

2024 QUAD CITIES EATING DISORDERS CONFERENCE

A full day of presentations from professionals from around the country focused on the understanding, diagnosis and treatment of eating disorders.

INTENDED AUDIENCE

Physicians, Psychiatrists, ARNPs, Social Workers, Counselors, Nurses, Psychologists, Dietitians, CN's, APN's, PA's, and other health care professionals.

General public encouraged to attend!

with **Keynote Speaker**

Chevese Turner

With over 20 years of experience, Chevese Turner is an internationally recognized activist and advocate, speaker, policy influencer and movement-builder who dedicates her ability to make

significant social change on issues concerning eating disorders, weight stigma and discrimination, and intersectional social justice. Turner founded the Binge Eating Disorder Association (BEDA) in 2008 and successfully merged it with the National Eating Disorders Association (NEDA) in 2018, after 10 years that significantly changed the eating disorders community in both scope and focus.



Facilitated by

amy'sGIFT

QUAD CITIES EATING DISORDERS CONSORTIUM

Saturday, October 5th

Vibrant Arena, 1201 River Dr, Moline, IL

8:30 AM - 3:00 PM

Cost: \$75.00

for the full day of educational credits

General Public Registration is FREE

Freewill donations accepted at the door will enable planning for future events.

Gold Sponsor



Silver Sponsors



Bronze Sponsor



Event Partners



REGISTRATION & PAYMENT

To purchase and/or reserve your tickets at Eventbrite [CLICK HERE](#) or visit qedconference.com.

All providers looking for credits will also need to create a profile and register at <https://cmetracker.net/MCRF/>. All speakers have signed disclosure agreements, and any conflicts of interest will be presented prior to the event. Evaluations will be submitted on the day of the event for credit.

**CME/
CE
Info**

This activity has been planned and implemented in accordance with the Essentials and Standards of the Iowa Medical Society through the joint sponsorship of Amy's Gift and Midwest Cardiovascular Research Foundation. Midwest Cardiovascular Research Foundation is accredited by the Iowa Medical Society to sponsor continuing medical education for physicians.

Midwest Cardiovascular Research Foundation designates this Live activity for a maximum of 4.5 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nursing: 4.5 contact hours awarded by the Iowa Board of Nursing Provider. This program may be used for 4.5 contact hours for ANCC recertification. Nursing IL may use CE certificate for IL license renewal.

All others: You may be eligible for up to 5.4 continuing education hours. Refer to your administrative guidelines.



2024 QCED CONFERENCE SCHEDULE

Registration/Welcome

8:00-8:30 AM

Light breakfast will be provided for attendees. Vendor booths will be available in the lobby.

Keynote Presentation

8:30-10:00 AM

Compassion for the Larger Bodied Experience:

Intentional weight loss data, treatment trauma and the reality of eating disorders recovery.

KEYNOTE SPEAKER: *Chevese Turner, CEO Body Equity Alliance*

Recovering from eating disorders is difficult for every person experiencing these dangerous mental health disorders. For larger bodied individuals there is an increased risk of recovery being compromised by certain aspects of eating disorders treatment, the culture's anti-fat bias, and internalized weight stigma. We will look at the research around the intentional pursuit of weight loss and discuss the very real possibility of treatment trauma and the reality of what pursuit of recovery for larger bodied individuals looks like.

15 Minute Break

Breakout Session One

10:15-11:15 AM

ROOM #1

Gold Sponsor ERC
presents

Treatment Considerations for Binge Eating Disorder in Higher Levels of Care

Emily Hartl, MA, LCPC
educational credits offered

ROOM #2

Silver Sponsor Alsana
presents

How Fat Phobia Perpetuates Eating Disorders and Prevents Treatment:

