



## Tampa Bay Chapter



### Note from the President

Fall is upon us and as we enter the Holiday Season I am reminded that gratefulness is such an important thing to hold on to. I feel all too often we overlook the things we are blessed with when unfortunate events occur or when plans change unexpectedly. This year has come with its ups and downs and with Hurricane

Matthew interrupting our Teaching Day Plans I am thankful to say that we are planning on carrying out the program in late Summer 2017. I am grateful to our speakers who have committed to coming back to share their knowledge on the topic of BED. I am also very grateful to our Sponsors who continually support our chapter. I am especially excited for our last event of the year as it is our Winter Celebration on Saturday December 3rd. We will be hosting recovered Comedian Stacey Prussman. She will be sharing her story of recovery through honesty and humor. I am grateful to be able to share this with the community and am hopeful to see many of our colleagues, clients and families there. Also please take note of our 2017 Tampa "celebrating everyBODY" walk on March 5<sup>th</sup>! I am grateful to be partnering with the Alliance for Eating Disorders on this event as we raise money to allow the Alliance to continue publishing their ever so needed Treatment Guides! I want to ask all of you to be grateful this Holiday season and help our clients recognize the blessings in their lives.

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 November 2016

### In this Issue:

Note from the President

Iaedp Annual Winter Gala

celebrating everyBODY: a walk  
for ED awareness

Member Spotlight

How to Become Certified as an  
Eating Disorders Expert

Resource Spotlight

Invitations

Case Consultations & more

Webinars

Groups Available for Clients

Chapter Sponsors

ED Resources

Become a Member of IAEDP  
Foundation Tampa Chapter

Join *iaedp*<sup>TM</sup> Tampa Bay for our 6th  
*iaedp*  
*Annual Chapter Gala*  
2016

**Presenting Stacey Prussman, Eating Disorder Survivor, Comedian and Advocate**  
**Join us as she shares her story of recovery through humor and honesty**

Saturday December 3rd, 2016  
Rusty Pelican  
2425 North Rocky Point Drive  
Tampa, FL 33607  
11am-2pm

***Includes Lunch (gluten free or vegetarian by request only)***  
***Raffle Prizes, Community Resource Tables & Networking***

***Tickets \$45 per person (register by 12/1)***  
***\$50 at the door***

Please make check payable to ***iaedp Tampa*** and send to:  
*iaedp Tampa Bay c/o Kourtney Gordon*  
1569 S. Fort Harrison Ave  
Clearwater, FL 33756

For information call:  
Kourtney Gordon at 813-494-4151 or 727-449-0300 or email at  
[wkourtney@hotmail.com](mailto:wkourtney@hotmail.com)



**Special Thanks to Sponsors:**



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

**Be sure to sign up today for the upcoming Eating Disorders Awareness Walk!**  
**The first 300 people to register get a FREE T-Shirt!!**  
**Please help us spread the word:**

## The Alliance for Eating Disorders Awareness and iaedp Tampa Bay

*proudly present*

# celebrating everyBODY

A walk for eating disorders awareness

Join us for a morning of hope, inspiration, recovery, and community.



**Date:** Sunday, March 5, 2017

**Time:** 9:00 am

**Location:** Raymond James Stadium, Tampa, Florida

**Why:** Raise awareness of eating disorders, and spread the message of hope and recovery throughout Tampa Bay.

## Guest Speaker McCall Dempsey, Southern Smash



McCall Dempsey, founder of Southern Smash, is an eating disorder survivor and passionate recovery advocate. After a 15-year battle, McCall sought treatment and since then has made eating disorder awareness and prevention her life's work and passion. McCall travels the country, sharing her story of hope and healing with audiences everywhere. From high school auditoriums to treatment centers to corporate meetings, her message of authenticity and embracing your inner-uniqueness transcends all ages. Her writing has been featured in various national print and online publications, including Women's Health Online and HuffPostLive.

