Association and the American Psychiatric Association. Wide variety of practice experience and passionate about the treatment of people with eating disorders.



AVANTI BERGQUIST, MS, MD, FAPA, DFAACAP

Child, Adolescent and Adult Psychiatrist at Pathlight in Bellevue, WA. Prior to joining Pathlight, Avanti was on faculty at University of Washington in the Psychiatry and Behavioral Sciences Department and an Attending Psychiatrist on the Psychiatry and Behavioral Medicine Unit at Seattle Children's Hospital. Member of the American Academy of Child and Adolescent Psychiatry where she serves on both the Advocacy Committee and the Inpatient, Residential and Partial Hospitalization Committee and is a Fellow of the American Psychiatric Association.



OVIDIO BERMUDEZ, MD, FAAP, FSAHM, FAED, FIAEDP, CEDS

Senior Medical Director of Child & Adolescent Services, Chief Clinical Education Officer and Executive Ambassador for ERC and Pathlight. Holds academic appointments as Clinical Professor of Psychiatry and Pediatrics at the University of Colorado School of Medicine and University of Oklahoma College of Medicine. Board certified in pediatrics and adolescent medicine and a Fellow of the American Academy of Pediatrics, the Society for Adolescent Health and Medicine, the Academy for Eating Disorders, and the International Association of Eating Disorders Professionals.



EMMETT "RICK" BISHOP JR., MD, FAED, CEDS

Founding Partner of ERC in Denver, CO. Written articles, book chapters and a treatment monograph, and lectured nationally and internationally on eating disorders. Board member of the International Association of Eating Disorders Professionals (iaedp), and past President and Chairman of the International Board Advisory Committee for International Development. Fellow of the Academy for Eating Disorders and served on the Editorial Board of Eating Disorders: Journal of Treatment and Prevention. Received iaedp CEDS Lifetime Achievement Award in 2014 and honored by the Eating Disorders Foundation for lifetime achievement in 2020.



DORI BOWLING-WALTERS, LCSW

Licensed Clinical Social Worker and Senior Admissions Director at ERC and Pathlight. Broad experience in the mental health field includes school, legal, residential, nonprofit and for-profit sectors working with children and adults struggling with a mental health disorder. Passionate about empowering others to change their lives while helping them understand we all need help at some point in our lives.



CHARLES BRADY, PHD, ABPP

Nationally recognized, board-certified Clinical Psychologist and Founder of Kitsap Peninsula OCD and Anxiety Services in Silverdale, WA. Previously an Associate Professor at the University of Cincinnati Department of Psychiatry and Director of the OCD and Anxiety Services program at the Lindner Center of HOPE which he started in 2008. In addition to helping to launch and serving as Vice President of OCD Midwest, a regional affiliate of the International OCD Foundation, served as faculty for the IOCDF's Behavioral Therapy Training Institute and is a frequent presenter at the national conferences of the IOCDF and the Anxiety and Depression Association of America.



HARRY BRANDT, MD

Regional Medical Director of ERC, MidAtlantic and Chief of Psychiatry at University of Maryland-St. Joseph Medical Center. Previously led the eating disorders programs at Mercy Medical Center, St. Joseph Medical Center and Sheppard Pratt, including as Co-Director of the Center for Eating Disorders. Well published in eating disorders, has been the Principal Site Investigator of two federally funded research grants, served as a past President of the Maryland Psychiatric Society, and has repeatedly been listed as a "Baltimore Top Doctor" and in "Best Doctors in America."



KIMBERLY BRUSCHI, MD, RN

Utilization Review Manager at ERC, South and Midwest/East Region (Ohio and Maryland). Registered Nurse with a master's degree in counseling and psychology from Columbia University. Specialized in behavioral health most of her career working with diverse patient populations from adolescents to geriatrics. Provided direct care and education to patients and families struggling with substance use disorders and other mental illnesses. Passionate about improving understanding and access to mental health services for marginalized communities.



SCOTT BULLOCK, LICSW-S, LCSW, CEDS

Primary Therapist at ERC in Ohio. Experienced treating eating, mood, anxiety and trauma-related disorders in both adolescents and adults. Leads process and ERP groups along with providing individual CBT treatment and family therapy. Previously worked for Cincinnati Children's Hospital and Medical Center, as well as The Lindner Center of HOPE eating disorder program where he served as Clinical Director for adolescents. As a certified specialist in eating disorder treatment, Scott frequently speaks locally and regionally on the treatment of eating disorders.



