



## Tampa Bay Chapter



### Note from the President

It's back to school time already and seems like the year is going by so quickly. We have had a good year so far and now it's time to get back to helping many of our clients make transitions. Transitions back to school, transitions to starting college and even transitions to watching their kids leave the home for the first time. Transitions can be times of joy and excitement, however for many of our clients transitions can mean anxiety and fear and stress, often leading them into the safety of their eating disorder. Our last two events of the year will hopefully help clinicians find ways to help clients through life's transitions without using food to cope and even incorporating comic relief. On October 7<sup>th</sup> we will be hosting our 5<sup>th</sup> Annual Teaching Day to address the topic of BED and then on December 3<sup>rd</sup> our Winter Celebration will bring humor to recovery as our speaker shares her story of recovery through laughter. Details to both events will be shared as we get closer to them, however in the meantime I want to remind everyone to consider the impact of "transitions" and change on their clients perspective of life and moving forward in their recovery.

Best regards,

Kourtney Gordon MS, RD/LD, CEDRD

Contact Our Chapter via Email at:

[iaedp.tampabay@live.com](mailto:iaedp.tampabay@live.com)

OR

Visit our website at: [www.iaedptampa.org](http://www.iaedptampa.org)

Follow us on facebook!

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

## Quarterly Newsletter August, 2016

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## **“What’s New in the Treatment of Binge Eating Disorder”**

### **Featuring Guest Speakers:**

Karen Sue Beerbower, MS, RD, LD, CEDRD;  
Amy Boyers, PsyD; Bertha Tavez, PsyD;  
and Megan Wagner, PA-C

In 2013 BED was included in the DSM-5 as a diagnosis allowing it to become an integral part of prevalence and diagnostic protocols, screening and development of specialized treatment. It has always seemed that the lines are blurred when determining the differences between BED and Obesity, often leading many individuals misdiagnosed and left without proper treatment. Binge Eating Disorder (BED) is the most common eating disorder in the United States. It's estimated that 3.5% of women, 2% of men, and 30% to 40% of those seeking treatment for weight loss and obesity can be clinically diagnosed with binge eating disorder. This disorder does not discriminate and affects all ages, races, genders, levels of education and income. This program will act as an overview of current clinical perspectives related to treatment of BED (particularly in adolescents) while also addressing nutritional and pharmacological approaches to treatment.

**Friday, October 7, 2016**

**8 am – 3:30 pm**

**4.5 CE credits**

**USF CAMLS Center**

**124 S. Franklin St., Tampa, FL**

**\$65 iaedp Member**

**\$75 non-Member**

**\$85 Same Day Registration**

**\$25 Student**

Fees include handouts, lunch, beverages, and certificates of attendance

See [www.iaedptampa.org](http://www.iaedptampa.org) for full details

**Send Registration and check payable to iaedp Tampa to:**

**Attn:** Kourtney Gordon, MS, RD/LD, CEDRD  
1569 S. Fort Harrison Ave  
Clearwater, FL 33756

**Many thanks to our generous sponsors for the day:**

**The Alliance for Eating Disorders Awareness, Center for Discovery, Fairwinds Treatment Center, Oliver Pyatt Centers, Rogers Memorial, and Veritas Collaborative**

*The iaedp Foundation Inc. and their affiliated chapters do not endorse an individual sponsor, treatment facilities, or their treatment philosophies.*



## **MEMBER SPOTLIGHT:**

### **Samantha Winton, PhD**

Dr. Winton is a licensed clinical psychologist in St. Petersburg who specializes in providing individual and family therapy to clients of all ages. She is most passionate about working with clients who struggle with eating disorders, anxiety, and depression and enjoys working as a member of a multidisciplinary treatment team.

Dr. Winton earned her Ph.D. in Educational Psychology from The University of Texas at Austin and went on to complete her internship/residency at Stanford University's Child Psychology Consortium in Palo Alto, California. While at Stanford, Dr. Winton utilized Family-Based Treatment (Maudsley Approach) and has experience working in all levels of care for eating disorders - including medical inpatient stabilization. Following her postdoctoral fellowship at Fairwinds Treatment Center's Eating Disorder Program she completed the initial certification courses set up by the Training Institute for Child and Adolescent Eating Disorders. Dr. Winton understands the importance of providing evidenced-based treatment to her clients and plans to further her training to become a Certified Family-Based Treatment Therapist.