Working on Your Own Body Inclusivity

Ali Beckman, MS, RD, LD, CEDS-C
educational credits offered

ROOM #3

Silver Sponsor Monte Nido & Affiliates
presents

The Importance of Gender Informed Care in the Treatment of Eating Disorders

Samantha Petersen, MA, LCPC, CADC
educational credits offered

ROOM #4

Amy's Gift/Clarahan Consulting
presents

Leafy Greens & Goodness: Discussing the Morality of Food

Sue Clarahan, RD, LD
general public session

Lunch

11:30 AM-12:30 PM

Featuring Q&A with Chevese Turner, CEO Body Equity Alliance

2024 QCED CONFERENCE SCHEDULE

Breakout Session Two

12:45 - 1:45 PM

ROOM #1

Gold Sponsor ERC
presents

Radically Open Dialectical Behavioral Therapy in the Treatment of Eating Disorders

Emily Hartl, MA, LCPC
educational credits offered

ROOM #2

Silver Sponsor Renfrew
presents

Unfulfilled: Treating Eating Disorders in Midlife Women

Laura Minch McLain, PSYD, BC-TMH
educational credits offered

ROOM #3

Amy's Gift/University of Iowa Hospitals
presents

The Kaleidoscope of ARFID: Viewing Its Many Clinical Presentation Designs

Lisa Kongable, MA, PMH-CNS, ARNP, CNE
Eva G. Schoen, Ph.D.
educational credits offered

ROOM #4

Bronze Sponsor McFarland Counseling
presents

Family-Based Treatment: A Caregivers Perspective *Brandis McFarland MA, LMHC, CEDS* general public session

15 Minute Break

Breakout Session Three

2:00 - 3:00 PM

ROOM #1

Silver Sponsor Odyssey
presents

But My Client Is Special: Avoiding Codependency and Countertransference Traps in Eating Disorder Treatment

Kate Fisch, LCSW, CEDS
educational credits offered

ROOM #2

Silver Sponsor EDCI
presents

Navigating Adolescence: Understanding Trends in Eating Disorder Treatment

Kathleen O'Connor LCPC, CEDS-C
Stephanie Proud, RDN, LD, CNSC
educational credits offered

ROOM #3

Silver Sponsor Libra Virtual Care
presents

Simultaneously Treating Binge Eating and Attention-Regulating Symptoms

Brandi Stalzer, LIMHP, LPCC, LMHC, BC-TMH
educational credits offered

ROOM #4

Amy's Gift/New Moon Counseling
presents

Body Confident Schools: BE REAL USA

Diane Hudson, MEd, LMHC
general public session

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2024 QCED CONFERENCE CE/CME SESSIONS

Keynote Presentation

Title: Compassion for the Larger Bodied Experience: Intentional weight loss data, treatment trauma and the reality of eating disorders recovery.

Presenter: Chevese Turner, CEO Body Equity Alliance

Bio: Chevese Turner's dedication to health equity began early in her career when she was part of a team working to ensure cancer patients had ongoing access to critical treatments. Driven by her own struggles and recovery, she founded the Binge Eating Disorder Association (BEDA) in 2008 to address the unmet needs of people with the most prevalent eating disorder and was integral to Binge Eating Disorder (BED) receiving its designation in the Diagnostic & Statistics Manual.

Currently, Chevese is an eating disorder and anti-weight discrimination advocate, educator, speaker and coach. She is the founder of the Body Equity Alliance in which she assists organizations and brands create inclusive campaigns, policies and environments that feature and accommodate higher weight people. Her coaching services focus on assisting larger bodied individuals, with and without eating disorders who want to put an end to diet dependency and weight cycling, address their internalized anti-fat biases and/or are seeking help navigating the healthcare system which is most often biased and discriminatory toward larger bodied individuals.

Description: Recovering from eating disorders is difficult for every person experiencing these dangerous mental health disorders. For larger bodied individuals there is an increased risk of recovery being compromised by certain aspects of eating disorders treatment, the culture's anti-fat bias, and internalized weight stigma. We will look at the research around the intentional pursuit of weight loss and discuss the very real possibility of treatment trauma and the reality of what pursuit of recovery for larger bodied individuals looks like.