LAWRENCE CHATTERS, PHD, LIMHP, PLP

Chief Diversity Officer and VP of Student Affairs at Midland University in Omaha, NE. Mental Health Practitioner and Therapist invested in promoting gender equity and addressing systemic racism in education, mental health and community settings. Earned master's/doctoral degrees at the University of Nebraska-Lincoln where he held numerous positions including Diversity and Inclusion Coordinator with Nebraska Athletics, Men's Program Coordinator in the Women's Center and Instructor of academic success in the College of Education and Human Sciences. Recipient of UNL Chancellor's Award for Outstanding Contributions to the LGBTQ+ community.



LAURA SABIN CABANILLAS, MA, LPCC-CA, LMHC-WA, NCC, CEDS

Licensed Professional Clinical Counselor in both California and Washington, a National Certified Counselor and a Certified Eating Disorder Specialist. Holds certifications as a Crisis Response Therapist and a Domestic Violence Victim Advocate. Clinical expertise is in treating eating disorders, depression, anxiety, trauma, existential crisis, spirituality, and grief and loss. Worked in outpatient clinical settings, as well as residential, partial hospitalization and intensive outpatient eating disorder, and mood and anxiety treatment programs including professional relations development for ERC and Pathlight.



ILEANA CALINOIU, MD

Adult, Child and Adolescent Psychiatrist at ERC and Pathlight in Bellevue, WA. Diplomate of the American Board of Psychiatry and Neurology. Completed adult residency at Albert Einstein Medical Center and child and adolescent fellowship at University of Washington. Recognized as a Top 10 Psychiatrist (by state) and honored with Patient's Choice Award and Compassionate Doctor Award yearly since 2008. Served professional community as President for the Washington State Child and Adolescent Psychiatry Association advocating for mental health funding in front of Senate and House representatives in Washington, DC.



RALPH E. CARSON, RD, CEDRD, PHD

Senior Clinical and Research Advisor for ERC and Pathlight and Consultant for the Pinegrove Behavioral Health and Addiction Center in Hattiesburg, MS. Pioneer in the treatment of eating disorders with over 40 years experience. Unique background in health science and medicine, coupled with nutrition and exercise, has prepared him to integrate neuropsychological intervention and proven psychotherapeutic treatment. Consults with addiction and eating disorder treatment centers nationwide and is a highly sought-after speaker.



ALLISON CHASE, PHD, CEDS-S

Regional Clinical Director of ERC and Pathlight in Austin, TX. With more than 20 years of experience in the field of eating disorder treatment, was the Principal and Founder of AK Chase & Associates, which she established in Austin in 2003. Specialization includes child and adolescent mental health issues, the treatment of eating disorders, parental training and education, and family- or team-based therapy. Provides training and ongoing education for other professionals across the U.S., as well as workshops for schools and community organizations.



MIMI COLE

Passionately pursuing her master's degree to become a therapist, Mimi is following in the footsteps of the amazing therapists and caregivers who have taught her so much and shaped her into the person she is today. Mimi is the founder of The Lovely Becoming, a community for humans who are unlearning and becoming. She is also a Clinician-In-Training and practices from a weight-inclusive, trauma-informed lens. Outside of being a student, Mimi loves to read and write, go to coffee shops, and connect with new people.



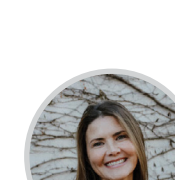
LISA CONSTANTINO, LPC, CEDS-S

Licensed Professional Counselor and Clinical Director at ERC in Denver, CO. Responsible for the oversight and clinical leadership of adult inpatient, residential, partial hospitalization and intensive outpatient levels of care. She is passionate about personal growth and development and working with LGBTQ+ individuals, as well as emerging adults. She is also an advocate for trauma-informed care and using creative, somatic approaches to help facilitate change and recovery.



STEVEN CRAWFORD, MD

Medical Director at ERC and Pathlight in Baltimore, MD and Assistant Chief of Psychiatry at University of Maryland-St. Joseph Medical Center. Received fellowship training in eating disorders at the Center for Eating Disorders and has worked continuously in the field for over 25 years, including as Co-Director of the Center for Eating Disorders. Past President of the Maryland Psychiatric Society and chairs the Scientific Council of Med-Chi, the Maryland State Medical Society. Serves on the Multidisciplinary Peer Review Committee at University of Maryland-St. Joseph Medical Center.



ROBYN CRUZE

Mental Health Advocacy and Communications Consultant at ERC and Pathlight. Internationally recognized author and speaker who co-authored and published *Making Peace With Your Plate*. Has been featured internationally including on ABC and CBS. In 2019, traveled with her family around the country on a school bus to help end the stigma surrounding mental health and addiction. Sought-after speaker who educates and brings to light such topics as the co-occurrence of eating and alcohol disorders.

