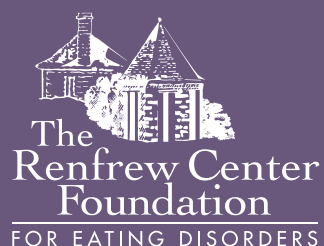




FEMINIST RELATIONAL  
PERSPECTIVES AND BEYOND:

# Eating Disorders Across the Lifespan and in Diverse Populations

THE 26TH ANNUAL RENFREW CENTER FOUNDATION CONFERENCE



November 11-13 | 2016  
Philadelphia Airport Marriott  
18 CEs/CMEs

# OVERVIEW

*The manifestations of eating disorders can appear at any point throughout the lifespan. Age, size, ethnicity, race, genetics, ability, class, gender, religion, sexual orientation or identity, singly or in any combination, may contribute to the risk of developing the illness. Conference 2016 will examine these features as well as the influence of maladaptive attachment and the marginalization of self.*

## Why you should attend the Conference:

- Has been recognized as one of the premier eating disorders conferences in the country for the past 26 years.
- Provides a forum for an in-depth exploration of clinical process, in addition to presentation of data and information.
- Allows you to enhance your knowledge of eating and food related problems, regardless of your practice setting.
- Features more than 25 workshops presented by renowned experts in the eating disorders field and four outstanding keynotes.
- Access to an online multimedia conference portal featuring speaker presentations and handouts will be available.
- Creates a sense of community and respect which allows professionals to talk honestly about what they do, say and feel when treating patients with eating disorders.
- Offers up to 18 CEs accredited by the APA, NASW, NBCC, PSNA and the Commission on Dietetic Registration. Continuing education credits are included in the registration fee.
- Offers up to 18 *AMA PRA Category 1 Credits™*. Continuing Medical Education Credits (CMEs) are included in the registration fee.
- Provides extensive networking opportunities through lunches and special breakfasts for males, nutrition therapists, diverse populations and the LGBTQ community.
- Conference registration includes meals, morning exercise and social events, as well as an orientation reception for new attendees on Thursday night.
- The Philadelphia Airport Marriott is centrally located and offers a low hotel rate.

# Agenda

## Thursday Evening, November 10, 2016

### 8:00-9:00 NEW ATTENDEE ORIENTATION

First time attendees! You are invited to a special **evening** orientation reception. Please join us for an opportunity to meet key Renfrew staff, learn the “ins and outs” of navigating the conference and network with other first time attendees. Light refreshments will be served.

## Friday, November 11, 2016

### 6:45-7:30 MORNING EXERCISE: FUNky FIT

Nettie Reeves, CPT, CHC

Created by Charlotte's Queen of Fitness, Nettie Reeves' FUNky Fit will have you grooving and smiling as your body moves to the rhythms and beats from pop to R&B. Appropriate for all levels, all body types and all states of mind. “The mind, not the mirror, is the judge.”

### 7:45 – 8:45 GENERAL REGISTRATION & CONTINENTAL BREAKFAST

### 9:00-12:00 FRIDAY MORNING WORKSHOPS

#### FRI Utilizing Sensitivity in the Treatment of LGBTQ Individuals with Eating Disorders

Brandi E. Baumkirchner, PsyD

Understanding the needs of marginalized populations, including members of the LGBTQ community, is key to adequately serving all types of eating disorder patients. This workshop provides foundational knowledge about the LGBTQ community, and examines the interplay between intersecting cultural identities, issues of privilege and oppression, and eating disorders treatment.

*Didactic/Interactive • All Levels*

#### FR2 More Than a Pretty Girl: Applying Objectification Theory and Research to the Understanding (and Undoing) of Body Image Disturbance and Disordered Eating Across the Lifespan

Rachel M. Calogero, PhD

Objectification theory offers a unique model for understanding women's body image dissatisfaction and disordered eating across the life span. Empirical evidence for specific features of the model are reviewed, followed by case examples that demonstrate how feminist identification and activism can serve as antidotes to sexual and self-objectification.

*Didactic/Interactive • All Levels*

#### FR3 Beginning with Ourselves: Conversations About Race and Ethnicity in the Treatment of Eating Disorders

Sarah Chipps, PsyD & Marissa Sappho, LCSW, BCD, CEDS

Efforts in the eating disorder community to educate clinicians about best practices for minority patients have been insufficient. This workshop addresses the challenging question of how to enhance awareness, understanding and effective intervention during the treatment of racial and ethnic minorities. Particular emphasis is placed upon recognizing clinical blind spots.

*Didactic/Interactive/Experiential • All Levels*



FR4 **Healing Hungry Hearts: Psycho-Spiritual Factors of Emotional Eating**

Linda Ciotola, MEd, CHES, TEP, CETIII

This experiential workshop draws upon the developmental theory of JL Moreno, and methods from psychodrama, group psychotherapy and sociometry, to illustrate the disguised connections between physical, emotional and spiritual cravings and disordered eating. Specific therapeutic techniques such as soliloquy, doubling, mirroring and role reversal are illustrated.

