

THE RENFREW CENTER FOUNDATION
FOR EATING DISORDERS
We're Bringing Our Expertise To You

2013-2014
*Winter
Seminar
Series for
Professionals*

December 6 – Jacksonville, FL
January 17 – Greenville, SC

6 CE Credits

www.renfrewcenter.com



1-877-367-3383

National Experts, Local Opportunities for Learning

The Renfrew Center Foundation is dedicated to eliminating eating disorders by advancing education, prevention, advocacy, research and treatment. Our seminars are designed to help healthcare professionals develop skills in the prevention, assessment and treatment of behavioral and emotional disorders in women.

The Renfrew Center Foundation, a non-profit organization, was the first to host a national conference about eating disorders beginning

in 1991. The Foundation has presented seminars in dozens of cities across the country and, to date, has trained more than 25,000 professionals.

This winter, we have planned advanced training seminars that address core issues in the treatment of eating disorders.

About the Presenters

Adrienne Ressler, LMSW, CEDS, Fiaedp



Adrienne Ressler, LMSW, CEDS, Fiaedp, an eating disorder and body image specialist, is the Vice President of Professional Development for The Renfrew Center Foundation and

past-president and Fellow of the International Association of Eating Disorder Professionals.

Ms. Ressler has extensive training in Gestalt therapy, psychodrama, bio-energetic analysis and the Alexander Technique. She has contributed chapters that focus on body/mind integration in *Effective Clinical Practice in the Treatment of Eating Disorders* and *Treatment of Eating Disorders: Bridging the Research/Practice Gap* and has written an entry for the first *Encyclopedia of Body Image and Human Appearance*. Ms. Ressler has appeared on the *Today Show* and *Good Morning America*. She attended the University of Michigan and served as faculty in the School of Education.

Gayle Brooks, PhD



Gayle Brooks, PhD, is Vice President and Chief Clinical Officer for The Renfrew Center. For the past 25 years, she has treated patients from diverse backgrounds who suffer from eating disorders.

Dr. Brooks served as the eating disorders specialist in the HBO film *Thin* and has appeared on *Good Morning America*. Major

publications and newspapers, including *The New York Times*, *People Magazine*, *Essence Magazine* and *Perspectives*, The Renfrew Center Foundation's journal for professionals, have interviewed Dr. Brooks. She is a frequent presenter at conferences and workshops on topics such as the treatment of the complex patient, eating disorders and cultural diversity, the interplay between eating disorders and trauma, and eating disorders in mid-life women.

Seminar 1

Complex Treatment for the Complex Eating Disorder Client: Integrating ACT and Experiential Strategies

Adrienne Ressler, LMSW, CEDS, Fiaedp & Gayle Brooks, PhD

This seminar provides acceptance and commitment therapy (ACT) strategies and experiential, expressive methods to provide powerful treatment resources for the practitioner. We will examine the psychological complexity of eating disorder clients – clients of diverse race, culture, sexual orientation and age – who present with one or more co-occurring disorders and, all too often, a history of treatment failures. Attendees will learn to assess the appropriate level of

care, prioritize treatment targets and address the temporal order of treatment.

This presentation will also incorporate use of body/mind approaches and innovative methods for the clinician to integrate into traditional clinical practice. Lecture, demonstration exercises, small group discussion and video clips of treatment sessions will be utilized.

A take-home resource packet will be provided.

Seminar 2

The False Self: The Complexity of Body Image and Identity Issues in the Treatment of Eating Disorders

Adrienne Ressler, LMSW, CEDS, Fiaedp

Body image is perhaps the least understood and most complex of the core issues associated with eating disorder treatment. As an integral part of the life cycle, body image development shifts and adapts as we age and engage in life experiences. It is ironic, and adds to the difficulty of treatment, that our clients are focused on and obsessed with their bodies yet are virtually disconnected from experiencing their own bodies.

