

THE RENFREW CENTER FOUNDATION FOR EATING DISORDERS

2017 FALL SEMINAR SERIES FOR PROFESSIONALS



We're Bringing Our Expertise To You

October 6 • West Palm Beach, FL

October 13 • Cleveland, OH

December 1 • Austin, TX

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 in 1991 to host

a national conference about eating disorders. The Foundation has presented seminars in dozens of cities across the country and, to date, has trained more than 35,000 professionals.

This fall, we have planned 2 advanced training seminars that address core issues in the treatment of eating disorders.

Seminar 1

THE FALSE SELF: THE COMPLEXITY OF BODY IMAGE AND IDENTITY ISSUES IN THE TREATMENT OF EATING DISORDERS

Adrienne Ressler, LMSW, CEDS, F.iaedp

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 that although our clients are focused on and obsessed with their bodies, they remain virtually disconnected from the experience of living in their bodies.

This seminar will address the intricate interplay between brain, body and beliefs (why we believe

what we believe). Repetition of messages and experiences become internalized and influence, not only self-perception and self-talk, but the body itself. Negative reinforcement often becomes imprinted in the client's bodymind, feels "true" and serves as the client's identity.

Attendees will learn body-focused, *bottom-up* strategies designed to help clients reclaim their authentic self. Lecture, demonstration/experiential exercises and video clips will be utilized and attendees will be provided with a resource packet.

Seminar 2

GETTING TO THE HEART OF EATING DISORDERS: USING MINDFULNESS TO PROMOTE EMOTIONAL AWARENESS

Jancey Wickstrom, AM, LCSW

Mindfulness is an oft-used term in today's society. We are encouraged to feel, eat, play, and work mindfully – but what does that really mean? This daylong workshop addresses how to use mindfulness in a way that is effective in clinical settings as well as in relationships. This seminar will initially focus on defining and discussing the benefits/limitations of mindfulness and help attendees learn to implement mindfulness into daily life and work. This will be followed

by in-depth training on how the mindful experience of emotion can be a foundational tool in eating disorder recovery. Using real life examples from The Renfrew Center Unified Treatment Model for Eating Disorders™, participants will learn to empower themselves and clients to become mindfully aware of emotional experiences. This process lays the groundwork for the difficult, yet ultimately rewarding, journey towards full recovery.

ABOUT THE PRESENTERS

Adrienne Ressler, LMSW, CEDS, F.iaedp



Adrienne Ressler, LMSW, CEDS, F.iaedp, is Vice President, Professional Development, The Renfrew Center Foundation, and has served as senior staff for more than 27 years. Ms. Ressler attended

the University of Michigan and served as faculty in the School of Education. A body image specialist, her trainings reflect her background in body-focused methods to treat eating disorders and body image. She is Co-Chair of the Somatic and Somatically Oriented Therapies SIG of the Academy of Eating Disorders and an Advisory Board member of Eating Disorders Recovery and Support in Petaluma, CA. A Fellow and past President of the Board of Directors of the

International Association of Eating Disorders Professionals, she presently chairs iaedp's Senior Advisory Board. In 2016, Ms. Ressler was selected as the inaugural recipient of Eating Disorder Hope's *Seal of Excellence* award for her "empowering work as a body image specialist." She is published in *The International Journal of Fertility and Women's Medicine*, *Social Work Today* and *Pulse*, the journal of the International Spa Association. Author of chapters on the use of experiential and creative therapies for eating disorders in two textbooks, her work has also been included in the first *Encyclopedia of Body Image and Human Appearance*. A frequent contributor to popular media, she has appeared on the *TODAY* show and *Good Morning America Sunday*.

Jancey Wickstrom, AM, LCSW



Jancey Wickstrom, AM, LCSW, is the Site Director at The Renfrew Center of Chicago. She graduated from Grinnell College in Iowa and The University of Chicago School of Social Service Administration.

Ms. Wickstrom is passionate about ensuring evidence-based practice is made available to those who need it. She is intensively trained in contextual therapeutic approaches including Dialectical Behavior Therapy (DBT), Acceptance

and Commitment Therapy (ACT), and The Renfrew Center Unified Treatment Model for Eating Disorders™. She contributed the chapter titled 'Healing Self-Inflicted Violence in Adolescents with Eating Disorders' in the textbook *Treatment of Eating Disorders: Bridging the Research-Practice Gap*. Ms. Wickstrom is an adjunct lecturer at The University of Chicago's School of Social Service Administration and has worked in residential, outpatient and inpatient treatment settings.

FULL-DAY SEMINAR SCHEDULE (6 CE Credits) 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 AND LOCATIONS

Seminar 1

"The False Self"

Friday, October 6

DoubleTree by Hilton Hotel and Executive
Meeting Center Palm Beach Gardens
4431 PGA Boulevard
Palm Beach Gardens, FL 33410
561-622-2260

Friday, October 13

InterContinental Hotel and Conference Center
9801 Carnegie Avenue
Cleveland, OH 44106
216-707-4100

Seminar 2

"Getting To the Heart of Eating Disorders"

Friday, December 1

Renaissance Austin Hotel
9721 Arboretum Boulevard
Austin, TX 78759
512-343-2626

ABOUT THE RENFREW CENTER

The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985. As the nation's first residential eating disorder facility, now with 18 locations throughout the country, Renfrew has helped more than 75,000 adolescent girls and women with eating disorders move towards recovery. Renfrew provides women suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, and related mental health problems with the tools they need to succeed in recovery and in life.

Renfrew's extensive range of services includes residential, day treatment, intensive outpatient,

and outpatient programs. Each treatment level is built upon The Renfrew Center Unified Treatment Model for Eating Disorders™, an evidence-based, emotion-focused therapy that addresses eating disorders and co-morbid symptoms. Within this model, individual and group therapy are enhanced with a diverse array of services to meet patients' needs. Renfrew accepts most major insurances and is a preferred provider for all levels of treatment

**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 sponsor continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for this program and its content

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 Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5852. Programs

that do not qualify for NBCC credit are clearly identified. The Renfrew Center Foundation is solely responsible for all aspects of the programs.

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: _____

Preferred Mailing Address (Work or Home): _____

City, State, ZIP: _____

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

Fax: (____) _____ Email: _____

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

- ☐ October 6 – West Palm Beach, FL ☐ December 1 – Austin, TX
☐ October 13 – Cleveland, OH

Seminar Cost: \$95 • Student Rate: \$75*

Continental breakfast and networking lunch included.

**To register, mail check
or money order to:**

ATTN: Melissa Falzarano
The Renfrew Center Foundation
475 Spring Lane • Philadelphia, PA 19128

**Or fax registration with
credit card information to:**

ATTN: Melissa Falzarano
at 215-482-2695

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

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

The Renfrew Center Foundation will administer a full refund for cancellations within three weeks of the seminar date. Cancellations less than three weeks of the seminar date will be issued a transferable credit toward a future seminar.

*Photocopy of Student ID must accompany registration form.

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: _____





The
Renfrew Center
Foundation

FOR EATING DISORDERS

475 Spring Lane
Philadelphia, PA 19128

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