*Experiential/Didactic • Advanced*

FR5 **Breaking the Links of Experiential Avoidance and Psychological Rigidity: Using ACT and Radically Open DBT to Address Treatment - Resistance Maintenance Factors**

Danielle Doucette, PsyD & Chelsea Bath, LPC

In order to facilitate a more complete recovery, eating disorder clinicians need to address experiential avoidance, rigidity and traits such as perfectionism and emotional constriction. This workshop illustrates how the treatment techniques of Acceptance and Commitment Therapy and Radically Open Dialectical Behavior Therapy help to resolve these treatment resistance characteristics.

*Didactic/Interactive/Experiential • All Levels*

FR6 **The Barbara M. Greenspan Memorial Lecture  
Preventing Eating Disorders:  
Looking Backward, Moving Forward;  
Looking Inward, Moving Outward**

Dianne Neumark-Sztainer, PhD, MPH, RD

This workshop reviews eating disorders prevention, first looking back at work done with schools and families, and then looking forward to needs for the future. Next, it looks inward to consider a role for yoga, and finally, outward to explore the need for changes at the societal level.

*Didactic/Interactive • All Levels*

12:00-1:00 **LUNCH**

1:15-1:30 **WELCOME**

Judi Goldstein, MSS, LSW  
Conference Chair

1:30-3:00 **Keynote Presentation**



**From Competition to Care:  
The Evolution of a Feminist**

Anne-Marie Slaughter, DPhil, JD

The spirit and momentum of the feminist movement has drastically changed the culture of the American workplace; but, paradoxically, as women's ambition for success in the workplace has increased, their traditional role as caregivers has been devalued. In *Unfinished Business: Women, Men, Work, Family*, Anne-Marie Slaughter explains why businesses and families must recognize "care" as an integral part of life. In sharing her personal story, Dr. Slaughter inspires us to embrace a large cultural shift – building an infrastructure of care that empowers both men and women. Offering practical solutions and a broad outline for change, she presents a future in which all of us can finally have fulfilling careers together with the rewards of family life.

3:00-3:30 **BREAK**

3:30-6:30 **FRIDAY AFTERNOON WORKSHOPS**

FR7 **Finding Self Again: The Dismantling of Eating Disorder and Trauma Identity**

Michael E. Berrett, PhD

The impact of trauma and a developing eating disorder diminishes the "genuine self" and leads to attachments and identities nurtured in adversity, illness and suffering. This workshop emphasizes themes, principles and practical interventions to help clients rediscover and deepen connections with self, spirituality, supportive loved ones, and life itself.

*Didactic/Interactive/Experiential • All Levels*

FR8 **Eating Disorders: What's Feminism Got to Do With It?**

Andrea LaMarre, MSc & Carmen Cool, BM, MA, LPC

A social justice perspective on eating disorders informed by intersectional feminism helps to better support diversely embodied people who are struggling or in recovery. This workshop provides strategies to engage in productive discussion about blending social justice and feminism to reduce eating disorders stigma and advocate for systems level change.

*Interactive • Intermediate/Advanced*

FR9 **Where is the Hope When You're Ashamed to Exist?**

Nikki Rollo, PhD, LMFT & Norman H. Kim, PhD

Shame of existence often lies at the core of eating disorders and women of color, men and those in the LGBTQ community grapple with additional stigma and marginalization. This presentation uses Jungian concepts and Compassion-Focused Therapy to discuss the treatment of identity and self-worth issues, with an emphasis on increasing self-compassion.

*Didactic/Interactive/Experiential • Intermediate/Advanced*

*"The Renfrew Conference  
provides an open  
atmosphere where top  
presenters address  
provocative topics."*

**FR10 Attachment-Based Family Therapy for Adolescents: Applications for Eating Disorders**

Jody M. Russon, PhD & Annie Shearer, BA

Attachment-Based Family Therapy is an empirically supported treatment targeting adolescents with depression, suicidal conflict and trauma. This presentation explores how ABFT can be modified for eating disorders. Its purpose is to teach the clinical tenants of ABFT, and illustrate how ABFT can be adapted for the treatment of eating disorders.

*Interactive • Advanced*

**FR11 Recovery, Wellness and the Brain**

Craig Strickland, PhD & Winden S. Rowe, MS

This workshop presents current neuroscience research as it relates to traumatic exposure, including suggestions for practical applications in clinical work. In addition, non-pharmaceutical interventions to counteract the negative effects of traumatic exposure, such as mindfulness, yoga and general wellness techniques are described and explored.

*Didactic/Interactive • Intermediate/Advanced*

**FR12 Binge Eating Disorder: Current Paradigms in Treatment and the Advancement of a More Inclusive Eating Disorders Community**

Chevese Turner, BA & Robyn Goldberg, RDN, CEDRD

The inclusion of Binge Eating Disorder in the DSM-5 was a long overdue step towards building an eating disorder community that embraces its intersections with all marginalized populations. This workshop addresses the many nuances of treating BED, including the role of the dietitian, and the impact of weight biases.