This seminar will address the intricate interplay between brain, body and beliefs (why we believe what we believe). Repetition of messages and experiences over time become internalized and influence not only self-

perception and self-talk, but the body itself. Negative reinforcement often becomes so familiar that it feels “true” and, thus, is taken on by the client as her identity and imprinted in her *bodymind*.

Attendees will learn body-focused strategies designed to help the client reclaim her “authentic” self and recover connection to her body. This seminar will utilize lecture, demonstration and experiential exercises, and video clips of work with clients.

Additionally, a resource packet including hands-on tools will be provided.

Full-day Seminar Schedule (6 CEs) Cost: \$95

8:15 am - 9:00 am: Registration, check-in and continental breakfast

9:00 am - 12:00 pm: Morning Session

12:00 pm - 1:00 pm: Networking Luncheon

1:00 pm - 4:00 pm: Afternoon Session

Dates & Locations

Seminar 1 "Complex Treatment for the Complex Eating Disorder Client"

Friday, December 6

Hyatt Regency Jacksonville Riverfront
225 East Coastline Drive
Jacksonville, FL 32202
P: **1-904-588-1234**

Seminar 2 "The False Self"

Friday, January 17

The Westin Poinsett
120 South Main Street
Greenville, SC 29601
P: **1-864-421-9700**

About The Renfrew Center

The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders. Renfrew is the largest eating disorder treatment network in the country and has treated more than 65,000 women. Renfrew provides a comprehensive range of services in Pennsylvania, Florida, Connecticut, Georgia, Maryland, Massachusetts, New Jersey, New York, North Carolina, Tennessee and Texas. Programs and services vary by site and include: Residential,

Day Treatment, Intensive Outpatient, Group Therapy, Individual, Family and Couples Therapy, Nutrition Therapy and Psychiatric Consultation. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. The Renfrew Center is a preferred provider for most health insurance and managed care companies.

Please call 1-800-RENFREW (736-3739)
or visit www.renfrewcenter.com for more
information about The Renfrew Centers.

Continuing Education

The Renfrew Center Foundation is approved by the American Psychological Association to offer continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for the program. Credit is awarded based on full-time participation and completion of all required documentation.

Continuing education credits for social workers have been applied for and are pending approval by the National Association of Social Workers for six continuing education credits.

The Renfrew Center is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Continuing education credits for registered dietitians are offered pending approval by the Commission on Dietetic Registration.

This activity has been submitted to PSNA for approval to award contact hours. PSNA is accredited as an approver of continuing nursing education by the American nurses Credentialing Center's Commission on Accreditation.

Registration

You may register online at www.renfrewcenter.com or fill out and fax the form below.

Name: _____

Credentials: _____

Organization: _____

Work Address: _____

City, State, ZIP: _____

Work Phone: (____)_____ Home Phone: (____)_____

Fax: (____)_____ Email: _____

I will attend the following full-day seminar (*check one*):

☐ Friday, December 6 – Jacksonville, FL

☐ Friday, January 17 – Greenville, SC

Seminar Cost: \$95 (*continental breakfast and networking lunch included*)

To register, mail check or money order to:

ATTN: Kelly Fieni

The Renfrew Center Foundation

475 Spring Lane • Philadelphia, PA 19128

Or fax registration with credit card information to:

ATTN: Kelly Fieni at 1-215-482-2695.

Please call to confirm receipt of fax. Phone registrations will not be accepted.

Questions? Call TOLL-FREE 1-877-367-3383.

Enclosed is a check or money order in the amount of \$_____.

Please make payable to: The Renfrew Center Foundation.

Below is my credit card information authorizing payment to be charged to my account.

(Only those cards listed below are accepted.)

Credit Card #: _____ Exp. Date: _____ / _____

Sec. Code: _____ Amount to be charged: \$ _____

Credit Card Used: ☐ AMEX ☐ DISCOVER ☐ MASTERCARD ☐ VISA

Signature: _____ Date: _____



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