



Tampa Bay Chapter



Note from the President

Happy New Year! Time for a new year, but instead of saying “new you,” I feel it’s important to reframe it to “same you.” I never quite understood why it would be expected that a new year means we must change. I think our clients go through the same thing and have a difficult time understanding that they make an impact just by being themselves and being real. Sure, there may be things we might want to change and do differently, but that doesn’t mean we change as a person. I am excited for what this year has in store for our chapter. We will be different this year and start with a focus on community by being a part of the “celebrating everyBODY walk” on March 5th. We are partnering with the Alliance for Eating Disorders Awareness in helping them raise funds to continue publishing and distributing treatment resource guides that increase access to care for those who are suffering. We will then look at the issue of transgender in eating disorders for our first Lunch and Learn on March 31st. I am excited that our chapter can be part of making change and increasing more awareness and resources for support to our clients. I look forward to seeing you all at the walk and our first Lunch and Learn of the year!

Best regards,

Kourtney Gordon, MS, RD/LD, CEDRD

Contact our chapter via email at:

iaedp.tampabay@live.com

OR

Visit our website at: www.iaedptampa.org

Follow us on Facebook!

<https://www.facebook.com/IAEDPTampa>

Quarterly Newsletter February 2017

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Become a Member of IAEDP
Foundation Tampa Chapter

iaedp Tampa Bay supports the following upcoming FREE event!
Check it out!

COMPREHENSIVE MANAGEMENT OF EATING DISORDERS AMONG MILITARY VETERANS



Friday, February 24, 2017 8:00 am to 1:00 pm
James A. Haley Veterans' Hospital
Billirakis SCI Center - Middle Dining Room
13000 Bruce B. Downs Boulevard, Tampa, FL 33612

Learn from Nationally Recognized Clinicians/Educators About:
Basic Training on Eating Disorders
Eating Disorders in the Military and VA
Identifying Eating Disorders in Medically Complex Patients
Integrating This Information Into Your Clinical Practice
& Hear From Veterans Themselves About Their Experiences

Lunch and 4.5 Free CME/CEU's Provided for
Physicians, Physician Assistants, Nurses, Dietitians,
Dentists, Psychologists, & Social Workers

**FOR MORE INFORMATION & TO REGISTER,
VISIT [HTTP://VAEDTRAINING.EVENTBRITE.COM](http://VAEDTRAINING.EVENTBRITE.COM)**

Tampa Bay Chapter presents:
LUNCH & LEARN SERIES

**MARGINALIZED VOICES & GENDER SENSITIVITY
IN THE TREATMENT OF EATING DISORDERS**

2.0 CEUs

Guest Speaker: Chase Bannister, MDiv, LCSW, CEDS

March 31, 2017

11:30 a.m. – 2:00 p.m.

\$25 for iaedp members

\$35 for non-members

(includes LUNCH)

Maggiano's (203 Westshore Plaza, Tampa)

The eating disorder patient is often depicted as a young white woman, with much of the literature and best practices narrowly geared toward this patient. Eating disorder sufferers span a range of ages, genders, ethnicities, and sexualities. Clinicians may need to confront and reconcile their own internalized beliefs in order to effectively treat a range of patients who come from varying backgrounds.

This interactive discussion will explore sexual minorities and transgender populations, body image concerns and eating disorders in the LGBTQI community, and potential barriers to treatment. Attendees will also explore how clinicians can improve their self-awareness and sensitivity and discuss best practices for treating patients who feel their diagnoses conflict with their identities.

RSVP by March 29. Seating is limited.

iaedp.tampabay@live.com

Or call Kourtney Gordon, RD, at
(727) 449-0300

Special Thanks to Our Sponsor:



Chase Bannister
MDiv, MSW, LCSW, CEDS

Chase Bannister is the Founder, Senior Vice President, and Chief Strategy & Clinical Integrity Officer for Veritas Collaborative and is credentialed as a Licensed Clinical Social Worker, Certified Eating Disorders Specialist by the International Association of Eating Disorders Professionals.

Chase earned concurrent degrees from UNC Chapel Hill and Duke University, completing residencies in clinical social work at Duke University Medical Center & Duke's Counseling & Psychological Services.