*Didactic/Interactive • All Levels*

**6:30-9:30 EVENING GATHERING**

Relax and unwind at our 26th annual evening gathering. This networking reception will include a buffet dinner, cash bar and DJ. Join us for a great dance party!

**Saturday, November 12, 2016**

**7:30-8:15 NETWORKING BREAKFAST FOR NUTRITION THERAPISTS**

Hosted by: Jodi Krumholz, RD, LDN  
& Trish Lieberman, MS, RDN, LDN

Please join us to meet and network with dietitians who are working in treatment centers, outpatient groups or solo practices. Participants will have an opportunity to discuss the specific challenges of their work and learn from the experience of others.

**7:30-8:15 MEN'S NETWORKING BREAKFAST**

Hosted by: Samuel E. Menaged, JD  
& Steven Wiley Emmett, PhD

The men's breakfast is committed to renewing and nurturing our sense of camaraderie, examining our long-held beliefs and ingrained attitudes, and sharing our myriad experiences as feminist-oriented male clinicians.

**7:30-8:15 BREAKFAST HONORING DIVERSE POPULATIONS**

Hosted by: Gayle E. Brooks, PhD  
& Paula Edwards-Gayfield, MA, LPCS, CEDS, NCC

Please join our annual networking breakfast celebrating diversity. This is an opportunity for practitioners to discuss ethnicity and eating disorders, including personal experiences treating ethnic minorities. Topics will focus on improving access to care, treatment considerations and outreach.

**7:30-8:15 GENERAL REGISTRATION & CONTINENTAL BREAKFAST**

**8:30-10:00 Keynote Presentation**



**Wired for Healing:  
Dyadic Repair of Attachment Trauma**

Diana Fosha, PhD

Until recently, the mental health field focused primarily on pathology and lacked concepts to capture clients' motivational strivings for health. Drawing upon neuroscience and developmental research, Accelerated Experiential-Dynamic Psychotherapy (AEDP) offers a new approach to transform emotional suffering. This keynote presentation describes the basic assumptions and working principles of AEDP which build on our innate capacities for restoration, self-righting and resuming impeded growth – for *transformance*. Using specific interventions for working with unresolved trauma and emphasizing the *experience* of the patient-therapist attachment, Dr. Fosha will explain how AEDP fosters patients' being able to feel safe, deeply recognized and understood.

**10:00-10:30 BREAK**

**10:30-12:30 SATURDAY MORNING WORKSHOPS**

**SA1 A Developmental Perspective on Binge Eating Disorder**

Victoria Butterworth, PhD

Unresolved developmental trauma is a significant factor in Binge Eating Disorder. This workshop describes psychological damage that can occur in three different stages of childhood; the adult BED symptoms that follow when issues from these stages remain unresolved; and body-centered techniques for achieving developmental closure and symptom relief.

*Didactic/Interactive • Advanced*

*"The Conference never fails to inspire, integrate and energize. It's like coming home!"*



SA2 **Undoing Aloneness:  
The Transformation of Emotional Suffering**

Diana Fosha, PhD

Using recordings of actual therapy sessions, this workshop describes the essential techniques of Accelerated Experiential-Dynamic Psychotherapy. Techniques will include dyadic affect regulation, healing-oriented emotion processing and metatherapeutic processing as well as an exploration of interventions that track and process the experience of core affect. AEDP techniques can consolidate therapeutic gains, foster resilience, expand relational capacity, and deepen receptive affective experiences of feeling seen, known, loved, and understood.

*Didactic • All Levels*

SA3 **Biopsychosocial Transitions  
Across the Lifespan: Critical Risk Factors  
for Eating Disorders**

Margo Maine, PhD, FAED, CEDS

& Theodore Weltzin, MD, FAED, CEDS, FAPA

Biopsychosocial transitions create new meanings and experiences of the body, and normal external stressors ignite a major reorganization of the sense of self, including personality, cognitive and emotional structures. This workshop explores the relationship between biopsychosocial transitions and eating disorders across the lifespan including commonalities and differences across gender.

*Didactic • All Levels*

SA4 **Matters of Life and Death:  
Eating Disorders and Suicide**

Nicole Siegfried, PhD, CEDS

Individuals with eating disorders are at high risk for suicide, yet most providers receive very little training in suicide assessment and intervention. This workshop offers an intensive training experience in suicidality among eating disorder patients, including the latest advances in best practice interventions.

*Didactic/Interactive/Experiential • Intermediate/Advanced*

SA5 **It Takes a Village: Providing  
Treatment, Coaching and Mentoring to African-  
American Women with Eating Disorders at  
Predominantly White Colleges**

Charlynn Small, PhD, CEDS & Mazella B. Fuller, PhD, MSW, LCSW

This workshop describes an approach to working with eating disordered African-American women who are attending predominantly white colleges. The intervention utilizes integrative health coaching and mentoring, including techniques that enhance motivation, strength-based empowerment, self-efficacy and resiliency, to address the myriad of complex issues affecting this group.