CONTINUING EDUCATION COURSES SPEAKER BIOS



DANA CUNNINGHAM, PHD

Licensed Psychologist and Program Director of the Prince George's School Mental Health Initiative, through the National Center for School Mental Health at the University of Maryland School of Medicine. Her research and clinical interests include the development and application of evidence-based practices for youth of color, resilience and trauma-informed practice. Dr. Cunningham has contributed to several articles and presentations on topics related to supporting the mental health needs of children of color and is also the author of a children's book, *A Day I'll Never Forget*.



PATRICK DEVENNY

Former University of Colorado football player who struggled his entire life with disordered eating and restrictive eating. Given the pressures of trying to achieve his dream of playing in the NFL, food became an issue. His eating disorder became evident once his career was over and he realized how consumed he was with food and body image issues. On the path to recovery, developed a passion for raising awareness for athletes and males with eating disorders. Patrick hopes his story can help others on their own recovery journey.



HEATHER DLUGOSZ, MD, CEDS, FAPA

Associate Medical Director at ERC in Cincinnati, OH. Experienced in the treatment of eating, mood and anxiety disorders in adolescents and adults. Board certified in adult and child and adolescent psychiatry, Fellow of the American Psychiatric Association, and Certified Eating Disorder Specialist (CEDS). Dr. Dlugosz embraces a collaborative, patient-centered approach to the assessment and treatment of patients and her broad experience in a variety of settings is a solid foundation for providing compassionate care to patients at all levels.



ERIC DORSA

LGBTQ+ activist, actor, comedian and drag queen. National LGBTQ+ mental health and recovery advocate for ERC and Pathlight. Host of *Queen & Sober*, an Instagram live series with ERC and Pathlight. As an advocate for the LGBTQ+ community, Eric shares their experiences of eating disorder recovery, coming out as a gay and non-binary person, and their recovery from substance use disorder. Eric has been featured on *Worth Repeating* (Texas Public Radio), *Drag Queen Wisdom* (Mental Note Podcast), *Queer Voices* (Huffington Post), and gave the award-winning TEDx Talk: *How Dressing in Drag Made Me Uncover My Authentic Self*.



ELIZABETH EASTON, PSYD, CEDS

National Director of Psychotherapy for ERC and Pathlight. Played vital role in developing program's Family-Centered Therapy model. Licensed Clinical Psychologist passionate about educating and empowering patients and parents to engage in the treatment and recovery process for eating disorders. Doctorate in Psychology from George Washington University, Washington, DC. Completed pre-doctoral internship and post-doctoral fellowship at The Children's Hospital, Denver, CO, specializing in individual, family and group therapy with The Eating Disorders Program, Anxiety and Mood Disorder Outpatient Clinics, and General Psychiatry Inpatient Units.



LARA EFFLAND, LICSW

Clinical Supervisor at Pathlight in Washington. Specializes in co-occurring eating, mood, anxiety and traumatic stress disorders, with a focus primarily on mindfulness and evidence-based behavioral interventions, such as dialectical behavior therapy, cognitive behavior therapy, prolonged exposure therapy, mindfulness meditation and theory. Regularly speaks and trains nationally on eating, mood, anxiety and traumatic stress disorders. Goal is to bring compassion, competence and integrity to patient care.



LIBBY ERICKSON, DO

Psychiatrist on the Intensive Treatment Unit at ERC in Denver, and an Associate Professor at University of Colorado. Completed her adult psychiatry residency and medical ethics fellowship at the University of Chicago where she served as Chief Resident of psychiatry and was a member of the University ethics committee. Attended University of Colorado for her Child Psychiatry Fellowship, served as Chief Fellow and stayed on staff following training. Previously worked in integrated care and school-based clinics in the Denver Metropolitan area.



DENNIS GIBSON, MD, FACP, CEDS

Medical Director at the ACUTE Center for Eating Disorders and Severe Malnutrition at Denver Health and Assistant Professor of Medicine at the University of Colorado School of Medicine. ACUTE is dedicated to the life-saving medical care of patients with severe eating disorders and malnutrition. As an advocate and expert in the treatment of this extremely ill and underserved population, he is actively involved in several research initiatives to help identify evidence-based treatment best practices to address the serious medical complications of eating disorders. Board certified in Internal Medicine with CEDS credentials.



