

AUGUST NEWSLETTER



Note from the President

As we are coming close to the end of summer and kids are entering “back to school,” the Tampa iaedp Chapter is revving up for a busy fall. Beginning with our 11th Annual Teaching Day taking place on 9/23/2022 in which Rebecca McConville, MS, RD, LDN, CED-S, CSSD and Dr. Jennifer Guadiani, MD, CEDS, FAED share their expertise on nutritional and medical updates in the field of eating disorders.

The following day on 9/24/2022 at Raymond James Stadium we will be partnering with the National Alliance for Eating Disorders to host the NOT ONE MORE Rally for Recovery, bringing the community together to raise funds in aid of bringing back our therapist led support groups to those affected by eating disorders in the Tampa area. To end the year we have our Winter Gala which will feature Johanna Kandel, Founder and CEO of the National Alliance for Eating Disorders and McCall Dempsey, Founder of Southern Smash who will both share their recovery journeys to where they are now in a day of hope that recovery IS possible. We look forward to seeing many of our Tampa Bay clinicians at these most important events! And, as our youth enters back into school where comparisons are high and self-doubt grows that we can remind them they can do hard things and most definitely thrive being their authentic selves. Let's help them connect with seeing beyond appearance for belonging and that who they are as humans is more impactful than any number on the scale. Wishing you all a happy end of summer and new beginnings for the fall.

Contact the Chapter!

email: tampabayiaedp@gmail.com

website: www.iaedptampa.org



In this Issue:

[Note from the President](#)

[Upcoming iaedp Tampa Events](#)

[Community CE Events](#)

[Support Groups](#)

[Alliance Support Group Half Marathon](#)

[Alliance Rally for Recovery](#)

[Member Spotlight](#)

[Resource Spotlight](#)

[Clinical Perspective](#)

[Eating Disorders in the News](#)

[Become a Member of iaedp Foundation Tampa Chapter](#)

[How to become certified as an eating disorders expert](#)

[Resources for eating disorders](#)

[Chapter Sponsors](#)

[Mission Statements](#)

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iaedp™ Tampa Bay's Eleventh Annual Teaching Day

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

Friday, September 23rd, 2022
9:30 am – 5:30 pm



Center for Advanced Medical Learning and Simulation (CAMLs)
124 S. Franklin Street, Tampa, FL 33602



Follow the event on Facebook for updates: <https://fb.me/e/5AtOV9VRL>

Friday, September 23rd, 2022



Enrollment is Limited – Register Early!

Register by emailing wkourtnev@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.

iaedp Members	\$75
Non-Members	\$85
Same-day registration	\$95
*Students	\$25

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.

* Students/trainees must provide valid proof of status.



Meeting Location

Center for Advanced Medical Learning and Simulation (CAMLs)
124 S. Franklin Street, Tampa, FL 33602
(813) 224-7840 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 Brorin St.

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

3

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 importance 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 23rd, 2022

9:30 – 9:50 am	Registration, Refreshments, Networking and Check-in	5:00 – 5:30 pm	Program Evaluations and CE Certificates
9:50 – 10:00 am	Welcome & Overview Kourtney Gordon MS, RD/LD, CEDRD	** Breaks will be included within each workshop section. **	
10:00 am – 12:00 pm	“Finding a RED-Solution to the under-fueled athlete.” <i>Rebecca McConville, MS, RD, LDN, CSSD, CED-S</i>		
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” <i>Dr. Jennifer Guadiani, MD, CEDS-S, FAED</i>		

25



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



www.iaedptampa.org



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



CPE Accredited Provider

Commission on Dietetic Registration

the credentialing agency for the Academy of Nutrition and Dietetics





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

Friday September 23, 2022

USF CAMLS

9:30 – 5pm

6 CE Credits

\$75 iaedp Member

\$85 non-Member

\$95 Same Day Registration

\$25 Student

Name: _____

Credentials: _____

FL License #: _____ Student: Yes ____ No ____

Place of Employment/ School : _____

Employment Address: _____

Contact Number: _____ email: _____

iaedp member: Yes ____ No ____

Email to register or receive information: wkourtney@outlook.com

Please make check payable to: iaedp Tampa

Credit cards available day of**

Mail Registration and check to:

iaedp Tampa Bay c/o

Kourtney Gordon MS, RD/LD, CEDRD

1569 S. Fort Harrison Ave

Clearwater, FL 33756

Save the Date!