*Interactive • Advanced*

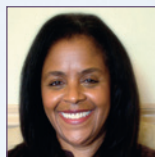
SA6 **Emotion Exposures:  
Leaning-in to Food Avoidance**

Heather Thompson-Brenner, PhD, FAED & Dee Ross Franklin, MA

Research suggests that weight restored eating disorder patients who continue to experience strong food avoidance are more likely to relapse. This workshop uses case material to explore and explain the use of deliberate food exposure as a therapeutic practice to help overcome food avoidance.

*Didactic/Interactive • Advanced*

2:00-3:30 **Keynote Presentation**



**Shining the Light on Marginalized  
Populations: A Discussion on Race and  
Gender**

Gayle E. Brooks, PhD & Rachel Levine, MD



Eating disorders are not just white, middle-class, heterosexual, cisgender and able-bodied, young girls' illnesses. This keynote presentation explores personal, political and clinical issues of race and gender in eating disorder treatment. Dr. Levine shares personal reflections of her experience as a transgender woman, discusses differences between gender roles, sexual orientation and gender identity, and describes her clinical work with eating disorders and gender dysphoria. Dr. Brooks presents the growing body of research suggesting African Americans are not immune to eating disorders, including specific risk and protective factors, the impact of oppression and assimilation stress on identity development, and culturally relevant treatment implications.

3:30-4:00 **BREAK**

4:00-6:00 **SATURDAY AFTERNOON WORKSHOPS**

SA7 **"I'm Not a Little Adult":  
The Art of Matching Clinical Approach to  
Cognitive Development in Adolescents**

Sara Gould, PhD

Diversity of cognitive maturation and ability among adolescents can complicate eating disorders treatment. This presentation reviews information on selected aspects of cognitive development during adolescence, and uses clinical examples to illustrate how matching intervention and developmental stage can maximize clinical effectiveness, including how and to what extent to include parents in the treatment process.

*Interactive • Advanced*

SA8 **Type 1 Diabetes and Eating Disorders: A  
Complex Dual Diagnosis**

Susan Ice, MD & Trish Lieberman, MS, RD, LDN

Individuals with type 1 diabetes are 2.5 times more likely to develop an eating disorder. This workshop discusses identifying ED-DMT1, standards of care for treating ED-DMT1, physical and psychological sequelae of untreated and treated conditions, and therapeutic interventions tailored to support diabetes management and eating disorder recovery.

*Didactic/Interactive • All Levels*

SA9 **Exposure with Response Prevention:  
Treatment Implications Across the Lifespan  
to Target Body Dissatisfaction in the Later  
Phases of Recovery from an Eating Disorder**

Brad Mac Neil, PhD

Frequently, body dissatisfaction maintains an eating disorder or contributes to relapse after treatment has been initiated. This interactive workshop offers a working knowledge of Exposure with Response Prevention (ERP), a novel group therapy approach to the treatment of body dissatisfaction in the later stages of recovery from an eating disorder.

*Interactive • Advanced*

12:30-1:45 **LUNCH**





### SA10 Menstruation to Menopause: Hormones Throughout the Lifespan and Their Intersection with Eating Disorders

Maria Sorbara Mora, MS, RD, CDN, CEDRD, RYT

Hormones are natural substances produced in the body that influence bodily growth or development. This presentation delineates the effects of hormonal changes during the onset of menses, pregnancy and menopause, and explores how eating disorders intersect with and alter these effects. Nutritional interventions for rebalancing bodily functions are described.

*Didactic • All Levels*

### SA11 Eating Disorders: Who Dies?

Mark Warren, MD, MPH, FAED

& Mary Tantillo PhD, PMHCNS-BC, FAED

It is crucial to understand why people die from eating disorders and the role of diversity. From a relational-cultural perspective, this presentation examines research on mortality, with an emphasis on the multiple disconnections that exacerbate an eating disorder. It offers strategies to promote neurobiological and interpersonal connections that foster successful treatment and avoid premature death.

*Didactic/Interactive • All Levels*

### SA12 Exploring Identity through Recovery: The Power of our Voices

Cynthia Whitehead-Laboo, PhD, Nettie Reeves, CPT, CHC

& Ryan Sallans, MA

Members of marginalized groups who experience oppression, discrimination and trauma often develop eating disorders, poor self-esteem and negative body image. In this workshop, presenters discuss how their own marginalization and oppression influenced their relationship with food and body image, and describe their personal paths to recovery and well-being.

*Didactic/Interactive/Experiential • All Levels*

## 6:00-7:00 POSTER PRESENTATIONS & NETWORKING RECEPTION

Please join us as poster presenters display their work on topics relevant to the theory, treatment and prevention of eating disorders. Attendees are encouraged to enter into dialogue with presenters. Hors d'oeuvres will be served. A cash bar will offer wine, cocktails and soft drinks.

## Sunday, November 13, 2016

### 6:45-7:30 MORNING EXERCISE: SAFE SPACE YOGA

Maria Sorbara Mora, MS, RD, CDN, CEDRD, RYT

Bring your body and your curiosity and experience yoga from the inside out. Join me for a therapeutic yoga class that allows for an exploration of your body with eyes closed and awareness opened!

