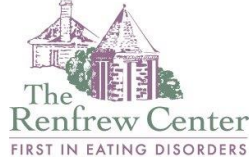


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iaedp™ Tampa Bay's Eleventh Annual Teaching Day

# "Medical/Nutrition Updates in the Field of Treating Eating Disorders"

Friday, September 23<sup>rd</sup>, 2022

9:30 am – 5:30 pm



Center for Advanced Medical Learning and Simulation (CAMLs)

124 S. Franklin Street, Tampa, FL 33602



**Friday, September 23<sup>rd</sup> , 2022**



## **Enrollment is Limited – Register Early!**

Register by emailing [wkourtney@outlook.com](mailto:wkourtney@outlook.com)  
**Send Registration form and check payable to [iaedp Tampa](#)**  
**to: Attn:** Kourtney Gordon, MS, RD/LD, CEDRD  
1569 S. Fort Harrison Ave  
Clearwater, FL 33756

**6 CEUs are available – see last page of  
brochure for details.**

<b>iaedp Members</b>	<b>\$75</b>
<b>Non-Members</b>	<b>\$85</b>
<b>Same-day registration</b>	<b>\$95</b>
<b>*Students</b>	<b>\$25</b>

\* Students/trainees must provide valid proof of status.

## **Program Overview**

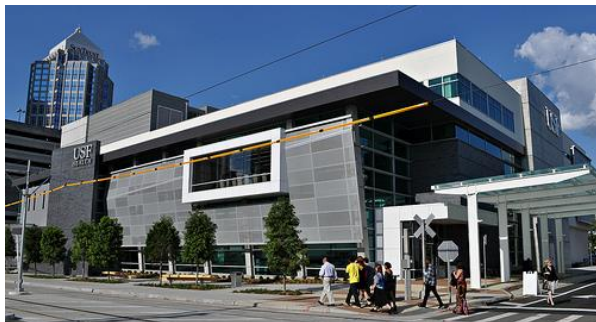
### **“Medical/Nutrition Updates in the Field of Treating Eating Disorders”**

During this program, participants will explore how the intersection of diet culture and sport has led to an epidemic of under-fueled athletes and/or active individuals, RED-S (relative energy deficiency in sport). RED-S can co-occur with an Eating Disorder. Using a more narrative approach in assessment and treatment of RED-S to help capture how each individual has been impacted by low energy availability, professionals will learn how provide best practices for optimal health.

Attendees will also gain an understanding of the medical complications experienced by individuals with Eating Disorders. The importance of communicating with a patient, forming the clinician patient relationship, and methods to identify physical symptoms will be discussed.

By obtaining this knowledge, participants will receive insight to assist patients in treatment with their Eating Disorder recovery.

Fees include the course content, syllabus, handouts, lunch and beverages, and certificate of attendance.



## Meeting Location

### Center for Advanced Medical Learning and Simulation (CAMLs)

124 S. Franklin Street, Tampa, FL 33602  
(813) 224-7840 [www.camls-us.org](http://www.camls-us.org)

CAMLs is a 90,000 square foot, state-of-the-art facility with every possible form of health professional education and training, for individuals and teams, under one roof. CAMLS integrates simulation technology, aviation science, team training, and evidence-based best practice into innovative programs with measurable outcomes and combines cutting-edge simulation with research and innovation to move the latest advances in healthcare into practice.

Located in the heart of downtown Tampa, CAMLS adds to the convenience of accessibility to visitors. Hotels and restaurants are within walking distance, recreational attractions are nearby, and transportation is easy to acquire.

**Parking:** We recommend parking in the Fort Brooke Garage off Whiting Street at 107 S. Franklin Street, located less than a block from CAMLS. The hourly rate is \$2.00 and the maximum per day rate is \$12.00. After parking, you may reach CAMLS via the pedestrian walkway on Franklin Street. The main entrance to CAMLS is located at the corner of Franklin and Brorein St.

**Directions** are available online on Google Maps (search 'USF Health CAMLS')

## Course Description

This course is designed to provide medical and nutrition updates to clinicians working in the field of Eating Disorders. Participants will become more equipped to identify symptoms, learn the impacts of diet culture on individuals and patient care, and gain an understanding of assessing Relative Energy Deficiency in Sport (RED-S).

Current research and evidence-based/practice-based evidence will be provided so that clinicians can take the information and help their clients navigate strategies to work through the complexities of recovery from an Eating Disorder.

Presentations will be done via Power point and allow for audience interaction through question-and-answer sessions as well.

## Target Audience

This program is designed to meet the educational needs of psychologists, dietitians, nurses, social workers, and therapists who treat persons with Eating Disorders.

