



Note from the President

As we are entering the time for beach and bathing suits and fun outdoors I want to take a minute to reflect on ways we can make these positive experiences for our clients. I have always felt it important to help our clients reframe and use different words no matter what the circumstance. For example, I was in Target this past weekend and made a point to remind a general consumer that food is not “crap”. It made me take note and think that we will not be able to love our bodies unless we stop calling food “crap” or our bodies “fat” or our actions “lazy”. Our brains will latch on to what we hear and think and if we aren’t able to be mindful of that how will our patients? It’s so important to find those teaching moments to help them “reframe” in the moment so that when they are on their own they can be kinder to themselves. I want you all to take the time to do this with your clients as well as with yourselves. I am excited for our next two Lunch and Learn events that will help us better guide our clients who may have Autism and those who may be continuing to self-harm. Having compassion and empathy to what may be making behavior change difficult will be important when we are asking them to do the challenging task of “reframing” or doing things different. I hope to see many of you through our summer events!

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

OR

Visit our website at: www.iaedptampa.org

Follow us on Facebook!

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

Quarterly Newsletter May 2018

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INVITES YOU TO OUR NEXT:
Educational Workshop

OUT OF THE BOX: AUTISM, SENSORY PROCESSING, AND EATING DISORDERS

4.0 CEUS

Guest Speaker: Kim Clairry, OTR/L



Kim Clairry, OTR/L graduated from Brenau University with a master's in occupational therapy (OT) and has worked with multiple patient populations. As an adult, she was diagnosed with autism (ASD) and sensory processing dysfunction (SPD). Kim learned to break through many personal and societal barriers, including navigating the healthcare system with ASD and an eating disorder (ED). Her experiences forged a passion for educating others on ASD, SPD, and eating disorders with the hope of helping give voice to those unable to articulate their inner worlds.

Now in recovery, she is an autism advocate and teaches continuing educational seminars to healthcare clinicians nationwide. She also does private consultations and conducts local trainings and talks for parents, churches, businesses, support groups, and various community organizations. Additionally, Kim is helping to develop a series of continuing education classes challenging clinicians to look outside the box when working with clients struggling with eating and food related difficulties.

May 18, 2018

9 a.m. – 2:00 p.m.

\$45 for iaedp members

\$55 for non-members

\$20 students (with ID)

(includes LUNCH)

Trinity Meeting Center

7813 Mitchell Blvd., Suite 106, Trinity FL 34655

Feedback we received from the October 2017 Lunch & Learn where Kim Clairry, OTR/L co-presented was so positive, attendees were left wanting to hear more! So, back by popular demand, Kim returns to share her unique “insider’s perspective” as an Occupational Therapist living with autism, sensory processing disorder & in recovery from an eating disorder.

Workshop participants will be able to:

1. Identify 5 environmental and client personal barriers that can affect eating disorder recovery in those with a comorbid ASD and/or SPD diagnosis, and learn 5 tools/strategies that can help minimize the impact of those barriers and thus lead to more positive treatment outcomes
2. Develop empathy for and gain insight into how the unique challenges of ASD/SPD impact eating disordered behaviors
3. Think more critically about possible etiologies behind eating disordered thought/rituals, and identify at least 3 red flags that may point to underlying ASD or SPD in clients with eating disorders

RSVP by May 15

wkourtney@hotmail.com

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

Special Thanks to our event Sponsors:



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



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, 2019), 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 credit(s)**.

INVITES YOU TO OUR NEXT:
LUNCH & LEARN

NAVIGATING THE MURKY WATERS OF SELF-HARM AND EATING DISORDERS
2.0 CEUS

Guest Speaker: Nicole Siegfried, PhD, CEDS-s

June 29, 2018
11:30 a.m. – 2:00 p.m.

\$25 for iaedp members
\$35 for non-members
\$15 students (with ID)
includes LUNCH

Maggiano's Restaurant
203 Westshore Plaza, Tampa

Renowned speaker, Dr. Nicole Siegfried leads us as we explore: distinguishing self-harm from suicidal behaviors, understanding the relationship between self-harm and eating disorders, and learning effective intervention strategies to help clients who struggle with both.

RSVP by June 27

wkourtney@hotmail.com

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

Special Thanks to our Event Sponsors:



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Nicole Siegfried, PhD, CEDS-s

Dr. Nicole Siegfried is the Chief Clinical Officer for Castlewood Treatment Centers. She is a Certified Eating Disorder Specialist (CEDS) and a licensed clinical psychologist. She also serves as an Adjunct Associate Professor of Psychology at University of Alabama at Birmingham.