### 7:30-8:15 NETWORKING BREAKFAST FOR CELEBRATING SEXUAL & GENDER DIVERSITY

Hosted by: Cindy Gretzula, RN & Ryan Sallans, MA

Please join us for the first breakfast focused on the LGBTQ community at The Renfrew Conference. Together with food, networking and conversation, this is an interactive opportunity for practitioners to discuss issues related to sexual orientation, gender identity and eating disorders and providing services to this community. All are welcome!

### 7:30-8:15 GENERAL REGISTRATION & CONTINENTAL BREAKFAST

### 8:30-10:30 SUNDAY MORNING WORKSHOPS

#### SU1 Moving Off the Couch: Utilizing Experiential Techniques in Family Therapy

Rebecca Berman, LCSW-C, CEDS, MLSP & Lisa Luse, LCSW-C

Therapists can get stuck repeating a particular therapeutic process just as clients and families repetitively reenact their own narratives. However, when experiential techniques are combined with Emotion Focused Family Therapy and Attachment Based Family Therapy, a new space can be created, enabling family systems to become more flexible, causing relationships to shift and healing to occur.

*Interactive/Experiential • Intermediate/Advanced*

#### SU2 A Thin Line Between Childhood Obesity and Eating Disorders

Carolyn Hodges Chaffee, MS, RDN, CEDRD & Annika Kahm, MS

"I just want to lose weight so no one will make fun of me." In response, well-meaning clinicians and parents often send the message, "just eat less and exercise more," much too often precipitating an eating disorder. This workshop examines a variety of treatment modalities to deal with childhood obesity, the science behind them, and practical tools to promote health rather than harm.

*Didactic/Interactive • Intermediate/Advanced*

#### SU3 The Influence of Ovarian Hormones on Genetic Risk for Eating Disorders Across the Lifespan: Research Data and Clinical Care

Kelly Klump, PhD

This workshop describes how fluctuations in ovarian hormones contribute to female predominance of eating disorders, and differential expression of genetic risk for eating disorder symptoms across the lifespan. It includes interactive exercises aimed at increasing understanding of hormonal risk and addressing this risk in every day clinical practice.

*Didactic/Interactive • All Levels*

#### SU4 Multicultural and LGBTQ Populations: The Influence of "Isms" on the Development of Eating Disorders

Marcella Raimondo PhD, MPH

Racism, oppression, marginalization and identity confusion contribute significantly to eating disorders in multicultural and LGBTQ populations. This workshop explores how research and clinical work targeting multicultural and LGBTQ communities can improve the delivery of multi-culturally sensitive assessment, treatment and prevention efforts.

*Didactic/Interactive • Advanced*

## SU5 Building a Life Worth Living: The Importance of Values in Recovery from an Eating Disorder

Rebecca Wagner, PhD

Individuals struggling with an eating disorder often lose sight of their values, which maintains their illness and increases suffering. Helping patients/clients identify and get reconnected with values is an important part of treatment. This workshop explores values work, and provides practical exercises to help rebuild a life worth living.

*Didactic/Interactive/Experiential • All Levels*

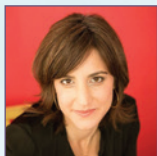
### 10:30-11:00 BREAK

### 11:00-11:15 CLOSING REMARKS FROM THE RENFREW CENTER FOUNDATION PRESIDENT

Samuel E. Menaged, JD

*Founder and President of The Renfrew Center Foundation  
and The Renfrew Centers*

### 11:15-12:45 Keynote Presentation



#### Cultivating Resilience and Confidence: Helping Adolescent Girls Thrive

Rachel Simmons, A.B.

At a moment when both successes and struggles for adolescent girls seem to be on the rise, strategies for cultivating resilience and confidence have never been more in demand. What are the core character strengths and skills girls need to thrive? How has the culture changed for girls in the last twenty years and how do these changes affect important gender and diversity differences in adolescence? In this presentation, participants will learn the key “ingredients” for girls’ resilience, including concrete strategies to support girls which can be integrated into clinical practice.

### 12:45-1:00 CLOSING RITUAL

#### A Tribute to the Substance and Diversity of Our Feminist Role Models

Michael Levine, PhD

For over 20 years, Dr. Levine has found The Renfrew Conference to be a source of sacred moments through new and renewed connections with individuals who are now among his treasured feminist role models. His own experiences will serve as a framework for inviting participants to contemplate the contributions of their own role models – both to their personal uniqueness as well as to the expanding communities within the eating disorders field.

### 1:30-4:00 LUNCH & TOUR OF THE RENFREW CENTER

Come learn more about the role you play in your clients’ treatment at The Renfrew Center by being our guest for lunch and receiving a tour of our facility.

Round-trip transportation will be provided from the Conference to The Renfrew Center leaving promptly at 1:30 PM, returning at approximately 4:00 PM. Please make airline reservations with this tour in mind, allowing for your arrival at the airport 1 ½ hours prior to your flight departure time. The Marriott provides accommodations for your luggage.

## REGISTRATION INFORMATION

### Please register early as space is limited.

Assignment to workshops is based on availability at the time registration is received. Please note that the program may be subject to change.