Recovery Winter Gala

Saturday, December 3, 2022



Save the date and join us for a recovery event this December, featuring a scale smash! Our headlining speakers Johanna Kandel, founder and CEO of The National Alliance for Eating Disorders, and McCall Dempsey, founder and Director of Southern Smash, will take us through their recovery journeys.

For more information and sponsorships contact Kourtney Gordon at wkourtney@outlook.com



COMMUNITY CE EVENTS

The Alliance's Events and Webinars:

National EDucational Virtual Training Day

"Join The Alliance for our National EDucational Virtual Training Day on Friday, August 12th. This full day focuses on topics including exposure therapy, utilizing mindful language in treatment, body-inclusive approaches, eating disorders and trauma, and successful collaboration between therapists and dietitians. The training day will encompass five workshops with continuing education opportunities for psychologists, master's level licensed clinicians, social workers, and registered dietitians/nutritionists. The training is also open to students, recent graduates, and medical practitioners who are wanting to learn more and expand their skill set. Attendees will be eligible to receive up to 7.5 CE hours."

Virtual Reality and its Potential for Treating Eating Disorders and Body Dysmorphia

Friday, August 19th, 10–11:30am EST.

Compassion-Focused Therapy Interventions for Eating Disorders

Friday, September 9th, 10–11:30am EST.

Colorful Consumption: The Costs of Racism and Homophobia in Eating Disorders

Friday, September 30th, 10–11:30am EST.

Beyond Picky Eating: Transdisciplinary Treatment Strategies for Treating ARFID

Friday, October 21st, 10–11:30am EST.

Accanto Health's Events and Webinars:

Accanto Health 2022 Symposium: Beside and Beyond

"Join us in Atlanta, GA from Wednesday, Sept. 14th to Friday, Sept. 16th, for Beside and Beyond, Accanto Health's 2022 Symposium. This is the 11th annual event of its kind, continuing the tradition of the Veritas Collaborative Symposium. This in-person event is a unique opportunity to earn CEUs and connect with others committed to helping patients and families on their eating disorder recovery journeys."

Eating Disorders & College Campuses: Unique Opportunities, Challenges & Responsibilities

Thursday, August 11th, 12–2pm EST.

Suicide and Nonsuicidal Self-Injury in Eating Disorders

Thursday, October 13th, 12–2pm EST.

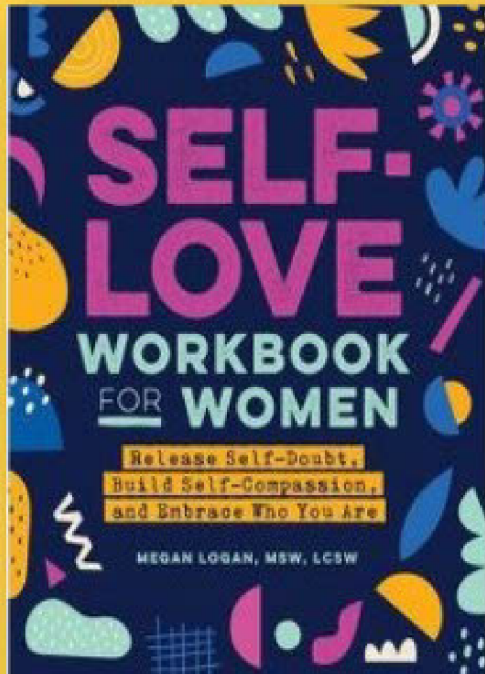
Eating Disorders and the Holidays

Thursday, November 10th, 12–2pm EST.

Preparing for the New Year: How to Navigate Weight Stigma and Bias

Thursday, December 8th, 12–2pm EST.

Calling All Women!



Join Heidi Noyes, BA, for eight weeks of group counseling to explore the many reasons we chose not to love ourselves and to learn ways of how we can! Heidi is a master's student intern from the University of the Cumberland, School of Social and Behavioral Sciences under the supervision of Sasha Bartunek, LMHC

Purchase available through
Growth & Recovery
Counseling for \$15.99

Friday Evenings 5:30 pm—7:30 pm
July 29, 2022 through August 16, 2022
\$15.00 per session

We will discuss one chapter per week from Megan Logan's *Self-Love Workbook for Women*.