As Co-founder of Veritas Collaborative, Chase combines clinical and executive expertise to nurture a spirit of meaningful collaboration. He is highly regarded for his emphasis on integrity & ethics in clinical care, carrying an unmistakable zeal for advancing public awareness on ED pathology, primary prevention, best-practice treatment, and sustainable recovery.

<https://veritascollaborative.com/>

iaedp Tampa Bay does not endorse an individual sponsor or treatment facility or their treatment philosophies.

Be sure to sign up today for the upcoming Eating Disorders Awareness Walk!
The first 400 people to register get a FREE T-Shirt!!

Proceeds return directly to Tampa Bay in funding the publishing & distribution of Treatment Resource Guides to area schools, colleges, social service agencies, and legislative offices. Funds will also be used to establish free support groups in Tampa!

Please help us spread the word!

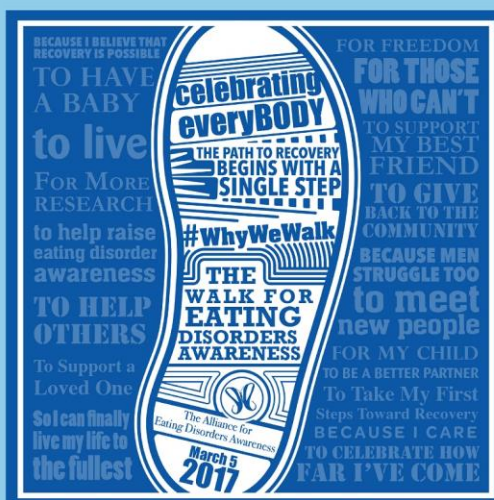
The Alliance for Eating Disorders Awareness

proudly presents

celebrating everyBODY

a walk for eating disorders awareness

Join The Alliance, with our partner **iaedp Tampa Bay**, for a morning of hope, inspiration, recovery, and community.



Date: Sunday, March 5th

Time: 9:00 am

Location: Raymond James Stadium, Tampa, FL

Why: Raise awareness of eating disorders and spread the message of hope and recovery

Announcing Guest Speaker McCall Dempsey!

Register at: www.allianceforeatingdisorders.com

For more information: (866)662-1235



ALSO REMEMBER: update your contact info with The Alliance to be included in their next treatment guide publication!



Member Spotlight:

Brianne Verga, BSW, MSW Intern

The Tampa Bay Chapter welcomes one of our newest members, Brianne Verga. Brianne is in her final semester before obtaining her Master of Social Work degree from USF. She is also completing her clinical internship at Growth & Recovery Counseling Center in Trinity where she offers individual counseling, co-leads two group therapies—Body Image and Women's Process—and facilitates a free ED support group for adults.

Prior to her internship experience, Brianne worked with both men and women in inpatient and rehabilitation program settings, addressing struggles with both food and addictions. Brianne also has experience helping clients with healthy meal preparation and grocery shopping. And finally, she also facilitates an online support group for EDA, reaching clients across the country. Brianne is passionate about eating disorders recovery.

Brianne hopes to work in a residential or inpatient treatment setting upon graduation in April 2017. She can be reached via email at: bverga32@gmail.com

How Do I Become Certified as an Eating Disorders Specialist?

iaedp™ has established a certification process to promote standards of excellence within the field of eating disorders. Professionals who demonstrate clinical expertise through education, experience and a rigorous examination are eligible for certification as a Certified Eating Disorders Specialist (CEDs) in mental health, Certified Eating Disorders Registered Dietitian (CEDRD), or Certified Eating Disorders Registered Nurse (CEDRN).

Minimum requirements for the CEDs include being licensed as a mental health professional, the completion of 4 Core Courses available online or at annual symposiums plus 6 CEUs in body image/weight/intuitive eating issues, a 2 – 3 page case study, 2500 direct care hours, and passing of the written examination. In addition, all individuals certified make a commitment to stay abreast of current developments in the field and have agreed to comply with the Association's Ethical Principles.

If you have been in the field for 5 years or more, you may meet the requirements for certification equivalency. For that checklist and for more detailed information on certification, please visit www.iaedp.com

To maintain certification, you must attend 20 hours of continuing education in eating disorders or related topics each renewal period PLUS attend a symposium at least every 4 years.