Included in the cost of this conference are breakfast and lunch each day, snacks throughout the day and a buffet dinner on Friday night. In addition, Renfrew has negotiated a low hotel rate for conference attendees.

### CONFERENCE 2016 FEE SCHEDULE

Registration Options	Early*	Regular	Student Rates**	CE Credits
Friday through Sunday	\$650	\$695	\$520	18
Friday	\$375	\$425	\$320	7.5
Saturday	\$375	\$425	\$320	7
Sunday	\$150	\$150	\$110	3.5

\* To receive the early registration discounted rate, registration forms **MUST BE POSTMARKED BY September 16, 2016.**

\*\* Photocopy of Student ID must accompany registration form.

Group rates available for four or more from the same organization.

No phone registrations will be accepted.

### Thursday Evening

- New Attendee Orientation

### Friday

- Morning Exercise: FUNky Fit
- Continental Breakfast
- Morning/Afternoon Workshops
- Lunch
- Keynote
- Refreshment Breaks
- Evening Gathering & Buffet Dinner

### Saturday

- Networking Breakfast for Nutrition Therapists
- Men’s Networking Breakfast
- Breakfast Honoring Diverse Populations
- Continental Breakfast
- Morning/Afternoon Keynotes
- Morning/Afternoon Workshops
- Refreshment Breaks
- Lunch
- Poster Presentations & Networking Reception

### Sunday

- Morning Exercise: Safe Space Yoga
- Networking Breakfast Celebrating Sexual & Gender Diversity
- Continental Breakfast
- Morning Workshop
- Refreshment Break
- Keynote
- Closing Ritual
- Lunch & Tour of The Renfrew Center



For more information please contact Debbie Lucker at 1-877-367-3383 or [dlucker@RenfrewCenter.com](mailto:dlucker@RenfrewCenter.com)



# KEYNOTE PRESENTERS



## Gayle E. Brooks, PhD

is Vice President and Chief Clinical Officer, The Renfrew Centers. The Director of the Renfrew Clinical Excellence Board and the Clinical Training Department, she has clinical oversight responsibility for Renfrew's residential facility in Florida and the non-residential sites in CA, FL, GA, NC, TN and TX. A member of the IAEDP Board, and Co-Chair of the AED Diversity Special Interest Group, Dr. Brooks was the eating disorders specialist in the HBO film, *Thin*, and has been featured in numerous national publications, including *The New York Times* and *People Magazine*. She speaks frequently at national conferences and workshops.



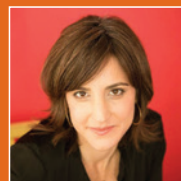
## Diana Fosha, PhD

is Founder and Director of the Accelerated Experiential-Dynamic Psychotherapy Institute. The author of *The Transforming Power of Affect: A Model for Accelerated Change*, and Co-Editor of *The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice*, she publishes frequently and presents both nationally and internationally on healing transformational processes in experiential therapy and trauma treatment. Dr. Fosha's therapeutic work focuses on integrating neuroplasticity, recognition science and developmental dyadic research into experiential clinical process with patients, especially with regard to attachment trauma. She lives and practices in New York City.



## Rachel Levine, MD

is Physician General, the Commonwealth of Pennsylvania and Professor of Pediatrics and Psychiatry, Pennsylvania State College of Medicine. She was the former Vice-Chair, Clinical Affairs, Department of Pediatrics and Chief, Division of Adolescent Medicine and Eating Disorders, Penn State Hershey Children's Hospital-Milton S. Hershey Medical Center. Dr. Levine speaks frequently at eating disorder conferences and workshops.



## Rachel Simmons, A.B.

is Founding Director, Girls Leadership Institute, Scholar-in-Residence, Miss Hall's School and Consultant to schools and organizations nationally and internationally. A former Rhodes Scholar, and the author of several bestselling books on contemporary adolescent culture, including most recently, *The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence*, she is a pioneer in the study of female relationships and aggression, bullying, and schoolgirl cruelty. Ms. Simmons's New York Times bestselling *Odd Girl Out: The Hidden Culture of Aggression in Girls*, has been translated into ten languages and adapted into a highly acclaimed Lifetime movie.



## Anne-Marie Slaughter, DPhil, JD

is President and CEO of New America and Bert G. Kerstetter Professor Emerita of Politics and International Affairs, Princeton University. Formerly Dean of Princeton's Woodrow Wilson School and J. Sinclair Armstrong Professor of International, Foreign, and Comparative Law at Harvard Law School, she was the first woman to be Director of Policy Planning for the U.S. Department of State. Dr. Slaughter has written or edited seven books, including *The Idea That is America*, and most recently, *Unfinished Business: Women, Men, Work, Family*. Her 2012 article, "Why Women Still Can't Have It All," the most read article in the history of The Atlantic sparked a renewed national debate on continued obstacles to genuine male-female equality.

## ACCREDITATION

The Renfrew Center Foundation is approved by the American Psychological Association to sponsor continuing education for psychologists. The Renfrew Center Foundation maintains responsibility for the program and its content.