This will be an intimate group so sign up before your space is gone!

CONTACT PERSON: MELODY WILLIAMS
813-575-0570

Growth & Recovery
COUNSELING

ALLIANCE SUPPORT GROUPS

Monday's 7pm EST



Monday Pro-Recovery Support Group

We look forward to having you join The Alliance's free, weekly, therapist-led, virtual Support Group for individuals experiencing eating disorders.

This support group is for individuals **ONLY**.

Wednesday's 7pm EST



Friends + Family Support Group

We look forward to having you join The Alliance's free, weekly, therapist-led, virtual Support Group for loved ones of individuals experiencing eating disorders.

This support group is for loved ones **ONLY**.

Family members within the same household need to register individually/separately!



Wednesday LGBTQ+ Pro-Recovery Support Group

We look forward to having you join The Alliance's free, weekly, therapist-led, virtual Support Group for individuals experiencing eating disorders.

This support group is for individuals **ONLY**.

Thursday's 7pm EST



Thursday Pro-Recovery Support Group

We look forward to having you join The Alliance's free, weekly, therapist-led, virtual Support Group for individuals experiencing eating disorders.

This support group is for individuals **ONLY**.



Saturday's 11am EST



Saturday Pro-Recovery Support Group

We look forward to having you join The Alliance's free, weekly, therapist-led, virtual Support Group for individuals experiencing eating disorders.

This support group is for individuals **ONLY**.



The 2nd Annual NOT ONE MORE Weekend - National Day of Support - on February 26, 2022 was such a tremendous success. **We welcomed almost 1,700 participants to our 16 groups!** As an effort to provide additional support this summer season, we are thrilled to bring back our Support Group "Half-Marathon."

Please join us on **Saturday, August 13, 2022**, as we offer 8 free, therapist-led, virtual eating disorders support groups every hour, from **11 am to 7:30 pm EST** (8 am to 4:30 pm PST). Groups will be open to individuals (ages 18+) and loved ones (ages 12+) around the globe!

**For more information, support group schedule,
and registration, visit notonemore.co**

Sponsorships are available for the NOT ONE MORE: Rally for Recovery in Tampa! Contact The Alliance at 561-841-0900 for more information



4400 North Congress Avenue, Suite 100
West Palm Beach, Florida 33407

(866) 662-1235
allianceforeatingdisorders.com

July 7, 2022

Dear Community Supporter,

Did you know that eating disorders have the second highest mortality rates of any mental illness? Or that more than 29 million Americans will experience an eating disorder in their lifetime?

We are reaching out in support of the National Alliance for Eating Disorders (formerly The Alliance for Eating Disorders Awareness), the leading national nonprofit organization providing education, referrals, and support of all individuals experiencing eating disorders (and their loved ones).

On Saturday, September 24, 2022, The Alliance will hold it's ***NOT ONE MORE: Rally for Recovery*** at Raymond James Stadium, Tampa, FL. Proceeds from the Rally will help fund our free, weekly, in-person support groups in the Tampa Bay area, as well as our virtual groups!

In order to increase overall fundraising and ultimately the impact this event makes on our community, I am humbly asking you for an in-kind contribution to use the day of the event. As the National Alliance for Eating Disorders is a federally tax-exempt organization (EIN: 65-1080905), any contribution you make will receive a tax receipt. In addition, based on the level of support, we will include your company as an in-kind sponsor on promotional materials.

The National Alliance for Eating Disorders is a national non-profit dedicated to providing free, life-saving resources. This organization creates a bridge for those needing and seeking help by connecting people with resources to assist them in recovery. Over the past 21 years, The Alliance has offered comprehensive services including:

- **Free, therapist-led support groups** nationwide and virtually for those struggling and for their loved ones
- **Referrals** for treatment through the comprehensive website www.findEDhelp.com and toll-free helpline
- **Presentations** on eating disorders, positive body image, and self-esteem
- **and more!**

We sincerely appreciate your consideration and hope that you will participate in this important event. For more information, please feel free to contact The Alliance at 561-841-0900 or visit www.allianceforeatingdisorders.com

With sincere gratitude,

Johanna S. Kandel
Founder & CEO

MEMBER SPOTLIGHT

Krista Miles – Membership Chair



Krista Miles is a Licensed Mental Health Counselor and Qualified Supervisor in the state of Florida. She started her private practice in the Tampa Bay area in 2015, where she specializes in helping young adult women navigate disordered eating and general women's issues through a psychospiritual lens. Krista currently serves as the Southeast Professional Relations Manager at Moriah Behavioral Health, which is a treatment program that helps teens and young adult women struggling with eating disorders and mental health concerns.