**Register at:** [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

**For more information:** (866) 662-1235





## **MEMBER SPOTLIGHT**

### **Suzanne Stambaugh, PhD**



Dr. Suzanne Stambaugh is a licensed psychologist and the Assistant Director at the University of South Florida St. Petersburg Wellness Center. The Wellness Center is an integrated care outpatient facility, providing mental health, health, and health education services to students at USF St. Pete. Suzanne is a native of St. Petersburg and joined the Wellness Center in 2014 after working as a Staff Psychologist at Eckerd College Counseling Services.

Suzanne earned her Ph.D. in Counseling Psychology at the University of Tennessee and her bachelor's degree in Psychology from UF. She completed her pre-doctoral internship at the University of Illinois at Chicago Counseling Center and her postdoctoral fellowship in the Multidisciplinary Eating Recovery Intensive Treatment (MERIT) Program at Insight Behavioral Health Centers in Chicago, Illinois. At Insight, Suzanne gained experience working with clients with anorexia, bulimia, and binge eating disorder at the outpatient, intensive outpatient, and partial hospitalization levels of care, providing individual and group therapy as well as supported meal interventions. Since her postdoc, Suzanne has worked in college counseling settings as a generalist with specializations in interpersonal process psychotherapy, family and relationship concerns, women's issues, eating disorders, group therapy, and training and supervision.

Suzanne is particularly passionate about dialectical behavior informed therapy for eating disorder concerns, Health at Every Size®, and helping individuals accept and love their bodies. She is an advocate for the provision of counseling and health services that enhance well-being and health while being and which are free from weight-based assumptions and discrimination.

Suzanne first joined iaedp as a member of the Heartland Chapter in Chicago in 2012 and transferred to the Tampa Chapter in 2013.

In her free time, Suzanne enjoys relaxing with her husband and their two cats, catching up with family and friends, cheering on the Florida Gators, cycling, painting, and reading.

### **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).

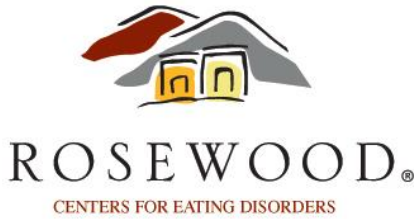
Minimum requirements for the CEDS include being licensed as a mental health professional, the completion of 4 Core Courses available online or at annual symposiums plus 6 CEUs in body image/weight/intuitive eating issues, a 2 – 3 page case study, 2500 direct care hours, and passing of the written examination. 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: Rosewood Center for Eating Disorders**

Info provided by Matt Cardone, Outreach



Located in beautiful Wickenburg, AZ, Rosewood offers extraordinary & comprehensive care for men, women and adolescents with anorexia, bulimia, binge eating disorder, and co-occurring disorders.

Inpatient, residential, PHP, extended day, transitional living, and IOP programs are led by renowned experts in the field: Dena Cabrera, PsyD and Amelia Davis, MD. Jennifer Lentzke, RD, CEDRD, CSSD oversees nutritional programming and Lee Neagle, MA is Rosewood's Executive Director.

Clients attend a full daily schedule to include individual therapy, process & psychoeducational groups, and experiential activities to include: equine/canine therapy, outing challenges, interactive art and music groups. Special program features include a full-week Family Intensive Program and Alumni Support that includes access to online groups, check-ins with alumni coordinator, and yearly reunions.

Rosewood is a member of the RiverMend Health portfolio of recovery programs, a nationwide network of scientifically driven, medically supervised treatment centers for every stage of addiction, eating disorders, and obesity.

For more info: call (844) 676-0472.

## **Invitations for Professionals:**

### **Visit the Integrated Care Clinic this Month**

**Grand Opening celebration on Friday, November 11th from 4pm-8pm!**

**Contact Dr Winton to RSVP [DrWinton@iccstpete.com](mailto:DrWinton@iccstpete.com)**

Integrated Care Clinic is an outpatient behavioral health practice in downtown St. Petersburg founded by licensed clinical psychologist and iaedp-Tampa chapter member, Dr. Samantha Winton. She and her team strive to provide comprehensive services including psychology, psychiatry, nutrition, and wellness services to clients struggling with mild to severe mental illness.

