



“Let’s Talk Eating Disorders: Identifying, Diagnosing & Exploring Treatment Options Symposium”

Phillip Mehler, MD, FACP, FAED, CEDS

Jenna Flagg, PsyD

Kara Richardson Whitely

Mara Gustafson, PhD

July 11, 2019 | 8:00 am – 1:00 pm | 4 CE Credit Hours | Anchorage, AK

Thank you for joining us for the presentation. Before you leave today, please turn in the “Continuing Education and Contact Information Form” and the “Confidential Evaluation Form” so that you can receive your certificate of credit. If you have questions regarding continuing education, contact Chelsea Blizard, Marketing Coordinator, at Chelsea.Blizard@eatingrecovery.com or 425-214-9318.

About the Presentation(s):

Medical Complications of Eating Disorders

This presentation reviews the etiology and epidemiology of eating disorders as well as the different types of eating disorders and common medical complications associated with them. This presentation will also review how the medical provider can screen for eating disorders and the workup that should be done. Finally, the presentation will review the levels of care for the treatment of eating disorders and how to identify which level of care the patient needs.

Etiology, Diagnosis and Treatment Options

This presentation is a beginner’s overview of eating disorders. This will provide a foundation of knowledge on the eating disorders seen clinically. Etiology and comorbidity will be discussed as well as options for treatment.

Moving Mountains: From the depths of Binge Eating Disorder to the Top of the World

Kara Richardson Whitely, author of *Gorge* and *Weight of Being*, will share her journey to recovery from the most prevalent yet least talked about eating disorder. That path included trekking Mount Kilimanjaro three times.

Using Exposure & Response Prevention in the Treatment of Binge Eating Disorder

A growing body of research supports the use of exposure and response prevention in the treatment of eating disorders. This presentation will review the basics of exposure and response prevention and discuss the application of this treatment model to Binge Eating Disorder (BED). We will discuss using exposure-based interventions to target negative body image and body avoidance, to work toward neutralization of binge foods and to address common related co-occurring symptoms including perfectionism and social avoidance.



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Educational Objectives:

Following this presentation, participants will be able to...

- Discuss the epidemiology and etiology as well as typical clinical presentation of eating disorders.
- Review and be able to diagnose eating disorders using the DSM 5 criteria.
- Discuss referral options and additional resources for this patient population.
- Define eating disorders, looking at diagnoses and common comorbidities.
- Identify the biopsychosocial factors that play into the development of an eating disorder.
- Differentiate what treatment is available and when to refer a patient to a higher level of care for treatment.
- Understand the theoretical model and supporting research base of exposure and response prevention, and how exposure-based interventions can be applied to Binge Eating Disorder.
- Learn how to incorporate client-driven values, client willingness and treatment plan goals appropriately plan and pace exposures over the course of treatment.
- Learn how to assist clients in generalizing gains made from exposure work to their lives.

Available Continuing Education Credit:

- Eating Recovery Center is approved by the **Commission on Dietetic Registration** to offer 4 CPEU’s for this program. (Provider # ER839)
- Eating Recovery Center is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Eating Recovery Center maintains responsibility for this program and its content. A maximum of 4 credit hours are available.
- Eating Recovery Center is approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 6815 to offer 4 credit hours. 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 is a provider approved by **NAADAC**. Approved Education Provider Program, Provider #147334 for 4 contact hours.

Presenter(s):

Phillip Mehler, MD, FACP, FAED, CEDS

As President of Eating Recovery Center, Dr. Philip Mehler is the designated head of medical services across Eating Recovery Center’s full National treatment spectrum. Dr. Mehler began his career at Denver Health more than 30 years ago and was formerly its Chief of Internal Medicine. He was Denver Health’s Chief Medical Officer (CMO) for 10 years until he was promoted to its Medical Director, a position he held until his retirement in 2014. He is also the Glassman Professor of Medicine at the University of Colorado School of Medicine and has conducted research into the optimal medical treatment of the most severe cases of Anorexia Nervosa and Bulimia. He founded ACUTE at Denver Health, the country’s center of excellence for those with the most extreme forms of Anorexia Nervosa and continues to serve as its Executive Medical Director. Dr. Mehler has authored 425 scientific publications, including 3 textbooks, Medical Complications of Eating Disorders, published by Johns Hopkins University Press and is now in its third edition. His newest book was just



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released in November 2017. Dr. Mehler was the recipient of the Academy of Eating Disorders 2012 Outstanding Clinician Award, has been recognized among the “Best Doctors in America” for the past 22 years in a row, and was voted the “Top Internal Medicine physician in Denver” multiple times by 5280 Magazine. Dr. Mehler is a member and fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a member of the editorial board of the International Journal of Eating Disorders. He has lectured extensively on a national and international level as the leading medical expert on the topic of the medical complications of eating disorders.

Jenna Flagg, PsyD

Jenna Flagg, PsyD, received her doctorate in clinical psychology from Nova Southeastern University in Florida. She is currently licensed as a psychologist in the state of Washington. Jenna completed her post-doctoral residency at the Renfrew Center of Florida, a residential treatment center for women with eating disorders. Following her residency, she spent several years at the Renfrew Center working as both a therapist and treatment team leader. Prior to becoming the Clinical Director of Adult Programs at Eating Recovery Center, Washington, Jenna was a Primary Therapist. Jenna has extensive experience supervising students, interns and residents who have a desire to gain knowledge and experience in the field of eating disorders. The therapeutic orientation she was trained in cognitive behavioral, but she currently uses Acceptance and Commitment Therapy (ACT) and has training in RO-DBT and Family Based Treatment.

Kara Richardson Whitely

Kara Richardson Whitely, an Eating Recovery Center Binge Eating Disorder Recovery Advocate, is the author of *Fat Woman on the Mountain and Gorge: My 300-Pound Journey Up Kilimanjaro*, an honest and unforgettable journey of intense passion, endurance and self-acceptance that readers can learn from without having to trek up Africa’s highest peak. A detailed account of Richardson Whitely’s struggle, *Gorge* also gives confidence not only to hesitant would-be mountaineers but to those, like her, whose biggest hurdle is to learn to be comfortable and secure with oneself. Her new book, *Weight of Being*, is now available.

Mara Gustafson, PhD

Mara Gustafson is a clinical psychologist with specializations in the treatment of eating disorders as well as mental health administration. She is currently the Clinical Manager of the adult residential and partial hospitalization programs at ERC Washington. Dr. Gustafson earned an M.A. in Counseling Psychology from the Family Institute at Northwestern University, and a PhD in Clinical Psychology from Northwestern University’s Fienberg School of Medicine. Her doctoral work focused on the factors that impact utilization of behavioral healthcare, as well as the role of organizational culture and climate on service delivery in mental healthcare organizations. Prior to joining Eating Recovery Center, Dr. Gustafson served as the Chief Psychology Fellow at Northwestern Memorial Hospital, where she also completed her predoctoral internship.