Objectives

1. Participants will be able to discuss several points of research that show why the intentional pursuit of weight loss is not sustainable and leads to weight cycling.
2. Participants will be able to explain why larger bodied people can be traumatized by evidence-based treatments for eating disorders.
3. Participants will be able to discuss the treatment options for helping larger bodied individuals get to and maintain recovery despite cultural anti-fat bias.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 1 - Room #1 Gold Sponsor ERC

Title: Treatment Considerations for Binge Eating Disorder in Higher Levels of Care

Presenter: Emily Hartl, MA, LCPC

Bio: Emily Hartl is a Licensed Clinical Professional Counselor in the state of Illinois and works as a Clinical Manager at Eating Recovery Center in Chicago. She currently works with adult eating disorder programming at the partial hospitalization and residential levels of care, as well as managing the Binge Eating Treatment and Recovery (BETR) program. Emily has worked in all levels of care within eating disorder treatment and has experience with both adult and adolescent populations. Emily has previous experience in residential treatment centers, community mental health, and in private practice.

She completed her bachelor's degree in Psychology at the University of Illinois at Urbana-Champaign, with one year abroad in Manchester, UK. She then went on to obtain her master's degree in clinical Mental Health Counseling at Governors State University. Emily's preferred treatment modalities and continued training interests include Radically Open Dialectical Behavioral Therapy, Exposure Response Prevention, Emotion-Focused Family Therapy, and trauma-informed psychology.

Description: As awareness of the need for binge-eating disorder treatment increases, treatment providers are examining how best to serve this population in various treatment environments. This presentation will describe the unique treatment approaches and adaptations for treating BED in a non-mixed-milieu environment in higher levels of care. We will discuss approaches to delivery of group therapy, nutrition philosophy, and suggested focus areas of curriculum.

Objectives

1. Be able to identify at least 3 adaptations to BED treatment in higher levels of care that differ from mixed-milieu treatment.
2. Be able to name two benefits to treating BED in a specialized milieu as well as two limitations

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 1 - Room #2 Silver Sponsor Alsana

Title: How Fat Phobia Perpetuates Eating Disorders and Prevents Treatment: Working on Your Own Body Inclusivity

Presenter: Ali Beckman, MS, RD, LD, CEDS-C

Bio: As the Director of Clinical Nutrition and Movement Services at Alsana, Ali assumes a pivotal role in upholding the standard of clinical nutrition excellence. Employing Alsana's Adaptive Care Model, Ali meticulously oversees the implementation and maintenance of nutrition and movement programs, ensuring exceptional quality and consistency.

Ali's journey towards this leadership position was sparked by an aspiration to make a difference in the lives of individuals battling eating disorders. Joining Alsana as a dietitian in 2017, Ali has since dedicated herself to guiding clients through the intricate process of healing their relationships with food and their bodies.

With a comprehensive background in addressing complex eating disorders, including Avoidant and Restrictive Food Intake Disorder (ARFID), as well as expertise in diabetes management, Intuitive Eating, and Embodied Recovery, Ali brings a wealth of specialized knowledge to her practice.

Description: This presentation delves into the detrimental impact of fat phobia and diet culture on individuals suffering from eating disorders, hindering their treatment progress. By examining the roots of diet culture and its intersection with fat phobia, attendees will gain insights into how biases towards body size and food choices perpetuate harmful behaviors. Through self-reflection and awareness-building exercises, participants will learn strategies to cultivate a more inclusive and supportive environment as providers in the realm of body and food wellness.

Objectives

1. Develop an understanding of the origins of diet culture
2. Explore how fat phobia and diet culture both exacerbates eating disorder behaviors and is a barrier to eating disorder treatment
3. Recognize your own bias towards body size and food choices
4. Identify how to be a body and food inclusive provider

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 1 - Room #3 Silver Sponsor Monte Nido & Affiliates

Title: The Importance of Gender Informed Care in the Treatment of Eating Disorders

Presenter: Samantha Petersen, MA, LCPC, CADC

Bio: Sam is a Licensed Clinical Professional Counselor, Certified Alcohol and Drug Counselor and a Certified Eating Disorder Specialist and approved consultant. Sam has been in the field of mental health for over 10 years. She currently works with Monte Nido and Affiliates and has for the last 4 years. Sam began her time there as the Clinical Director and has since moved into the role of Regional Director of the Central and Southeast, overseeing the programs in Illinois, St. Louis, Houston, Atlanta, and Miami for adults and adolescents in residential, PHP and IOP. Through her career she has worked all levels of care with clients who struggle with primary eating disorder, substance use, and other mental health conditions. Sam is EMDR Trained and is passionate about helping individuals and their families live meaningful lives.