AMY GOODING, PSYD

Clinical Psychologist at ERC in Baltimore, MD, providing evidence-based psychotherapy to adolescents and adults, and specialized treatment for athletes. Expertise includes management of the unique needs of athletes with eating disorders leveraging extensive training in cognitive behavioral therapy and its application to eating disturbances and the psychology of sports. Received bachelor of arts and doctor of psychology with a concentration in sport performance from La Salle University in Philadelphia. Provides training and presentations to mental health providers and sports medicine staff on the specialized treatment of athletes and eating disorders.



LINDSEY HALL

Award-winning eating disorder recovery speaker and writer who has struggled with the eating disorder cycle for years. As the author of the blog *I Haven't Shaved in Six Weeks*, she shares "nitty gritty topics not discussed" to humanize stigmas around eating disorders and treatment. Speaks around the world on topics such as body dysmorphic disorder, drunkorexia, exercise addiction and orthorexia, and has been featured in mainstream media including the TODAY Show, CBS, *Washington Post*, *Cosmopolitan*, *Women's Health*, *SheKnows*, *NEDA*, *SHAPE Magazine*, *Refinery29* and more.



REBECCA HANSEN, MA, LCPC, CEDS-S

Clinical Director of Eating Disorder Services at ERC and Pathlight in Chicago, IL. Earned her PhD in counseling psychology from Ball State University and completed her internship at the University of Missouri-Columbia and her post-doctoral fellowship at Northwestern University's Counseling and Psychological Services. Clinical interest areas include eating disorders, relational issues, multicultural issues, ethics, training and supervision. Utilizes a feminist, interpersonal approach in both supervisory and clinical work.



SHARON HARRISON, BSN, RN, CDCES

Certified Diabetes Care and Education Specialist at ERC, Denver, CO. As Charge Nurse and Diabetic Expert, she educates and mentors staff across the region regarding the care and management of the diabetic patient. Her interest in type 1 diabetes stems from personal experience when her son was diagnosed at four years old. Her commitment to educating patients, families, friends and colleagues has led Sharon to develop expertise in the field and become an advocate for the type 1 diabetes community.



CRAIG JOHNSON, PHD, CEDS, FAED

Senior Consultant at ERC and Pathlight and leader in the field of eating disorders for more than 40 years. Clinical Professor of Psychiatry at the University of Oklahoma Medical School and formerly held faculty appointments at the University of Chicago Pritzker School of Medicine and a tenured position at Northwestern University Feinberg Medical School. Was the Chief Clinical Officer and Chief Science Officer at ERC and Pathlight and Co-Director of the Family Institute and has built four internationally recognized inpatient treatment programs regarded as Centers of Excellence throughout his career.



SABRINA JOHNSON, LPC, NBCC

Licensed Professional Counselor and National Certified Counselor having graduated from the University of South Carolina. As a Specialized Services Counselor at the USC School for Counseling and Psychiatry, provided individual and group counseling while serving as the Case Manager for the Eating Disorders and Sleep Disorders consultation teams. Currently pursuing doctoral degree in Counselor Education & Supervision at USC.



ADEE LEVINSTEIN, MS, RD, CSSD, LD, CEDRD

Clinical Dietitian at ERC in Austin, TX with patients in the partial hospitalization level of care. Passion for improving the way patients relate to food, movement and their bodies in order to nourish their whole person. Selected to the Gatorade Sports Nutrition Immersion Program Fellowship at Auburn University, worked as a Sports Dietitian for multiple teams. Continued at Auburn as a Graduate Assistant Sports Dietitian while completing a master's in exercise physiology and earning certified specialist in sports dietetics (CSSD) designation.



NICOLE MATROS, PSYD

Coordinator of Specialized Services in Counseling and Psychiatry at the University of South Carolina. Licensed Clinical Psychologist specializing in the treatment of eating disorders and other co-occurring conditions. Received doctoral degree in clinical psychology from Wright State University School of Professional Psychology and has focused her career within college counseling centers. Participates in conferences and provides multiple presentations to various healthcare providers and mental health professionals to increase overall awareness and broaden understanding of eating disorders.



JENNIFER MCADAMS, MA, LCPC, CEDS-S

Senior Clinical Director of Eating Disorder Services at ERC and Pathlight in Chicago, IL. Master's in clinical professional psychology from Roosevelt University, Licensed Clinical Professional Counselor and Certified Eating Disorder Specialist. Primary treatment modalities include dialectical behavior therapy, exposure response prevention, acceptance and commitment therapy, emotion-focused family therapy and family-based therapy. Was a Treating Clinician in the FBT-DBT study with Insight Behavioral Health (now Pathlight Mood & Anxiety Center) and Daniel Le Grange. Specializes in adolescence through adulthood working with individuals and families in need of higher levels of care.