Dr. Siegfried has treated eating disorders for over 20 years. She is an international speaker and has published research, magazine articles, and book chapters in the field of eating disorders and suicide.

In addition, Dr. Siegfried is president of the Alabama Regional Chapter of IAEDP. She is chair of the Research Committee for the Residential Eating Disorder Consortium (REDC). She is a member of the Academy of Eating Disorders (AED) and former Co-Chair of the Eating Disorders and Suicide Prevention AED Special Interest Group.

<http://www.castlewoodtc.com/>
888-822-8938

Welcome Aboard!

Announcing our 2019 Tampa Chapter Board & Committee Chairs:

At our April chapter meeting, we voted in our 2019 Board & Chairpersons. We are excited to announce the following:

President elect – Kourtney Gordon
VP – Mari Broome
Secretary – Brianne Verga
Treasurer (Kourtney)
Education – Sam Winton
Certification – Christina Oiler
Newsletter and Hospitality – Joy Davis
Student Liason – Gabby Lafond
Social Media and Marketing – Ashley Janes
Medical Liason – Brian Knox
Membership (Kourtney)

To be considered for Board membership or chairperson positions there must be a commitment made to be at meetings as well as participate in chapter events. If you are interested in serving in this way, contact Kourtney for more details. WE NEED YOUR TALENTS & SKILLS!

laedp-Tampa Active in the Community:

Supporting the Alliance for Eating Disorders Awareness



L to R: Johanna Kandel, Cherie Monarch, and Kourtney Gordon

Thank you enormously to all who came out for our March “celebrate everyBODY” community awareness walk. Held at Raymond James Stadium, more than 400 people came out to hear Jenni Schaeffer speak, to walk through the famous pirate ship in the stadium, and help promote ED awareness. This year we raised more than \$36,000! These funds will directly benefit Tampa Bay through funding an eating disorders support group for adults and a new group for loved ones later this Summer.

Thank you too to the members of the walk committee team who worked countless hours tirelessly helping to organize, promote, and orchestrate this event & the many fundraisers preceding it!

The Alliance for Eating Disorders Awareness is a national non-profit organization dedicated to providing programs and activities aimed at outreach, education, early intervention, and advocacy of all eating disorders. Over the past 17 years, The Alliance has offered comprehensive services including: educational presentations to schools, healthcare providers’ offices and hospitals, treatment centers, and community agencies; free support groups for those struggling and for their loved ones; advocacy for eating disorders and mental health legislation; a national toll-free phone help line; referrals for treatment through their comprehensive website www.findEDhelp.com; and direct low-cost, life-saving treatment to underserved and uninsured adults. Since its inception, The Alliance has offered presentations on eating disorders, positive body image, and self-esteem to more than 290,000 individuals nationwide. For more information about The Alliance, please visit www.allianceforeatingdisorders.com

Resource Spotlight: EDRS

Eating Disorder Recovery Specialists (EDRS) is a nationwide meal support and coaching program that provides support where you need it the most: in your environment. We come to your home, school, or work to bridge the gap between treatment and “real” life. EDRS provides meal coaching, in-home cooking, and therapeutic exposures 7 days a week; days, evenings, and weekends. Our meal support and coaching program works alongside treatment programs and outpatient providers to provide the eating recovery support you need to make seamless transitions through all phases of your recovery. EDRS has recently become an approved provider for Empire BC and will pursue single-case agreements with other insurances whenever possible. Call (866) 525-2766 for more info.

Member Spotlight: **ASHLEY JANES, Director of Marketing & Outreach Fairwinds Treatment Center**



Ashley Janes is one of our newest chapter members. She is a Tampa native and recently moved back to the bay area from Nashville, TN. While in Nashville, Ashley worked as program coordinator for Onsite Workshops' Milestones Program, a residential treatment center for trauma and co-dependency. She also held the role of Director of Marketing at Integrative Life Center, a facility that treats trauma, eating disorders, addiction and mental health issues. Because of her own personal story of recovery, Ashley has a passion for working in this field and helping patients and families connect to resources that will ultimately lead to their recovery and living a life of joy and purpose.

In her role at Fairwinds, Ashley is responsible for creating brand awareness, social media marketing and connecting with industry professionals to share the amazing work Fairwinds is doing to help those struggling with eating disorders and substance abuse.

Ashley currently lives in Valrico with her dog, Janie, and two children, Kate and Chase. In her free time, she enjoys getting outdoors to hike, paddleboard or soak up the sun at the beach.

As our new social media & marketing chair, Ashley will be updating our website soon & helping promote our chapter events through social media.



Fairwinds Treatment Center provides all levels of care for patients who struggle with substance abuse, eating disorders and mental health issues.