The Renfrew Center Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5852. Programs that do not qualify for NBCC credit are clearly identified. The Renfrew Center Foundation is solely responsible for all aspects of the programs.

Continuing Education Credits for social workers have been applied for and are pending approval by the National Association of Social Workers for 18 Continuing Education Credits.

Continuing Education Credits for registered dietitians are offered pending approval by the Commission on Dietetic Registration.

This activity has been submitted to PSNA for approval to award contact hours. PSNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of the University of Nevada School of Medicine and The Renfrew Center Foundation. The University of Nevada School of Medicine is accredited by the ACCME to provide continuing medical education to physicians.

The University of Nevada School of Medicine designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



# Registration Options

**ONLINE:** www.renfrewconference.com

**MAIL:** Attn: Debbie Lucker, The Renfrew Center Foundation, 475 Spring Lane, Philadelphia, PA 19128

**FAX:** 215-482-2695, please call 1-877-367-3383 to confirm receipt of fax

## REGISTRATION FORM *Please print clearly*

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_ Organization: \_\_\_\_\_

Preferred Mailing Address (Work or Home): \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ First Time Attendee (Yes or No)

## WORKSHOP REGISTRATION *Please indicate 1st and 2nd choice*

Friday Morning 9:00-12:00		Friday Afternoon 3:30-6:30		Saturday Morning 10:30-12:30		Saturday Afternoon 4:00-6:00		Sunday Morning 8:30-10:30			
1st	2nd	1st	2nd	1st	2nd	1st	2nd	1st	2nd		
FR1	<input type="checkbox"/>	<input type="checkbox"/>	FR7	<input type="checkbox"/>	<input type="checkbox"/>	SA1	<input type="checkbox"/>	<input type="checkbox"/>	SU1	<input type="checkbox"/>	<input type="checkbox"/>
FR2	<input type="checkbox"/>	<input type="checkbox"/>	FR8	<input type="checkbox"/>	<input type="checkbox"/>	SA2	<input type="checkbox"/>	<input type="checkbox"/>	SU2	<input type="checkbox"/>	<input type="checkbox"/>
FR3	<input type="checkbox"/>	<input type="checkbox"/>	FR9	<input type="checkbox"/>	<input type="checkbox"/>	SA3	<input type="checkbox"/>	<input type="checkbox"/>	SU3	<input type="checkbox"/>	<input type="checkbox"/>
FR4	<input type="checkbox"/>	<input type="checkbox"/>	FR10	<input type="checkbox"/>	<input type="checkbox"/>	SA4	<input type="checkbox"/>	<input type="checkbox"/>	SU4	<input type="checkbox"/>	<input type="checkbox"/>
FR5	<input type="checkbox"/>	<input type="checkbox"/>	FR11	<input type="checkbox"/>	<input type="checkbox"/>	SA5	<input type="checkbox"/>	<input type="checkbox"/>	SU5	<input type="checkbox"/>	<input type="checkbox"/>
FR6	<input type="checkbox"/>	<input type="checkbox"/>	FR12	<input type="checkbox"/>	<input type="checkbox"/>	SA6	<input type="checkbox"/>	<input type="checkbox"/>	SA12	<input type="checkbox"/>	<input type="checkbox"/>

## SPECIAL EVENTS *I will attend the following:*

Thursday Evening	Saturday Cont'd
<input type="checkbox"/> New Attendee Orientation	<input type="checkbox"/> Breakfast Honoring Diverse Populations
<input type="checkbox"/> Friday	<input type="checkbox"/> Poster Presentations & Reception
<input type="checkbox"/> FUNky Fit	
<input type="checkbox"/> Evening Gathering	<input type="checkbox"/> Sunday
<input type="checkbox"/> Saturday	<input type="checkbox"/> Safe Space Yoga
<input type="checkbox"/> Networking Breakfast for Nutrition Therapists	<input type="checkbox"/> Networking Breakfast Celebrating Sexual and Gender Diversity
<input type="checkbox"/> Men's Networking Breakfast	<input type="checkbox"/> Lunch & Tour of The Renfrew Center

Friday through Sunday .....\$ \_\_\_\_\_

Friday .....\$ \_\_\_\_\_

Saturday .....\$ \_\_\_\_\_

Sunday .....\$ \_\_\_\_\_

**Total Amount** .....\$ \_\_\_\_\_

Enclosed is a check or money order in the amount of .....\$ \_\_\_\_\_

Below is my credit card information authorizing payment to be charged to my account. (Only the cards listed below are accepted.)

Credit Card used: ☐ AMEX ☐ DISCOVER  
☐ MASTERCARD ☐ VISA

Credit Card #: \_\_\_\_\_ Sec. Code \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Amount to be charged: \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make checks payable to The Renfrew Center Foundation. Full refunds will be made for cancellation requests received by Friday, October 7, 2016. Cancellations after Friday, October 7, 2016 will be subject to a 50 percent administrative fee. There will be no refunds after Friday, November 4, 2016. Credits will be issued for use toward future Renfrew Center Foundation Conferences.