### **Equine Assisted Psychotherapy Now Available!**

Suzan Alexander, LCSW is offering this new therapy model to clients at Dinner Farm in Odessa. Equine Assisted Psychotherapy or EAP uses horses in therapy sessions. No riding is involved and no experience with horses is required. All work with horses is on the ground.

EAP is based on the premise that people learn best by doing. In EAP, clients participate in structured activities with horses and then process feelings and behaviors that emerge from their experience. Children, adolescents and adults diagnosed with anxiety, depression, mood disorders, eating disorders, addictions and other mental health issues can benefit from EAP. It is used in several residential and outpatient Eating Disorder programs around the country. Suzan first became aware of EAP over ten years ago when she visited Sierra Tucson in Arizona. While she has ridden horses almost all of her life and long known of their intuitive abilities, it was in Arizona that she was able to experience personally the benefits of using them in therapy.

The EAP model she uses is the EAGALA model which uses a professional team consisting of an EAGALA certified and licensed mental health professional, a certified and experienced equine specialist and of course the horses. Further information about EAGALA can be found on their website at [www.eagala.org](http://www.eagala.org).

**Free Equine Therapy Demonstration for Professionals on November 12 at 10 a.m.**

**Contact Suzan to RSVP (717) 215- 2375**

## Licensure Renewal Class Offered: Ethics in Action

Join chapter member and featured speaker Susan Mullins, LMHC, TEP, CEDS in exploring ethical dilemmas through interactive & experiential methods. Share time with other professionals as you brainstorm your way through ethical problem solving using the “Diamond of Opposites” method. Sponsored by South Tampa Psychodrama Training in collaboration with Suncoast Psychodrama Training. January 27 from 9 – 12 at The Center for Women (305 S. Hyde Park Ave, Tampa.) For more info or to register: contact Susan at (813) 205-8834.

## 5<sup>th</sup> Annual iaedp Tampa Teaching Day POSTPONED

Unfortunately, Hurricane Matthew scheduled itself for the same day as our Teaching Day this year, October 7, and we reluctantly had to cancel the event. But be not dismayed. We are busy working on a new date this year (probably July or August) to present **“What’s New in the Treatment of Binge Eating Disorder.”** Please stay tuned for more details in future newsletters, facebook, and on our chapter website!

## 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/>

The next webinar featured is:

**November 18 @ 1:00pm/ET**

**“Integrating Yoga into Outpatient Eating Disorder Treatment”**

Join us at our next Tampa Bay chapter meeting:

**January 27, 2017 8 a.m.**

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

## Save the Dates!

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

**March 31, 2017: Transgender Population & Eating Disorders.** Tampa Chapter Lunch & Learn featuring speakers from Veritas Collaborative. Maggiano’s 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:**

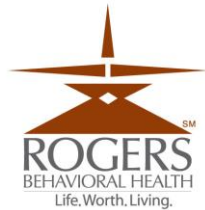
**ABA Meetings.** Dunedin, Sundays 7 – 8 p.m. at The Warehouse Club, contact Stacy at 727-433-0572. St. Pete, Mondays 7 – 8 p.m. at St. Matthews Episcopal Church, contact Nikki at 727-656-1402. Tampa, Saturday mornings 10 a.m. at Board Prep. Free.

**ED Groups.** At Growth & Recovery Counseling Center in Pasco County: **Creating a Healthy Relationship with Food**, **Body Image Therapy**, **DBT Groups** for Teens & for Adults. Price per group ranges \$20 - \$45. **ED Support Group** (free) for teens/young adults & peer-facilitated every other Saturday afternoon; adult group led by MSW intern every Tuesday 6:00 p.m. Pre-screening assessment required for all groups before attending. 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/)



[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)