SUSAN MCCLANAHAN, PHD, CEDS

Chairman of the ERC and Pathlight Advisory Board and Founder of Insight Behavioral Health (now Pathlight Mood & Anxiety Center). Licensed Clinical Psychologist committed to leadership, teaching, training, research and advocacy in the field of eating disorders and general mental health. Leading expert in the treatment of anorexia, bulimia and binge eating disorder with over 25 years of experience. Holds an Assistant Professor position at both Rush Medical Center and Northwestern University Feinberg School of Medicine and her expertise is sought after at many major national conferences and events.



DEB MICHEL, PHD, CEDS-S, FAED

Regional Clinical Director, ERC and Pathlight in Texas and Licensed Clinical Psychologist with over 25 years of experience in the treatment of eating disorders and related conditions including body image disturbance, as well as mood and anxiety disorders. Involved in prevention, education and advocacy on behalf of sufferers and their loved ones throughout her career. Clinical Faculty Member in the Department of Psychiatry and Behavioral Sciences at Tulane and Founding Member of Houston Eating Disorders Specialists.



JENNIFER MORAN, PSYD

Licensed Clinical Psychologist at ERC in Maryland, serving adolescents, adults and families. Earned doctorate from the University of Denver and completed pre-doctoral internship at the Suffolk University Counseling Center. Dedicated to the field of eating disorders, worked at the Center for Eating Disorders since 2005 before joining ERC Maryland. Served as a Family Therapist in conjunction with the Center's NIMH-funded research study on effective therapies for adolescents with anorexia nervosa and is certified as a Family Behavioral Therapist through the Training Institute for Child and Adolescent Eating Disorders.

CONTINUING EDUCATION COURSES SPEAKER BIOS



SARA NIEDER, LCSW

Social Worker at the ACUTE Center for Eating Disorders and Severe Malnutrition in Denver, CO. Started the first after-care program at ACUTE where she assists patients after discharge providing support and helping them navigate levels of care. Passionate about helping patients on their recovery journey, received her master's in social work from the University of Denver in 2004 and has worked in various medical and psychiatric settings. ACUTE by Denver Health is a Center of Excellence specializing in the medical treatment of severe and extreme eating disorders.



MEREDITH NISBET, MS, LMFT, CEDS

Licensed Marriage and Family Therapist and member of the Clinical Response Team at ERC and Pathlight, where she enjoys engaging with patients, families and providers nationwide. In her private practice, provides education and training on weight stigma and Health At Every Size®-informed care around the country. Holds a master's degree in marriage and family therapy from East Carolina University.



ANNE MARIE O'MELIA, MS, MD, FAAP, CEDS-S

Chief Medical Officer and Chief Clinical Officer overseeing physicians, therapists and dietitians for ERC and Pathlight nationwide. Dr. O'Melia is a triple board-trained physician, with board certifications in pediatrics and general psychiatry. She also holds subspecialty board certifications in child and adolescent psychiatry and in psychosomatic medicine. During her tenure at ERC and Pathlight, she served as Medical Director of programs serving children and adults with eating disorders at all levels of care and with a wide range of complex medical and psychiatric comorbidities. Listed as one of the "Best Doctors in America" every year since 2007. Co-authored multiple articles and book chapters on eating disorders. Co-investigator for various clinical trials related to psychopharmacology in the treatment of eating and mood disorders.



MEGAN RIDDLE, MS, MD, PHD

Adult Psychiatrist at ERC and Pathlight in Bellevue, WA and consult liaison psychiatry with passion for eating disorders. Master's in biology with emphasis in genetics, medical doctor and PhD in neuroscience, and residency in psychiatry as Chief Resident at University of Washington before completing fellowship in consult liaison psychiatry. Courtesy Clinical Instructor with University of Washington Department of Psychiatry and Behavioral Sciences. PhD thesis explored effect of diet restriction on anxiety-like behavior as a way to further our understanding of the neuroscience behind eating disorders.



SHEILA ROBINSON-KISS, LCSW, MSW

Award-winning orator, author and social entrepreneur focused on advancing mental health and wellness initiatives on a global scale. Licensed health and wellness practitioner, innovator, programming consultant and transformational retreat leader named a Leading Woman Entrepreneur for the State of New Jersey and honored at the Clinton Presidential Center in Arkansas with a World Woman Summit Keynote in 2017. Featured life transformation expert and podcaster on iHeart, YouTube and Spreaker, and has launched training programs reaching more than 600,000 people.