In the past, Krista has worked both as a clinician and outreach representative for Center for Discovery, as well as several other mental health facilities in the

Tampa Bay area. She has worked in the eating disorder field for the past 7 years, the mental health field for over a decade, and has had experience working in all levels of care.

Krista's passion for working in this community is driven from her own mental health and eating disorder struggles. She has found great solace and recovery by being an avid student of yoga (beyond the physical practice), connecting to nature, and music. Throughout her professional career, Krista has completed various eating disorder trainings, 200 and 300 hour yoga teacher trainings, and level one integral sound healing in order to bring a holistic approach to counseling. She continues to be an active member of the Tampa IAEDP chapter, and finds great purpose in helping guide women towards their own versions of recovery.

RESOURCE SPOTLIGHT

Moriah Behavioral Health

Moriah Behavioral Health is a comprehensive healthcare system for the treatment of adult and adolescent females struggling with eating disorders, as well as mood and anxiety programming for gender inclusive adolescents. We provide a full continuum of care, and our treatment model is intentionally designed to be trauma informed, somatic, and experiential within all programming. All Moriah clients, regardless of religious backgrounds, are provided fully certified kosher dietary meals with an intuitive eating approach. Our all foods fit philosophy centers around moderation, balance, variety, and flexibility. Moriah is designed to be inclusive and culturally competent, where individuals can have an environment they can heal by reflecting on values and traditions that may have shaped them.



CLINICAL PERSPECTIVE

Twenty-One Years Of Surprises

By Kourtney Gordon

I will never forget my first Dietetic conference. I was fresh out of my internship and working in an Eating Disorder Treatment Center, excited to share my desires of being in a field I felt so passionate about. I was at our facility booth, ready to share the insight I had learned so far along with unconditional gratitude I held in being able to “give back” and help others. Then it happened, my confidence shattered, my hope questioned as a colleague stated, “I will never work with that population, no one ever gets better.” I don’t even remember what I said back, I was so stunned that someone in my own profession held such little hope. I felt all excitement drain from my spirit and I wanted to hide. I began thinking, “is this how everyone feels, that there is no hope so why bother trying?” I remembered why I got into this field, the excitement I felt at my first iaedp™ conference and that’s how I ended up where I was working. From that moment I knew I wanted to prove those colleagues wrong. I wanted to make a difference and help those most suffering know I believed in them and that they would get better and be able to be torn from the grasp of the most insidious and deadly of mental illnesses.

Fast forward to today, almost twenty-two years into my career. I can honestly say this work is still my passion. I was invited to share my thoughts on “surprise” in the therapeutic process and I can say that day many years ago at the Dietetic conference is when I felt initial surprise that someone couldn’t believe in recovery. Maybe it was their own insecurity about working with eating disorders, or maybe their own internal biases that kept them from being able to “see” their client beyond the illness, and while yes, treating someone with an eating disorder is a challenge it has been the most rewarding experience of my recovered life. You see, I am a recovered clinician and through my own past demons I have been able to do the most extraordinary work with some of the most fragile, ill, yet worthy and capable of recovery humans.

Surprise can be defined as “an unexpected or astonishing event, fact, or thing”. In thinking about this idea, and my last two decades working with clients, I’m reminded of so many wonderful “surprises” starting with my own capabilities of working as a recovered clinician. I have guided some of the most vulnerable and scared individuals into a world where they are no longer afraid of food or their body and I have vivid memories of these journeys. To be transparent there have been times where it felt like there was no hope and that there was just no way into the fortress that was a brain hijacked by an eating disorder. And then it hits me, I have the best superpower, I have my lived experience and my journey to pull from as a unique empathy point.

This would be major surprise number two in my career that I can take something so personal and what felt so shameful, has become my blessing, my strength, my expertise in connecting with clients. I have the capacity to use snapshots of a life I barely remember and can never get back and help clients know they don't have to be afraid anymore and that they can eat food and be nourished and have life back and not be prisoner anymore.

