



### Note from the President

I can hardly believe that it is May and that already our iaedp Chapter has been a part of so many things this year. To start, we participated in hosting the 1<sup>st</sup> Annual Alliance/ iaedp Tampa “celebrate everyBody” walk on March 5<sup>th</sup>. We raised enough funding to bring a free Alliance support group here to the Tampa Bay area and are so thrilled to help facilitate putting this together. Second, 5 of our members participated in a Girl Scouts event to help increase awareness to the girls and their families regarding eating disorders and resources for treatment. Third, we completed our first Lunch and Learn of the year hosting Chase Bannister, MDiv, LCSW, CEDS as he educated attendees about “Marginalized voices” in eating disorders and those who consider themselves Transgender. The rest of the year will be busy as well with our upcoming Teaching Day on Friday August 11<sup>th</sup>, a Lunch and Learn on October 27<sup>th</sup> and our Winter Celebration featuring McCall Dempsey of Southern Smash on December 2<sup>nd</sup>. This issue of our Chapter newsletter will highlight these events and provide more updates on recent events within the eating disorder field. I wish you all a happy summer and hope to see you at one of our many events! Even better I hope that you will inquire about being a member of the Chapter and be involved in helping us spread the mission of education to care providers.

Best regards,

Kourtney Gordon, MS, RD/LD, CEDRD

### The iaedp™ mission statement

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.

### The chapter mission statement

The iaedp™, chapter, as an affiliate of the iaedp™ Foundation, will provide eating disorder educational programs, information, discussion forums, networking, regional and state clinical team building, and other services to enhance the experience of its members in accordance with the iaedp™ Foundation mission. It is through furtherance of this common purpose chapters will promote effective cooperation and collaboration among members, building a well-informed membership and providing for membership promotion and retention in the best interest of the chapter and the iaedp™ Foundation.

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 May 2017

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# *What's New in the Treatment of Binge Eating Disorder?*

## **Annual Teaching Day**

**August 11, 2017**

**8 – 3:30**

**4.5 CEUs**

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. This program will act as an overview of current clinical perspectives related to treatment with Adolescents and BED while also addressing nutritional and pharmacological approaches to treatment.

**GUEST SPEAKERS:** Karen Beerbower, RD, LD, CEDRD; Brian Knox, MD;  
and Oliver Pyatt Center clinicians.

### **Program Objectives**

**Provide an update to the “gut” brain as it relates to hunger/fullness and BED**

**Recognize key components to assess BED in Adolescents**

**Understand appropriate language and clinical parameters of terminology of BED**

**Increase understanding of interpersonal factors involved in adolescent BED**

**Increase understanding of the psychological risk factors that may contribute to BED in adolescents**

**Increase understanding of clinical strategies to use with families of adolescents with BED**

**Review FDA approved interventions medicinally**

**Identify appropriateness of pharmacological and how to make suggestions to treating Physicians**

**Understanding the changes in insurance coverage and its effect on weight management in the primary care setting**

### **REGISTRATION FEES:** (includes lunch)

laedp members: \$65

Non members: \$75; Same day Registration: \$85

Students: \$25 (must provide valid proof of status)

### **Meeting Location: CAMLS**

Center for Advanced Medical Learning  
& Simulation (CAMLS)

124 S. Franklin Street, Tampa, FL



**Please visit our website soon for registration details or email [wkourtney@hotmail.com](mailto:wkourtney@hotmail.com)**

**Special Thanks to our Event Sponsors: Fairwinds Treatment Center and The Renfrew Center**

CEU provider: **The Alliance for Eating Disorders Awareness** is approved by the Florida Board of Psychology to provide continuing education courses to psychologists (Provider # 50-11298, expires 5/31/2018), the Florida Board of Nursing (Provider # 50-11298, expires October 31, 2017), the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-11298, expires March 31, 2019), and the Florida Council of Dietetics and Nutrition (Provider # 50-11298) to provide continuing education courses to LCSW's, LMFT's, and LMHC's. The Alliance for Eating Disorders Awareness maintains responsibility for this program and its content. This course offers **4.5 CEU credit(s)**.

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

## **Member Spotlight: Joshua Nadeau, PhD**

Dr. Joshua Nadeau is a licensed clinical psychologist who supervises the clinical treatment team in the partial hospitalization and intensive outpatient programs for children, adolescents and adults at Rogers Behavioral Health – Tampa Bay. In addition to his role as clinical supervisor for Rogers, Dr. Nadeau holds a research faculty position with the Department of Pediatrics at University of South Florida's Morsani College of Medicine. In his research and practice, Dr. Nadeau focuses on the use of cognitive-behavioral therapy for the treatment of obsessive-compulsive and related disorders, as well as in the adaptation of evidence-based techniques to address the unique needs of youth and adults with autism spectrum disorder (ASD) and other neuro-developmental disorders.