IRENE ROVIRA, PHD

Practice Manager and Licensed Clinical Psychologist at ERC in Baltimore, MD, where she heads training for the post-doctoral fellowship program, supervises mental health counselors and developing psychologists, and coordinates the psychological services provided in the partial hospitalization and intensive outpatient programs. She also provides evidence-based individual, group and family treatment for eating disorders on an outpatient basis and holds an MA in developmental psychology from Teacher's College at Columbia University and a PhD in the combined clinical/school psychology program from Hofstra University, New York.



KATE RULEY, RDN, CSSD

Director of Sports Nutrition for Wake Forest University and Virtual Affiliate Clinical Dietitian for ERC's Adult Eating Disorders Virtual Intensive Outpatient Program (Virtual IOP) Program in North Carolina. Registered Dietitian and Nutritionist, and board-certified Specialist in Sports Dietetics with 20+ years experience. Completed certification in Integrative and Functional Medical Nutrition Therapy and is ISAK Level 1 certified. Teaches clients how to fuel their body to live a better life, whether they're looking to heal and improve relationships with food and/or their body, or to develop a path leading to optimized performance and well-being.



CATHERINE RUSCITTI, PSYD, CEDS

Clinical Director at ERC in Houston, TX and Licensed Clinical Psychologist and Certified Eating Disorder Specialist. Author of *The Anorexia Recovery Skills Workbook: A Comprehensive Guide to Cope with Difficult Emotions, Embrace Self-Acceptance and Prevent Relapse*. Specializes in the assessment and treatment of adolescents and adults with eating disorders. Professional interests include treatment for binge eating disorder and use of acceptance and commitment therapy in the treatment of eating disorders. Presents educational lectures, conducts research and publishes papers on eating disorders.



ABRAHAM SCULLEY

Speaker for Active Minds, nation's premier nonprofit supporting student and young adult mental health. Graduated from University of West Florida with bachelor's in psychology and during freshman year, fell into a deep depression. Sought after counseling services on campus and took a three-month hiatus which helped him to return to school with a new outlook and new vigor. Depression is now the catalyst for his purpose as a mental health advocate, speaking around the country about his life, story and passion for mental health awareness.



STEPHANIE SETLIFF, MD, CEDS-S

Regional Medical Director of ERC and Pathlight in Dallas, TX. Child, adolescent and adult psychiatrist specializing in the treatment of eating disorders for more than 20 years. Previously developed and directed the eating disorders program at Children's Health and served as the Medical Director of the Center for Pediatric Eating Disorders at Children's Medical Center. Also served as the Medical Director for Inpatient Pediatric Psychiatry. Speaks frequently at various eating disorder education, prevention and treatment programs to increase awareness about this growing epidemic.



KRISTIE SIMMONS, MS, RD, CEDRD-S

Nutrition Manager for Virtual Services at ERC. Supported several different facilities and centers across the country for ERC working with child, adolescent and adult populations, as well as across different levels of care. Helped develop the nutrition program for our Virtual IOP where she guides patients as they explore how food and health are vehicles to navigate a more meaningful life. Deeply passionate about supporting individuals in the difficult and brave work needed to repair their relationship with food, exercise and body image.



MICHAEL SPAULDING-BARCLAY, MS, MD, CEDS

Medical Director of the Mountain Region Child and Adolescent Eating Disorders program at ERC in Denver, CO. Consultant Physician to the ACUTE Center for Eating Disorders at Denver Health. Board certified in pediatrics and adolescent medicine with a background in eating disorder treatment. Provides workshops at regional and national conferences for the American Academy of Pediatrics and the Society for Adolescent Health and Medicine and has served as a board member for the Eating Disorders Task force of Indiana and the Body Balance Coalition Foundation of Missouri.



SHANA MINEI SPENCE, MS, RDN, CDN

Registered Dietitian Nutritionist in Community and Public Health at the New York Department of Health. Labels herself as an "eat anything" dietitian under the premise that life is already complicated, so why restrict yourself? Passionate about food policy and public health and loves what she does with the goal of sharing as much knowledge information as possible. Created a popular platform via Instagram for open discussion on nutrition, health and wellness topics.



ELIZABETH STACHULSKI, LCPC, CEDS-S

Clinical Director of Child and Adolescent Eating Disorder, and Mood and Anxiety Residential and Partial Hospitalization Programs at ERC and Pathlight in Chicago, IL. Licensed clinical professional counselor specializing in the treatment of depression, anxiety, eating disorders, non-suicidal self-injury and school refusal. Clinical focus utilizes components of family-based therapy (FBT) with emotion-focused family therapy (EFFT) to empower families. Provides coping strategies for over controlled and under controlled patients leveraging her training in dialectical behavior therapy (DBT) and radically open-dialectical behavioral therapy (RODBT).