In her free time, Dr. Winton enjoys swing dancing, hanging out with her new niece, and spending time with family and friends in St. Pete.

She can be reached at (813)-815-0258 or [DrSamWinton@gmail.com](mailto:DrSamWinton@gmail.com)

**Breaking News from Dr. Winton:** Coming this Fall, Dr. Winton is excited to announce she will be expanding and opening The Integrated Care Clinic - an outpatient behavioral health practice in St. Petersburg that provides therapeutic, psychiatric, and nutritional services to clients seeking a collaborative & team-based approach to their health and wellness.

## **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](http://www.iaedp.com)

To maintain certification, you must attend 20 hours of continuing education in eating disorders or related topics each 2 year renewal PLUS attend a symposium at least every 4 years.

## Resource Spotlight: Veritas Collaborative

By Molly Van Ullen · Veritas Outreach Event Coordinator



**Veritas Collaborative** is a specialty hospital system for the treatment of eating disorders. With locations in Durham, NC, and Richmond, VA, Veritas provides a range of services for individuals ages 10 and older, including inpatient, acute residential, partial hospitalization, and intensive outpatient levels of care. Accredited by The Joint Commission, Veritas Collaborative delivers individualized, evidence-based care in a gender-diverse and inclusive environment. Multidisciplinary teams – made up of physicians, psychiatrists, dietitians, culinary professionals, therapists, nurses, and skilled therapeutic assistants – aim to equip individuals and families with skills to continue recovery in the home environment. At every turn, Veritas Collaborative's focus is on ensuring that each patient's plan of care is cohesive, attainable, sustainable, and geared toward long-term recovery.

To learn more about Veritas, call (855) 875-5812 or visit [veritascollaborative.com](http://veritascollaborative.com).

## Congratulations to Our New Board Members!

President : Kourtney Gordon  
Vice-President: Mari Broome  
Secretary: Joy Davis  
Treasurer: Kourtney Gordon

Medical Liason: Brian Knox, MD  
Hospitality Chair: Mariah Reid  
Membership chair: Melanie Marshall  
Student Liason: Katy Rossini  
Certification Chair: Susan Mullins  
Education Chair: Sam Winton  
Social Media & Marketing: Kourtney Gordon, Gretchen Mullin, and Joy Davis

## Case Consultations & more for iaedp members:

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](mailto:iaedpcaseconsult@gmail.com) for more information.

Have you checked out iaedp Membershare? Find webinars, blogs, latest iaedp news at more at:

<http://membershare.iaedp.com/>

## **Featured Articles:**

### **“Like Mother, Like Daughter: Identifying Risk for Binge Eating”**

Reprinted from *Eating Disorders Review*  
July/August Volume 27, Number 4

A team at Michigan State University has found that by identifying mothers at high risk of binge eating, they could also identify risk factors for binge eating among their daughters. As presented at the recent ICED meeting in San Francisco, Britny Hildebrandt, Shannon O'Connor, Alexandra Burt, and Kelly Klump studied 930 female pre-adolescents, adolescents, and their mothers, using data from the Michigan State University Twin Registry. The girls ranged in age from 8 to 16 years of age (mean 11.74 years). A number of questionnaires were administered, including the Minnesota Eating Behaviors Survey (MEBS), the Eating Disorder Loss of Control Questionnaire, Disorder, and the Youth Eating Questionnaire. The researchers found that mothers who scored in the top 20% on the Binge Eating subscale of the MEBS were categorized as at high risk of binge eating, and further study linked their daughters to high risk for binge eating. The researchers added that puberty is a particularly dangerous time for those at higher-than-normal risk for binge eating.

### **“A Training Snapshot of Family-Based Treatment for Eating Disorders”**

By: Dr. Samantha Winton, Licensed Psychologist

The Training Institute for Child and Adolescent Eating Disorders is a training program that disseminates evidenced-based models within the field of eating disorder research. It is a certification-based program that utilizes consultation services to develop clinician skillsets according to a particular model. I attended the Family-Based Treatment and Adolescent Focused Treatment trainings earlier this year, both of which have been supportive in effectively treating Anorexia Nervosa and Bulimia in adolescents.