MENTORING, CASE CONSULTS, AND MORE:

If you're new to the field or to iaedp, consider gaining the support of an iaedp-certified mentor through iaedp's Connection, Outreach, and Mentoring Committee (COMC). We have mentors for all disciplines who are here to help you navigate the field and the many ways to be involved in iaedp. Contact Brooke at iaedp.comc@gmail.com for more information.

Interested in **Case Consultation** opportunities? Join Dr. Jonna Fries and Alli Spotts-De Lazzer, MA, MFT, LPCC, CEDs, and your colleagues across the nation twice a month to discuss difficult cases together—a beneficial resource available to all iaedp members *free of charge*. Email Jonna at iaedpcaseconsult@gmail.com for more information.



Have you checked out iaedp Membershare? Find webinars, blogs, latest iaedp news, and more at: <http://membershare.iaedp.com/>

Resource Spotlight: TEDI

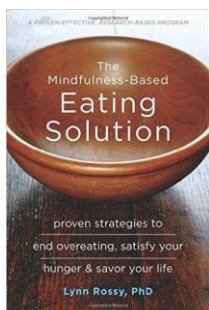
Tampa Eating Disorder Initiative, TEDI for short, is a non-profit organization established to help people realize the impact and nature of

eating disorders. TEDI's goal is to simply raise awareness about this heartbreaking disease and raise money for an organization that provides treatment for girls battling eating disorders (Mercy Multiplied <http://mercymultiplied.com>).

TEDI was created and is run by high school girls from schools all around the Tampa Bay area. This past fall, TEDI held its first annual "FeedYourSoul Festival," a community fundraiser to spread their message. People of all ages were embraced and enjoyed live music, face painting, coloring, and bouncy houses while the walls were decorated with uplifting messages, one even having a chalkboard for people to write their favorite thing about themselves. It was the perfect combination of a stress-free atmosphere and a way to send a message to everyone in attendance. The girls raised more than \$30,000 for their cause. Periodically check the link below for updates on their 2017 "FeedYourSoul Festival." (Submitted by Kendall Bulleit, TEDI founder) <http://feedyoursoul.myevent.com/>

Featured Book:

The Mindfulness-Based Eating Solution by Lynn Rossy, PhD



In *The Mindfulness-Based Eating Solution*, Rossy provides an innovative and proven-effective program to help readers slow down, savor each bite, and actually eat *less*. This unique, whole-body approach encourages the reader to adopt healthy eating habits by showing how to listen to the body's intuition, uncover the psychological cause of overeating, and be more mindful during mealtime. *From Amazon.com*



Recent Chapter Events: Our Winter Gala

The IAEDP Tampa Bay Chapter Annual Gala was held this year at the Rusty Pelican on December 1, 2016. Over 100 professionals, patients, and family members attended the event. The celebration of recovery featured a presentation by Stacey Prussman, a well-known comedian, advocate, and eating disorder survivor. Stacey candidly recalled some of her experiences with a mix of humor and empathy. Her touching story of triumph over bulimia was inspirational to patients and professionals alike.

Featured in photo L to R: Mariah Reid, RD, Gretchen Mullin, LMHC, Stacey Prussman, and Katy Rosini, MPH, MSW candidate (submitted article)

Join us at our next Tampa Bay Chapter meeting:

April 28, 2017, 8 a.m.

Panera Bread at 112 S. Westshore Blvd.

Rogers Behavioral Open House: March 2

3 – 7 p.m.

2002 N. Lois Ave. Suite 400, Tampa 33607

Rogers is opening a NEW adolescent mood disorder partial hospitalization program and a NEW anxiety and mood disorder program for children and adolescents on the autism spectrum. Rogers is also expanding their OCD, anxiety and mood disorder programs. Come out and meet with their leadership team, see the new clinic space and enjoy Gourmet coffee, popcorn and treats from Piquant Catering.

Please RSVP to rsvp@rogersbh.org or call Kara Rapozo at 813-294-8469 with any questions. Hope to see you there!

Save the Dates!