Dr. Nadeau received his doctorate in School Psychology and completed his postdoctoral research fellowship in Clinical Psychology from the University of South Florida. He has authored and co-authored numerous peer-reviewed articles and book chapters on treatment of obsessive-compulsive and related disorders among children, adolescents and adults. In addition to iaedp, Dr. Nadeau is an active member of the International OCD Foundation (IOCDF), Association for Cognitive and Behavioral Therapies (ABCT), Collaborative Family Healthcare Association (CFHA), and the Association for Positive Behavioral Support (APBS).

For more info about the work of Dr. Nadeau & the Rogers team, visit: <https://rogersbh.org/locations/tampa>

### **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 renewal period PLUS attend a symposium at least every 4 years.

## **Resource Spotlight: Fairwinds Treatment Center**

information provided by Beth Lowe, RN, Outreach Coordinator & Nurse Manager



Fairwinds Treatment Center has been in Tampa Bay area treating patients and their families for the past 30 years who struggle with substance abuse, eating disorders and mental health issues. Our mission has always been “as we strengthen families, we strengthen society”.

Fairwinds is a privately owned by our Medical Director, Dr. M.K. El-Yousef. We are a 32 bed homelike setting. We offer treatment for all levels of care, males and females and adolescent and adults. Our psychiatrists see their patients multiple times a week to everyday, individual therapy 3 times a week and family therapy weekly.

As a dually-licensed psychiatric and substance abuse center, Fairwinds is also medically based. 24- hour nursing care is provided to our patients in the higher levels of care. Our therapists look to help individuals identify underlying issues, assist in creating coping skills and identifying potential triggers in the environment that leads to relapse. Fairwinds patients are treated using CBT and DBT skills, Art Therapy, Psychotherapy and a 12- Step Process. Gender groups, expressive therapies, mindfulness and pharmacology are incorporated in treatment as well. All treatment is customized to each patient and the family to maximize recovery.

Our eating disorder program is led by Dr. Pauline Powers. We look to normalize eating behaviors and rituals, reframe cognitive distortions, create body positivity, treat the physiological problems resulting in the eating disorder and achieve a healthy- stable body weight. Patients work with a nutritionist incorporating fear foods into their meal plan, grocery shopping and going out to eat.

Fairwinds is fully committed to helping our patients achieve the goal of leading a happy, healthy and productive life. We care and we can help.

Fairwinds Treatment Center  
1569 S. Fort Harrison Ave.  
Clearwater, FL 33756  
800-226-0201  
727-449-0300

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

## **Recent Chapter Events/Activities**



### **Eating Disorders Awareness Walk**

On Sunday, March 5 iaedp Tampa partnered with The Alliance for Eating Disorders Awareness for “celebrate everyBODY” a community walk for eating disorders awareness. Held at the Raymond James Stadium, more than 300 people came out that day to support the cause! Three amazing women shared poems and testimony about their personal recovery journeys. Yoga therapist Amy Conner Pfaelzer, MA Ed., RYT-C, RCY led the way with gentle stretches & a body-honoring meditation. AND McCall Dempsey of Southern Smash inspired the crowd with words of encouragement and enthusiastic scale smashing!

We raised more than \$25,000 that weekend for the Alliance! A portion of the monies raised will be used by the Alliance to establish a new support group in Tampa (more details below) as well as the publication & distribution of treatment resource manuals to schools, social service agencies, and legislative offices throughout the area.

## Girl Scout Event

A group of nearly 40 Girl Scouts earned a Mental Health Awareness Patch on March 31 at the Medical Center of Trinity with the help of iaedp tampa chapter members. Scouts aged 11 – 18 rotated through stations to learn about mental health issues. One of these stations addressed positive body image & was led by clinical social work interns Katy Rosini, Brianne Verga (pictured), and Jacqueline Villalobos (pictured). At the same time, parents attended a presentation on the early warning signs and symptoms of ED in adolescents led by chapter members Kourtney Gordon, RD/LD, CEDRD and Beth Lowe, RN.