Family-Based Treatment (FBT), also known as The Maudsley Approach, was initially manualized and evaluated at The University of Chicago (now UCSF) as well as Stanford University. It is appropriate for medically stable children and adolescents and is designed to restore weight and put the adolescent back on track with normal development. Family-Based Treatment is a team-approach and includes a primary therapist, pediatrician, and child and adolescent psychiatrist. Based on the manualized FBT model, registered dietitians are not utilized throughout treatment as it is the responsibility of the parent to re-feed their child. However, consultation with a registered dietitian may be necessary for parents if they require additional education or support in the re-feeding process.

Family-Based Treatment is conducted in three phases: 1) Parents are put in charge of weight restoration or supporting decreases in binge eating or purging, 2) Parents hand control over eating back to the adolescent, and 3) Discussion of additional adolescent developmental issues. Family-Based Treatment is typically 10-20 sessions spread over the course of a year and is an effective alternative to higher levels of care such as residential treatment. In addition to the cost savings of participating in outpatient treatment, families also find FBT to be a good fit throughout the school year as it allows for clients to remain in school during their recovery. In FBT, the whole family attends each session, including siblings, where the therapist maintains an agnostic view and works to actively absolve family members of blame and guilt related to the onset of the illness.

With regard to research findings, FBT has been shown to be more effective than supportive therapy, is a better fit for people with high compulsions within their ED behavior, those who have significant shape and weight concerns, and those who have binge/purge subtype. Additionally, those who gain four pounds by the 4<sup>th</sup> week of treatment tend to show an 80% recovery rate. A follow-up study revealed that additional family meal sessions allowed for those who did not gain four pounds to “catch up” and revealed no difference between groups at follow-up. Overall, there is strong supportive research that FBT is an effective treatment for those struggling with Anorexia and Bulimia Nervosa.

If you are interested in learning more about FBT please feel free to contact Dr. Sam Winton at (813)-815-0258 or seek further training through The Training Institute for Child and Adolescent Eating Disorders.

# Interested in joining iaedp Tampa?

Join us at our next chapter meeting:

**August 26 8 a.m.**

**Panera Bread at 112 S. Westshore Blvd.**

## MORE UPCOMING CHAPTER EVENTS

**December 3, 2016: Winter Gala Celebration of Recovery** featuring Stacey Prussman, Comedian & ED Survivor. Rusty Pelican Restaurant 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 & past presentations are available for viewing at:  
<http://www.castlewoodtc.com/about/resources/webinars/>

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

**iaedp Institute** has a series of great webinars each month for only \$15 per class.  
<http://membershare.iaedp.com/2016-webinar-schedule/>

## 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. Tampa, Saturday mornings 10 a.m. at Board Prep. Free.

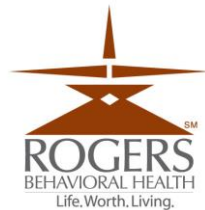
**ED Groups.** At Growth & Recovery Counseling Center in Pasco County: **Creating a Healthy Relationship with Food**, **Eating in the Light of the Moon**, and **Body Image Therapy** (led by J. Davis, LCSW, CEDS), **DBT Groups** for Teens & for Adults (led by J. Baptie, LMHC & Katy Rosini, MPH/MSW Intern), **Women's Empowerment Group** (psychodrama group led by Susan Mullins, LMHC, CEDS), and **Family Members Education/Therapy Group** (led by Katy Rosini, MPH/MSW Intern and Jackie Breuer, LMFT). Price per group ranges \$20 - \$45. **ED Support Group** (free) peer-facilitated every other Saturday afternoon. Pre-screening assessment required for all groups. For more information, call (813) 575-0570 or visit [www.GrowRecover.com](http://www.GrowRecover.com)

## Special Thanks to our Chapter Sponsors:



<http://www.centerfordiscovery.com/>

[www.fairwindstreatment.com/](http://www.fairwindstreatment.com/)



[www.rogershospital.org/tampabay](http://www.rogershospital.org/tampabay)

<http://www.rosewoodranch.com/>



<http://www.hydeparkcenter.com/>

[www.Veritascollaborative.com](http://www.Veritascollaborative.com)



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## 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](mailto:iaedp.tampabay@live.com)**

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## **More Eating Disorder Resources**

### **Eating Disorders Anonymous:**

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

[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

### **Overeaters Anonymous**

[www.oa.org](http://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.AllianceforEatingDisorders.com](http://www.AllianceforEatingDisorders.com)
- [www.iaedp.com](http://www.iaedp.com)
- [www.bulimia.com](http://www.bulimia.com)
- [www.something-fishy.org](http://www.something-fishy.org)