BETH AYN STANSFIELD, MEd

Beth Ayn is the Founder/Director of Stay Strong Virginia, 501(c) providing resources across the Commonwealth of Virginia. On a national level, Beth Ayn holds the title of National Family Advocate for ERC and Pathlight. In addition, she serves as the Educational Chair for the Richmond International Association of Eating Disorders Professionals Chapter and she serves on the Advisory Council's Friends Group for the Virginia Treatment Center for Children.



RACHAEL STEIL

Eating Disorder Recovery Advocate and Author of the book *Running in Silence*, which shares her story as an All-American athlete struggling with anorexia and binge eating. Founder and speaker for Running in Silence (nonprofit that raises awareness for eating disorders in sports), board member for the Michigan Eating Disorder Alliance (MiEDA), and mentor for the USTFCCCA Female Coaches Mentorship Program. Has been interviewed for numerous publications including *U.S. News and World Report*, *Vogue Magazine* and *Runner's World* and delivered presentations across the country.



CASEY TALENT, PHD

Director of Collegiate and Telebehavioral Health Initiatives for ERC and Pathlight. Co-founded ERC's Virtual IOP program and has been instrumental in expanding those services nationwide while also developing ERC and Pathlight's Virtual Partial Hospitalization Program in response to the current pandemic. Conducts training for universities and schools across the nation on how to improve eating disorder treatment on campus which has helped many colleges and school districts establish eating disorder treatment teams, guidelines and response plans. Co-Founder of the Nebraska Eating Disorders Network.



SIOBHAN TAYLOR

Recovery Ambassador for ERC and Pathlight and President and CEO of a Christian high school in Cincinnati, OH. Drawing upon her love of young people and God, serves as the Founder of Conflicts of the Heart, a Christian women's and small group ministry and blog. After recovering from a 10-year battle with a severe eating disorder, shares her journey to wellness with others, helping them find the light and joy of life.



SARAH WALSH, MS, RD, CSSD, LDN

Registered Dietitian and the Virtual Affiliate Clinical Dietitian for ERC's Adult Eating Disorders Virtual IOP Program in Washington. Registered dietitian who previously worked at the University of South Carolina and Tulane University as an integral member of the eating disorder treatment teams while working closely with the athletic department and sport medicine multidisciplinary teams. Is currently working with the United States Army under the Health and Holistic Fitness pilot program.



ELIZABETH WASSENAAR, MS, MD, CEDS

Regional Medical Director at ERC and Pathlight in Denver, CO. Previously the Regional Medical Director for ERC in Denver. Board-certified Psychiatrist and Certified Eating Disorder Specialist. Completed pediatric and psychiatric residencies at Cincinnati Children's Hospital and University of Cincinnati in the Triple Board Program. Obtained additional psychotherapy training in psychoanalytic and psychodynamic therapy, in addition to family-based therapy for eating disorders. Accomplished author and public speaker on a variety of topics related to eating disorders.

CONTINUING EDUCATION COURSES SPEAKER BIOS



IVY WATTS, MS, RDN, CDN

Former Division II All-American track athlete who struggled daily in silence with mental health issues before finally getting the help she needed. With a master's in Public Health and Certification in Mental Health First Aid, is dedicated to promoting mental wellness and self-love while reducing mental health stigma through public speaking (Ivy Watts Speaks) and her mental health blog, *Beautifully Simply You*.



ASHLEY WILSON, PSYD, HSP-P

Staff Psychologist and Eating Concerns Treatment Team Coordinator for Appalachian State University's Counseling Center for the last three years. Prior to App State, was Eating Concerns Coordinator for Miami University's Counseling Center in Oxford, OH. Earned doctorate from University of Indianapolis along with specialized training working with college students with eating disorders, as well as special interests in LGBTQ+ concerns, students of marginalized racial and ethnic backgrounds, and gestalt therapy.



HOWARD WEEKS, MD

Chief Medical Director at University of Utah Health Plans and former Associate Chief and Interim Chief Medical Information Officer for University Health. Triple board certified in child and adolescent psychiatry, adult psychiatry and pediatrics. Previously Medical Director of Youth Services and Division Chief of Child & Adolescent Psychiatry, Assistant Medical Director of ECT/TMS Services, and Medical Director of Comprehensive Assessment and Treatment Program. Expertise includes treatment-resistant mood disorders, inpatient child psychiatry, electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and care of patients in residential treatment care (RTC) facilities.