## HOTEL & CONFERENCE SITE INFORMATION

**Philadelphia Airport Marriott**  
**One Arrivals Road, Terminal B**  
**Philadelphia, Pennsylvania 19153**  
**Toll-free: 1-800-682-4087**

Conveniently located in the Philadelphia International Airport Terminal B, this smoke-free facility has been awarded a "green certification" for their environmentally friendly practices, which includes a full scale hotel-wide recycling program.

Hassle-free transportation to Center City, Philadelphia and the historic district is a 15-minute train ride departing every 30 minutes at a one-way rate of \$7. Taxi service is also readily available just outside the hotel lobby. By car, take I-95 North or South to Philadelphia International Airport. Parking is complimentary for overnight guests or \$12 for non-overnight guests, only for those parking in Garage C, Level 2.

The negotiated rate is \$120 per night plus taxes for a single or double occupancy. Room rates are based on availability from Friday, June 10, 2016 through Friday, October 7, 2016. **To reserve a room at the discounted rate please call The Philadelphia Airport Marriott directly at 1-800-682-4087. Please identify yourself as a Renfrew Conference attendee.** Reservations must be made no later than Friday, October 7, 2016 in order to receive the special discounted rate.

The Marriott's attentive staff looks forward to welcoming you to the great city of Philadelphia and The Renfrew Center Foundation Conference!

## CONFERENCE CHAIR

**Judi Goldstein, MSS, LSW** is Vice President of The Renfrew Center Foundation and has been responsible for the development of the Conference since 1994. She has been with The Renfrew Center for more than 30 years, since it opened in 1985. Ms. Goldstein is a Founder of The National Eating Disorders Association and recipient of NEDA's 2015 Lifetime Achievement Award.

## FOUNDATION PRESIDENT

**Samuel E. Menaged, JD** is the Founder and President of The Renfrew Centers and The Renfrew Center Foundation. He is a board member of the Residential Eating Disorders Consortium and the Past President of the Board of the Eating Disorders Coalition for Research, Policy and Action, an advocacy group based in Washington, D.C. Mr. Menaged is a former healthcare attorney.

## COMMITTEE MEMBERS

**Gayle E. Brooks, PhD**  
**Alecia Connlain**  
**Wendy Cramer, MEd**  
**Melissa Falzarano**  
**Jennifer Fitzgibbon, BSN, BA, RN**  
**Dee Franklin, MA**  
**Susan Ice, MD**  
**Deborah Lucker**  
**Margo Maine, PhD**

**Jenna McCormick**  
**Beth Hartman McGilley, PhD**  
**Kaitlin McFadden**  
**Vanessa Menaged**  
**Kavita Patel, MBA**  
**Adrienne Ressler, MA, LMSW, CEDS, Fiaedp**  
**Melanie Smith, LMHC**  
**Mark Warren, MD, MPH, FAED**



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The 26th Annual Renfrew Center Foundation Conference

FEMINIST RELATIONAL PERSPECTIVES AND BEYOND:

## Eating Disorders Across the Lifespan and in Diverse Populations

November 11–13, 2016 | Philadelphia, PA



*“Renfrew continues to provide the best professional eating disorders conference with the richest personal experience.”*

### ABOUT THE RENFREW CENTERS

The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of adolescent girls and women with eating disorders. Renfrew is the first and largest eating disorder treatment network in the country and has treated more than 65,000 women. Renfrew provides a comprehensive range of services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, Tennessee and Texas. Programs and services vary by site and include: Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual, Family and Couples Therapy and Nutrition Therapy. Treatment tracks offered include: trauma, emotional eating, substance abuse, adolescents and women in midlife.

The treatment philosophy emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship and the belief that every woman needs to actively participate in her own recovery. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. Renfrew has relationships with most managed care companies, is a Preferred Provider for many major insurance companies and works with individuals to create a financial plan that meets the needs of each prospective patient.

Call 1-800-RENFREW (736-3739) or visit [www.renfrewcenter.com](http://www.renfrewcenter.com)  
for more information about The Renfrew Centers.

### ABOUT THE RENFREW CENTER FOUNDATION

The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing the education, prevention, advocacy, research and treatment of eating disorders. Through its programs, the Foundation aims to increase awareness of eating disorders as a public health issue and research the pathology and recovery patterns of people with eating disorders. The Foundation also seeks to educate professionals in the assessment, treatment and prevention of behavioral and emotional disorders by sponsoring an Annual Conference, as well as numerous seminars throughout the country. To date, the Foundation has trained more than 30,000 professionals.

The Renfrew Center Foundation is committed to helping women and girls on the road to recovery by providing financial assistance to those who might otherwise not be able to continue treatment. The Foundation is supported financially by private donations, as well as by funding from The Renfrew Center.

Professionals can become more involved with The Foundation's efforts through individual donations and planned giving opportunities. Together, with your help, we can build a future where women, girls and their families have the hope for a healthy life, free from eating disorders. For information about The Renfrew Center Foundation, please call toll-free 1-877-367-3383 or visit [www.renfrewcenter.com](http://www.renfrewcenter.com).