Privately owned by Medical Director, Dr. M.K. El-Yousef, Fairwinds offers a 32 bed homelike setting. As a dually-licensed psychiatric and substance abuse center, Fairwinds is also medically based. 24- hour nursing care is provided to patients in the higher levels of care. Individual, family, and group therapies help patients identify underlying issues, cultivate coping skills and prepare for potential triggers in the environment that might lead 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.

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), Certified Creative Arts Therapist (CEDCAT), 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.

2018 iaedp Symposium: Focus on Nueroscience

This year's symposium began with multiple sessions on the many advances in neuroscience of the mind and, fittingly, ended by pairing the new with a time-honored approach: using hope in therapy. Nearly 900 eating disorders professionals from the US and abroad attended, with strong representation from Tampa Bay!

The Symposium's theme, "Focus on Neuroscience: Magic of the Mind, Language of the Body," was reflected in courses, sessions, and plenaries that examined ways that advances in brain and genetic technology are improving the detection and outcome of eating disorders. In seminars, comprehensive training sessions, and keynote speeches attendees also heard new and time-honored applications of therapy. Other sessions addressed some of the most difficult parts of therapy, such as how to break bad news to parents and how to deal with acute food refusal. (*Reprinted in part from The Eating Disorders Review.*)



Save the Date for Next Year's Symposium!

February 7 - 10, 2019

**JW Marriott Desert Springs Resort & Spa
Palm Desert, California**

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*. Held on the 2nd & 4th Tuesdays at 3 p.m. EST. These hours can count toward your patient care hours for certification! 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/>

More Upcoming Events!

iaedp Tampa Annual Teaching Day

The "Other" Eating Disorders: Diabulimia, ARFID, and Food Allergies/Sensitivities

Guest Speakers: Erin Akers (Diabulimiahelpline.org); Ovidio Bermudez, MD; and

Karen Beerbower, MS, RD/LD, CEDRD

Sept 28, 2018

CAMLS Center in Tampa

Join us at our next Tampa chapter meeting!

July 27

8 a.m.

Panera Bread at Westshore & Kennedy

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>

SUPPORT GROUPS:

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. Bayshore Presbyterian Church, Mondays 7 – 8:30 p.m. Ages 18+. FREE group. Professionally led. (see next page)

Pasco County ED Support Group. Peer-facilitated group for adults and teens ready to move forward in their recovery. Group is free but a prescreening assessment is required before attending (Call 813-575-0570.) First and third Sunday evenings at The Medical Center of Trinity.

Support in Recovery. Groups for clients and 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.

Outpatient Group Therapies

Eating in the Light of the Moon. A 15-session group for adult women with eating disorders based on the book of same title. Lively discussion along with art, journaling, guided imagery, and other activities. Led by Joy Davis, LCSW, CEDS at Growth & Recovery Counseling Center in Pasco County. \$45/session. Insurance accepted. Starts August, 2018. Call (813) 575-0570 for more information.

EATING DISORDER SUPPORT GROUP TAMPA

FREE CLINICIAN LED PRO-RECOVERY SUPPORT GROUP

Monday Evenings

7:00 - 8:30 pm

Gender

Inclusive 18+

Groups are held at:
Bayshore Presbyterian Church
2515 Bayshore Blvd.
Tampa, FL 33629

For More Information:
866-662-1235
allianceforeatingdisorders.com

With Gratitude to
iaedp™ Tampa Bay Chapter



The Alliance for
Eating Disorders Awareness

help. support. recovery.

~~Many thanks to our chapter sponsors~~



www.AllianceforEatingDisorders.com



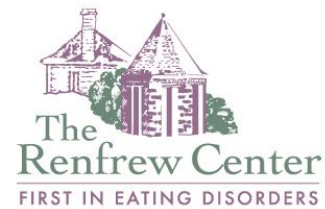
<http://www.centerfordiscovery.com/>



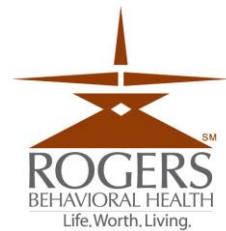
<http://eatingdisorderspecialists.com/>



www.fairwindstreatment.com/



<http://renfrewcenter.com>



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

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

More Eating Disorder Resources

Anorexics & Bulimics

Anonymous:

www.aba12steps.org

Eating Disorders Anonymous:

www.eatingdisordersanonymous.org

Overeaters Anonymous

www.oa.org

Eating Disorder Resource Links

- [National Eating Disorders Association](#)
- [Bulimia Guide](#)
- [American Academy for Eating Disorders](#)
- [ED Referral](#)
- www.iaedp.com
- www.bulimia.com
- www.something-fishy.org