Description: This presentation will be an overview of gender spectrum, and difference between body image distortions and gender dysphoria. This will also include treatment considerations, creating a safe environment for clients, and research evolution of LGBTQ+ clients and eating disorder treatment.

Objectives

1. Identify two specific ways to provide a gender informed space in your practice
2. Identify the difference between body image disturbance and gender dysphoria
3. Identify inclusive terms to describe gender identity

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 2 - Room #1 Gold Sponsor ERC

Title: Radically Open Dialectical Behavioral Therapy in the Treatment of Eating Disorders

Presenter: Emily Hartl, MA, LCPC

Bio: Emily Hartl is a Licensed Clinical Professional Counselor in the state of Illinois and works as a Clinical Manager at Eating Recovery Center in Chicago. She currently works with adult eating disorder programming at the partial hospitalization and residential levels of care, as well as managing the Binge Eating Treatment and Recovery (BETR) program. Emily has worked in all levels of care within eating disorder treatment and has experience with both adult and adolescent populations. Emily has previous experience in residential treatment centers, community mental health, and in private practice.

She completed her bachelor's degree in Psychology at the University of Illinois at Urbana-Champaign, with one year abroad in Manchester, UK. She then went on to obtain her master's degree in clinical Mental Health Counseling at Governors State University. Emily's preferred treatment modalities and continued training interests include Radically Open Dialectical Behavioral Therapy, Exposure Response Prevention, Emotion-Focused Family Therapy, and trauma-informed psychology.

Description: The use of Dialectical Behavioral Therapy (DBT) is widespread across mental health care, including the treatment of eating disorders. However, the Radically Open Dialectical Behavioral Therapy (RO-DBT) approach is lesser known, but equally as relevant with the eating disorder treatment population. A brief introduction of the foundational principles of RO-DBT will be taught. We will review the utility and application of RO-DBT within the eating disorder population and the benefits of incorporating this modality as an adjunct or additional service combined with other aspects of integrated treatment, as well as the challenges in delivering this modality with this population.

Objectives

1. Be able to name at least 3 differences between under-controlled biotemperament and overcontrolled biotemperament.
2. Describe how the RO-DBT modality pertains to eating disorder treatment.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 2 - Room #2 Silver Sponsor Refrew

Title: Unfulfilled: Treating Eating Disorders in Midlife Women

Presenter: Laura Minch McLain, PSYD, BC-TMH

Bio: Laura Minch McLain is the Clinical Telehealth Supervisor and Training Specialist for The Renfrew Center. She received her Bachelor's degree in Psychology from California State University, Northridge and her Doctoral degree in Clinical Psychology from John F. Kennedy University. Dr. McLain has worked in a variety of settings and with several different populations including children with autism spectrum disorders and developmental disabilities, emerging adults, depression, anxiety, self-esteem and identity issues, addictions, and relationship issues. She has a decade of experience treating eating disorders with special interest in college students, clients in midlife, co-occurring substance use, understanding and applying research to clinical practice, and managing safety concerns. In addition to her role at Renfrew, she also works in private practice providing clinical supervision and serving individuals suffering with eating disorders, substance use disorders, and trauma.

Dr. McLain is an active member of the American Psychological Association (APA), the International Association of Eating Disorders Professionals (iaedp), is a member of the Psychology Interjurisdictional Compact (PSYPACT), and is a Board Certified Telemental Health Provider.

Description: This presentation aims to illuminate the overlooked intersection of midlife transitions and eating disorders in women, with emphasis on emotional avoidance, body image, and lack of fulfillment. It examines the role of perfectionism, major life transitions, and societal and cultural messages about aging that contribute to and maintain eating disorder symptomology. Through an emotion focused transdiagnostic approach, this presentation will equip providers with practical strategies to assist clients in building emotional awareness and tolerance, decreasing eating disorder behaviors, and increasing enrichment and purpose during this transformative phase in life.