LANDRY YARBOROUGH, LPC, CEDS-S, NCC

Clinical Director at ERC and Pathlight in San Antonio, TX. Founding member and President of San Antonio chapter of the International Association of Eating Disorder Professionals (iaedp). In addition to direct patient care, Landry provides training on eating disorders and related issues to professional and community groups. Completed foundational training in dialectical behavior therapy (DBT) and became a Certified Eating Disorders Specialist (CEDS) through iaedp. Passionate about helping patients build lasting recoveries.



JUDI-LEE WEBB, PHD, CEDS-S

Founding President of the International Association of Eating Disorder Professionals (Atlanta Chapter) and first psychologist to become Certified Eating Disorders Specialist & Approved Supervisor (CEDS-S). Licensed Psychologist and Owner of Psychological Solutions of Atlanta counseling adolescents, adults, couples and families for 20 years. Obtained PhD in counseling psychology and master of arts in psychology with specialty training in eating disorders and obesity issues, along with fellowship training.



RACHEL ZAVALA, MS, RD

Senior Clinical Dietitian at ERC in Denver, CO. Extensive experience treating adolescents and adults who have been diagnosed with an eating disorder as a registered dietitian with a master's degree in nutrition communication. Provides nutrition assessment and medical nutrition therapy for patients at all levels of care. Specializes in engaging and empowering families to support their loved ones who have been diagnosed with an eating disorder.

National Annual Accreditations

- Eating Recovery Center, LLC is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR), provider number ER839.
- Eating Recovery Center, LLC is approved by the National Board of Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6815. Programs that do not qualify for NBCC credit are clearly identified. Eating Recovery Center is solely responsible for all aspects of the programs.
- Eating Recovery Center, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Eating Recovery Center maintains responsibility for this program and its content.
- Eating Recovery Center is approved by the Illinois Department of Financial and Professional Regulation to provide continuing education for Social Workers. (License #159001474)

CME events are jointly provided by Your CE Source and Eating Recovery Center.

These activities have been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Your CE Source and the Eating Recovery Center. Your CE Source is accredited by the ACCME to provide continuing medical education for physicians.

Your CE Source is an approved provider of continuing nursing education by the California Board of Registered Nursing. Provider approved by California Board of Registered Nursing, Provider #16031.

Your patient will flourish ~~survive~~.

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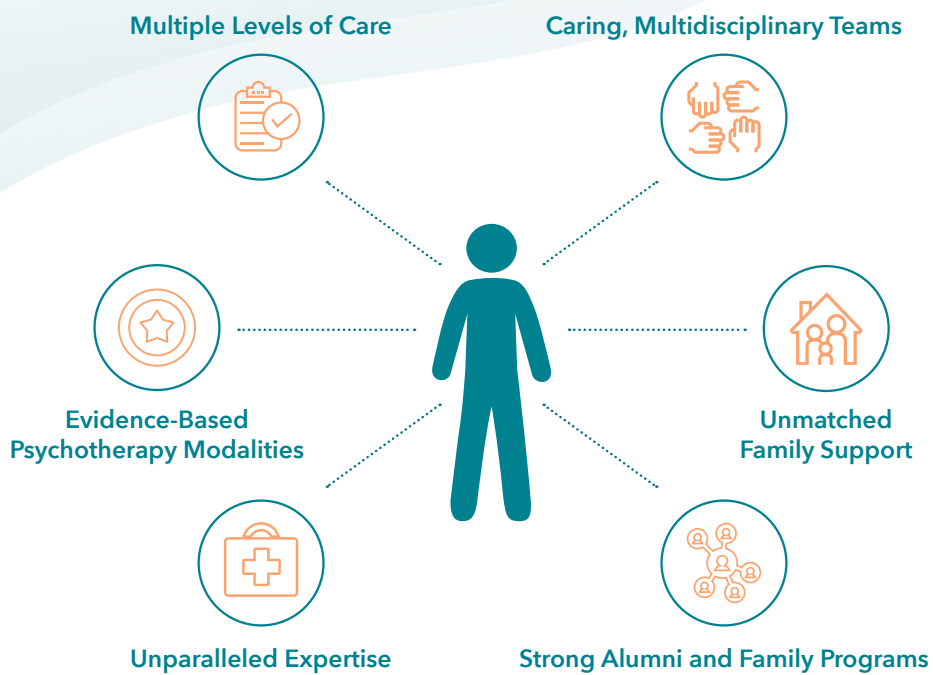


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