February 24, 2017: “Comprehensive Management of Eating Disorders in Veterans.” James Haley Veterans Hospital in Tampa. 4.5 CEUs plus lunch. FREE event. To register, visit <http://vaedtraining.eventbrite.com>

March 5: “celebrate everyBODY: a walk for eating disorders awareness” at Raymond James Stadium. (see details above!)

March 23 – 26, 2017: iaedp National Symposium: “Improving the Odds: Clinical Competency in Eating Disorders Treatment.” Las Vegas, NV. Register by visiting: www.iaedp.com

March 31: iaedp Tampa Lunch & Learn: “Marginalized Voices & Gender Sensitivity in the Treatment of Eating Disorders.” (see details above!)

August 11, 2017: Our 5th Annual Teaching Day (rescheduled from October): “What’s New in the Treatment of Binge Eating Disorder.” CAMLS Center in Tampa.

WEBINARS

FREE webinars available through **River Mend Health**. Great selection.
Visit: <http://www.rivermendhealth.com/resources/continuingeducation.html>

Castlewood offers free monthly webinars, and past presentations are available for viewing at:
<http://www.castlewoodtc.com/about/resources/webinars/>

Renfrew Foundation offers free webinars for both professionals and those who struggle with ED.
Visit: <http://renfrewcenter.com/events>.

For example, Feb. 22, at noon: **Treating Type 1 Diabetes Eating Disorder Patients:**
<http://renfrewcenter.com/events/professional-webinar-treating-type-1-diabetes-eating-disorder-patients>

iaedp Institute has a series of great webinars each month for only \$15 per class.
<http://www.iaedp.com>

EATING DISORDER GROUPS in Tampa Bay Area:

ABA Meetings. Dunedin, Sundays 7 – 8 p.m. at The Warehouse Club; contact Stacy at (727) 433-0572. St. Pete, Mondays 7 – 8 p.m. at St. Matthews Episcopal Church; contact Nikki at (727) 656-1402. Free.

ED Groups. At Growth & Recovery Counseling Center in Pasco County: **Body Image Therapy** , **Women’s Process**, **DBT Groups** for Teens & for Adults. **ED Support Group** (free) for teens & adults (peer-facilitated), every other Sunday evening. Pre-screening assessment or therapist referral required for all groups before attending. For more information, call (813) 575-0570 or visit www.GrowRecover.com

Special Thanks to Our Chapter Sponsors:



www.fairwindstreatment.com/



<https://veritascollaborative.com>



Why Become a Member?

At the local level you will be able to connect with other professionals involved in the arduous process of convincing “victims” to abandon the false ideas and distorted thinking that go hand in hand with the diagnosis of an eating disorder. Attendance at monthly chapter meetings and involvement in upcoming events will provide you with fresh insights as you interact with other professionals engaged in “disengaging” the afflicted.

Globally, the iaedp™ Foundation is well recognized for its excellence in providing first-quality education and high-level training standards for professionals who treat the full spectrum of eating disorder problems. With programs designed by treatment professionals for treatment professionals working in therapeutic settings, iaedp™ consistently strives to promote a high level of professionalism among practitioners who treat those suffering from eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting public and professional awareness of eating disorders, and assisting in prevention efforts.

As a member of the Tampa Bay Chapter of iaedp™, you will also be entitled to:

- Discounted registration fees at the annual symposium.
- Discounted core course registration fees.
- An opportunity to participate in a CEU program through CE-credits online by reviewing iaedp webinars.
- A listing in the iaedp™ online referral and membership directory.
- Discounted liability Insurance.

To find out about our next meeting and information about how to become a member, please email us at iaedp.tampabay@live.com

More Eating Disorder Resources

Eating Disorders Anonymous:

Online meetings Wednesdays & Sundays at 8 p.m., Fridays at 2 p.m.

www.eatingdisordersanonymous.org

Overeaters Anonymous

www.oa.org

Face-to-face, online, and phone meetings available.

Eating Disorder Resource Links

- [National Eating Disorders Association](http://NationalEatingDisordersAssociation.org)
- [Bulimia Guide](http://BulimiaGuide.org)
- [American Academy for Eating Disorders](http://AmericanAcademyforEatingDisorders.org)
- [ED Referral](http://EDReferral.org)
- www.iaedp.com
- www.bulimia.com
- www.something-fishy.org