Objectives

1. Identify 3 stressors that maintain eating disorder symptoms among women in midlife.
2. Describe 2 emotion-focused evidence-based approaches to treat women in midlife with eating disorders.
3. Implement 3 emotion-focused strategies with midlife clients struggling with eating disorders.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 2 - Room #3 Amy's Gift Speaker University of Iowa Hospitals

Title: The Kaleidoscope of ARFID: Viewing Its Many Clinical Presentation Designs

Presenter: Lisa Kongable, MA, PMH-CNS, ARNP, CNE & Eva G. Schoen, Ph.D.

Bios:

Lisa Kongable MA, ARNP, PMHCNS-BC, CNE is employed as a psychiatric nurse practitioner at the University of Iowa Health Care. She specializes in eating disorder treatment and provides individual and group psychotherapy in the Adult Psychiatry Clinic and Partial Hospitalization Eating Disorder Program. She is a certified nurse educator and has been a nursing professor for over 25 years. She is also certified by the Academy of Cognitive Therapy.

Dr. Eva Schoen is a licensed psychologist who provides adult outpatient psychotherapy services in the UI Adult Psychology Clinic. She has expertise in the treatment of eating disorders, complex trauma, and posttraumatic stress disorder. She is actively engaged in teaching, supervision, and research in her areas of expertise. In addition, she provides individual and group psychotherapy in the partial program for eating disorders. Dr. Schoen has specialized training in cognitive behavioral therapy (CBT), exposure treatment, and is certified in eye movement desensitization and reprocessing therapy (EMDR). She is a diplomate of the Academy of Cognitive Therapy. In her current role as clinician at the UI Adult Psychology Clinic, she works primarily with patients recovering from trauma and with patients diagnosed with eating disorders. Dr. Schoen has conducted research in the areas of psycho-oncology, eating disorder recovery, college student mental health, and help-seeking processes. Dr. Schoen has a particular interest in the intersection between physical and psychological health.

Description: This presentation will describe what Avoidant/Restrictive Food Intake Disorder (ARFID) is and differentiate it from other types of eating disorders. The varied clinical presentations of ARFID will be considered, as well as best practice treatment models. The importance to taking a multidisciplinary approach in treating the client experiencing ARFID will be emphasized.

Objectives

1. Differentiate ARFID from other types of eating disorders.
2. Identify multiple ways that ARFID presents itself in the clinical setting.
3. Describe evidence-based practices that demonstrate hope in the treatment of ARFID.
4. Explain the importance of a multidisciplinary healthcare team approach in caring for clients diagnosed with ARFID.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 3 - Room #1 Silver Sponsor Odyssey

Title: But My Client Is Special: Avoiding Codependency and Countertransference Traps in Eating Disorder Treatment

Presenter: Kate Fisch, LCSW, CEDS

Bio: Kate Fisch is a licensed clinical social worker and certified eating disorder specialist who earned her Masters degree in Social Work from Washington University in St. Louis and her undergraduate degree in Psychology from Indiana University, Bloomington. Throughout her career Kate has worked in a wide variety of treatment settings, serving diverse clinical needs, including the following: university-setting counseling serving students, multiple levels of care within the eating disorder field, treatment programming for chemical dependency, and also at an outpatient practice that she founded focused on individual therapy and intensive parent support and consultation.

Kate supports the Executive Directors and Clinical Directors at Odyssey's Eating Disorder residential programs – Selah House, Magnolia Creek, Toledo Center, and Aster Springs – in maintaining evidence-based care and innovating our clinical curriculums.

Description: In this presentation, we will explore the concepts of countertransference and co-dependency in the therapeutic setting. Using case vignettes, attendees will learn how to identify countertransference in their work and how to use it beneficially. Attendees will also learn how to identify warning signs of co-dependency and strategies to constructively reset the therapeutic relationship. Ultimately, attendees will return to their therapeutic work with an increased awareness of the complicated therapeutic relationship when working with eating disorder clients and feel increased confidence in their interventions.