## Program Objectives

1. Identify how to assess and correct low energy availability.
2. Understand how inaccurate messages around fueling and sport contribute to RED-S.
3. Apply the principles of FITT to keep active individuals in energy balance all season long.
4. Understand that weight-inclusive care is the only way forward in the field.
5. Recognize and properly refer patients from a variety of physical symptoms that doctors have missed before.
6. Connect with the vital important of the clinician-patient relationship and communication.

**\*\* Not all inclusive to robust objectives provided\*\***

**Continuing education credit is available** for nurses, psychologists, registered dietitians, and Florida licensed clinical social workers, marriage & family therapists, and mental health counselors. **Please see last page of brochure for details.**





## Meet the Speakers

### Rebecca McConville, MS, RD, LDN, CSSD, CED-S

Becca McConville MS, RD, LDN, CSSD, CED-S is a board-certified sports specialist and eating disorder dietitian supervisor. In addition to Becca's private practice, she has served as a consultant to the University of Missouri Kansas City Athletics, Kansas City Ballet, local colleges and previously worked with the Kansas City Chiefs. Becca is also the author of Finding your Sweet Spot- How to Avoid RED-S (Relative Energy Deficit in Sport) by Optimizing Your Energy Balance and RED-Solution mentorship program for clinicians. She is a co-host of a podcast called PHIT for a Queen devoted to female athletes. Spring 2022 will release her workbook on transitioning out of sport at LAST with Dr. Mel Streno.



### Jennifer L. Gaudiani, MD, CEDS-S, FAED

Jennifer L. Gaudiani, MD, CEDS-S, FAED, is the Founder and Medical Director of the Gaudiani Clinic. Board Certified in Internal Medicine, she completed her undergraduate degree at Harvard, medical school at Boston University School of Medicine, and her internal medicine residency and chief residency at Yale. Dr. Gaudiani served as the Medical Director at the ACUTE Center for Eating Disorders, the top hospital program in the country for critically ill adults with anorexia nervosa, prior to founding the Gaudiani Clinic. The Gaudiani Clinic is a Denver-based outpatient medical clinic dedicated to people with eating disorders and disordered eating which is a weight-inclusive setting that embraces treating people of all shapes, sizes, ages, and genders. The Gaudiani Clinic is licensed to practice in over 35 US states via telemedicine and offers international professional consultation and education.

Dr. Gaudiani has lectured nationally and internationally, is widely published in the scientific literature as well as on blogs, is a Fellow of the Academy for Eating Disorders, and is a recent former member of the editorial board of the International Journal of Eating Disorders and the Academy for Eating Disorders Medical Care Standards Committee. Dr. Gaudiani's first book, Sick Enough: A Guide to the Medical Complications of Eating Disorders (Routledge, 2018) is available on Amazon and currently being translated into four other languages.



# Program Schedule

Friday September 23<sup>rd</sup> , 2022

9:30 – 9:50 am      Registration, Refreshments, Networking  
and Check-in

9:50 – 10:00 am      Welcome & Overview  
Kourtney Gordon MS, RD/LD, CEDRD

10:00 am – 12:00 pm      “Finding a RED-Solution to the under-fueled athlete.”  
*Rebecca McConville, MS, RD, LDN, CSSD, CED-S*

12:00 pm – 1:00 pm      Lunch and Networking with Sponsors

1:00pm – 5:00 pm      “Deep Dive into Medical Complications of Eating  
Disorders: Adolescents, Athletes, Unmeasurables,  
SE-AN, and (always) Weight-Inclusive Care”  
*Dr. Jennifer Guadiani, MD, CEDS-S, FAED*

5:00 – 5:30 pm      Program Evaluations and CE Certificates

\*\* Breaks will be included within each workshop section. \*\*



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



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



## CPE Accredited Provider

### Commission on Dietetic Registration

the credentialing agency for the  
**eat right** Academy of Nutrition  
and Dietetics



**The National Alliance for Eating Disorders** is approved by the Florida Board of Psychology to provide continuing education courses to psychologists (Provider # 50-11298, expires May 31, 2023), the Florida Board of Nursing (Provider # 50-11298, expires October 31, 2023), the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-11298, expires March 31, 2023), and the Florida Council of Dietetics and Nutrition (Provider # 50-11298). The National Alliance for Eating Disorders maintains responsibility for this program and its content.

### ACCOMMODATIONS FOR DISABILITIES

Please notify the CPD Office at 12901 Bruce B. Downs Blvd., MDC 46, Tampa, FL 33612, or call (813) 224-7860 if a reasonable accommodation for a disability is needed.

*For more information, please call:  
Kourtney Gordon MS, RD/LD, CEDRD  
at 813-494-4151 or email  
[wkourtney@outlook.com](mailto:wkourtney@outlook.com)*