He was 12 years old and I met him over the phone during the initial admitting phone call. A very frail, weak, boyish voice answered my many questions so that we could decide if he could come to us. He was in the hospital, feeding tube in place providing every nutrient to his body. You see, he was lucky to be alive as just a few weeks prior at his lowest point ever he was on the soccer field out of town assisting his team to a victory, yet no one noticed the skeleton of a boy on the field, a boy who almost lost his life. He arrived to us, tube feed in place, eyes sunken, low voice, terrified and I remember him saying to me "I think I want to have this feeding tube for the rest of my life." My heart sank, and I knew we had a long road ahead to empower and strengthen his healthy self away from the eating disorder. I took a depth breath and thought to myself, "ok, we can do this, I can do this" and I expressed to him that we were going to work together to say good-bye to his eating disorder and he would walk out the front doors to his family without his feeding tube. Being a Dietitian my brain started pondering the many ways he and I could embrace eating together, baby steps. We started with raisins, one at a time. I remember the day sitting at the table eating raisins with him, coaching him each bite that this was what his body needed and so desperately wanted, to be normal and be a kid. Eating, something so natural to many was agonizingly painful for him, to the point of panic. We did this for many months with different foods and meals, all the while challenging his eating disorder's belief he could live a normal life not eating food and having a tube provide sustenance. I have found another superpower I carry is patience as this process took months, months of tears and meltdowns and catastrophic thinking from his starved brain. Then something clicked, as he started to allow more food and his body began to look more like a teenage boy his thinking shifted, he became open to the idea of eating. He allowed himself to take in foods his brain found scary and the idea of knowing he could get taller by the mere act of eating supported his willingness. I remember his coin out, his peers young and older sending him off with encouraging words and my tears as I recounted the day his frail frame entered our building and the immense gratitude I had that he was going to make it, he was going to survive, he was going to be able to be a regular teenage boy and be with his friends and go to school and his eating disorder was not going to steal his life. I shared this with him.

This year he will be a high school senior, 6 inches taller than he was when in the throes of his illness and he is thriving. He is one of the many stories I carry over these almost twenty two years that keep me doing this work, that help me quiet those doubtful colleagues early in my career and while not all recovery stories have fulfilling endings there are enough of these in my life that keep me believing and knowing that recovery is possible and a sentence to an eating disorder is not a life term. It's no surprise to me that the one thing I share consistently with any patient I work with is that there is hope and that they can recover and that I will not give up on them.

EATING DISORDERS IN THE NEWS

From the iaedp Foundation's email on
June 23rd, 2022

Should You be Tracking your Food Intake with a Food Journal?

Counting calories may not be the ticket to better health.



Keeping track of your food—and calories—is often the first piece of advice you’ll hear if you want to lose weight. Phone applications are available to monitor everything from [your macros](#) to your workout routine by syncing with [fitness trackers](#) and other gadgets. And while there’s some merit to tracking your meals with a food journal, paying super close attention to everything you eat might affect your mental health. Which begs the question: Is food tracking really for you?

The intention behind food journaling should be to identify the connection between symptoms you’re experiencing (like weight gain or stomach discomfort) with eating patterns, explains [Rachel Begun, M.S., R.D.N.](#), health and nutrition expert and executive coach. “While it’s important to journal right after eating, so as to capture details precisely, it’s better to review the data over longer increments of time to identify patterns, such as on a weekly basis,” she says.

Food journaling offers the opportunity to identify patterns and habits that need changing and take steps toward making those behavior changes over time with the help of a professional, Begun adds. “If you find yourself obsessing over what you eat, or the act of tracking is negatively affecting your life or work in any way, that’s a sign that food journaling may be harmful rather than helpful.”

Prevention

[Read the Rest of the Article](#)

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.

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 tampabayiaedp@gmail.com

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.

Eating Disorder Resources:

- Anorexics & Bulimics Anonymous:
 - www.aba12steps.org
- Eating Disorders Anonymous:
 - www.eatingdisordersanonymous.org
- Overeaters Anonymous
 - www.oa.org

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

Eating Disorder Resources

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

THANK YOU, SPONSORS!



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™ Tampa 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.