Objectives

1. Attendees will broaden their understanding of countertransference and co-dependency in their work with eating disorder clients.
2. Attendees will learn to identify experiences of countertransference with their clients and understand the warning signs of the presence of codependent features within the therapeutic relationship.
3. Attendees will learn how to use experiences of countertransference to the benefit of their therapeutic work as well as strategies to repair any elements of co-dependency.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 3 - Room #2 Silver Sponsor EDCI

Title: Navigating Adolescence: Understanding Trends in Eating Disorder Treatment

Presenter: Kathleen O'Connor LCPC, CEDS-C & Stephanie Proud, RDN, LD, CNSC

Bios:

Kathleen O'Connor, LCPC, LMHC, CEDS-C is a board member with the Eating Disorder Coalition of Iowa (EDCI). She is a therapist and founder of Ailm Therapy, an outpatient practice specializing in the treatment of eating disorders across multiple states in the Midwest. Her experience lies in higher levels of care serving both adults and adolescents and has transitioned into outpatient care. She is a Certified Eating Disorder Specialist & Consultant.

Stephanie Proud is a Registered Dietitian and nutrition therapist with over 20 years of experience. She earned her Bachelor's Degree at Bradley University and completed her Dietetic Internship at University of Iowa Hospitals and Clinics. She and her husband settled near the Iowa City area (Go Hawks!). After many years of clinical work specializing in nutrition support, she felt called to pursue another passion. Having successfully navigated her own journey to food freedom, she began Proud Peaceful Nutrition in 2021 with a heart to change the narrative around health and wellness, recognizing the negative impacts of diet culture and weight stigma.

Description: Adolescence can be a formative time in the development of eating disorders and other mental health concerns. Provided through the lens of both a therapist and dietitian, this presentation aims to address current trends that influence adolescent eating disorder symptoms. The information presented will help educate providers in effectively supporting clients and families in treatment and recovery.

Objectives

1. Understand the impact of social media on adolescent brain development and its correlation with eating disorder trends.
2. Explore emerging trends and evidence-based practices or effective therapeutic approaches for adolescents with eating disorders.
3. Identify key strategies for creating a supportive environment conducive to adolescent recovery from eating disorders.
4. Discuss the role of interdisciplinary collaboration between dietitians and therapists in providing comprehensive care for adolescents with eating disorders.

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2024 QCED CONFERENCE CE/CME SESSIONS

Breakout Session 3 - Room #3 Silver Sponsor Libra Virtual Care

Title: Simultaneously Treating Binge Eating and Attention-Regulating Symptoms

Presenter: Brandi Stalzer, LIMHP, LPCC, LMHC, BC-TMH

Bio: Brandi Stalzer is a Board Certified Telemental Health professional and a licensed therapist, and specializes in the treatment of binge eating symptoms and the underlying causes including mood, anxiety and obsessional disorders.

Most recently, Brandi served as the Clinical Director for the largest eating disorder virtual program in the country where her passion for virtual care grew. She saw its effectiveness, especially those with binge eating disorder, and wanted to create a space specifically for those individuals. Additionally, she has led many other eating disorder programs across the nation.

Brandi has specialized training in Cognitive Behavioral Therapy for Eating Disorders (CBT-E) and Dialectical Behavior Therapy for Binge Eating. She also uses approaches from Acceptance and Commitment Therapy and Exposure and Response Prevention.

Description: This presentation will explore the overlap between binge eating and attention-regulation symptoms and review common interventions utilized in both approaches to simultaneously treat both conditions. We will explore evidenced-based practices and learn unique aspects of assessing binge eating and attention-regulation symptoms. Participants will be actively engaged through discussion and role-playing.

Objectives

1. Explain how executive functioning differences impact attention and eating symptoms.
2. Explain how sensory issues relate to attention and eating symptoms.
3. Assess for binge eating and attention-related symptoms.
4. Implement 3 interventions that aid attention symptoms related to eating.
5. And demonstrate familiarity with psychiatric, nutritional, and other interventions.

Visit our website at www.qcedconference.com for more details.