## 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](mailto: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](mailto: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/>

## A Review of the EDRDpro Online Symposium

Submitted by Christina Oiler, Med, REN, CEDRD, LDN

The EDRDpro is the first online symposium with a specific target audience of eating disorder dietitians from around the world. Organized by Sumner Brooks, MPH, RDN, LD based out in Oregon, the symposium offered 15 continuing education hours. Brooks e-mailed registrants links to several speakers each day. Professionals are then able to watch videos at their own convenience and join a private facebook group where questions and comments could be answered quickly. There were empowering speakers well known in the ED literature, treatment centers and social media. This was uplifting for dietitians as there are often not enough dietitians speaking at conferences. Some of my favorite topics included: PCOS, GI Health, Intuitive Eating, HAES and private practice tips. Loved hearing from my professional role models and previous professors. Now that the symposium is over, stay tuned for how to purchase the pre-recorded webinars and future opportunities for professional growth and networking for dietitians. <https://eattolivehappy.com/edrdpro-symposium-2017/>

## New ED Program in Tampa

Submitted by Leah Wypych, outreach

Center for Discovery is proud to open its newest eating disorder outpatient location in Tampa, Florida. Center For Discovery Tampa treats adolescents and adults of all genders (ages 10+) at the PHP and IOP levels of care. The dietitian on staff, Jacqui Supplee, RD is an active member of iaedp.

Stay tuned for a date for an Open House! For tours or additional information, contact Leah Wypych at (407) 969-3688 or [leah.wypych@centerfordiscovery.com](mailto:leah.wypych@centerfordiscovery.com).



## Clinicians Wanted:

**Seeking 2 clinicians in the field to facilitate the Alliance support group** coming soon to the Tampa Bay area. We are looking for one of these people to be licensed and working currently with eating disorder clients, the other may be a clinical intern. A \$50 per group stipend will be offered each clinician for compensation of time. Groups will be approximately 90 minutes & will be run using the guidance of the Alliance and monthly supervision with Joann Hendelman, PhD. Day, location and time specifics TBD. Our goal is to begin in June. If you are interested in facilitating this group please contact Kourtney Gordon at [wkourtney@hotmail.com](mailto:wkourtney@hotmail.com) or 813-494-4151 for more information as soon as possible!

Join us at our next Tampa Bay Chapter meeting:

**June 30, 2017, 8 a.m.**

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

## Save the Dates!

### Renfrew Seminar

**“Building Emotional Tolerance: A Transdiagnostic Approach to Understanding & Treating Eating Disorders”**

May 19

8 – 4 at Le Meridien in Tampa

6 CEUs

### SEED Conference

**“Integrated Treatment for Eating Disorders”**

August 18 – 19

Sandestin, FL

<http://theseedconference.com/>

### Chapter Lunch & Learn

**“Somatic Experience in Eating Disorders”**

**Guest Speaker: Rachel Lewis-Marlow, MS, EdS, LPC, LMBT (Carolina House)**

October 27

11:30 – 2 at Maggiano’s Restaurant in Tampa

2 CEUs

### iaedp Winter Gala: Celebration of Recovery

**Featuring: McCall Dempsey from Southern Smash**

December 2, 2017

At the 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, 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>.

**iaedp Institute** has a series of great webinars each month for only \$15 per class.

<http://www.iaedp.com>

## GROUPS in Tampa Bay Area:

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

**Alliance Support Group.** Slated to begin by mid-June. Professionally led. Details to be determined.

**Help! My Teen Has an Eating Disorder!** 2-hour monthly education seminar for parents held at the Integrated Care Clinic in St. Petersburg. Contact Sam Winton, PhD at (727) 490-8811 to register. FREE

**Support in Recovery Groups.** Group for clients and group for loved ones held at Center for Discovery on Thursday evenings 7 – 8 p.m. FREE group. Professionally facilitated. Call (813) 257-9126 for more information.

**General Therapy Groups.** Adult Therapy Group (anxiety & depression), Teen Girls Self Esteem Group \$50/session. DBT Skills Group for Teens \$200/month. Self-pay only. Integrative Care Clinic in St. Pete. To register, call (727) 490-8811 or visit [www.IntegratedCareClinic.com](http://www.IntegratedCareClinic.com)

**Eating Disorders Therapy Groups.** At Growth & Recovery Counseling Center in Pasco County: **Body Image Therapy, ED Women's Process** and **DBT Groups** for Teens & for Adults. Pre-screening assessment and/or therapist referral required for all groups before attending. Fees range between \$15 – 45/session for therapy groups & prescreenings, some insurances accepted. For more information, call (813) 575-0570 or visit [www.GrowRecover.com](http://www.GrowRecover.com).

## Special Thanks to Our Chapter Sponsors:



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



<https://veritascollaborative.com>



<https://rogersbh.org/locations/tampa>



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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 & chapter events.
- 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 p.m.

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