

5th Annual Eating Disorder Network Conference



Friday,
March 16, 2018

Robert C. Byrd Health Sciences
Center Auditorium
3110 MacCorkle Ave. SE
Charleston, WV 25304

Jointly provided by:



CAMC
Institute

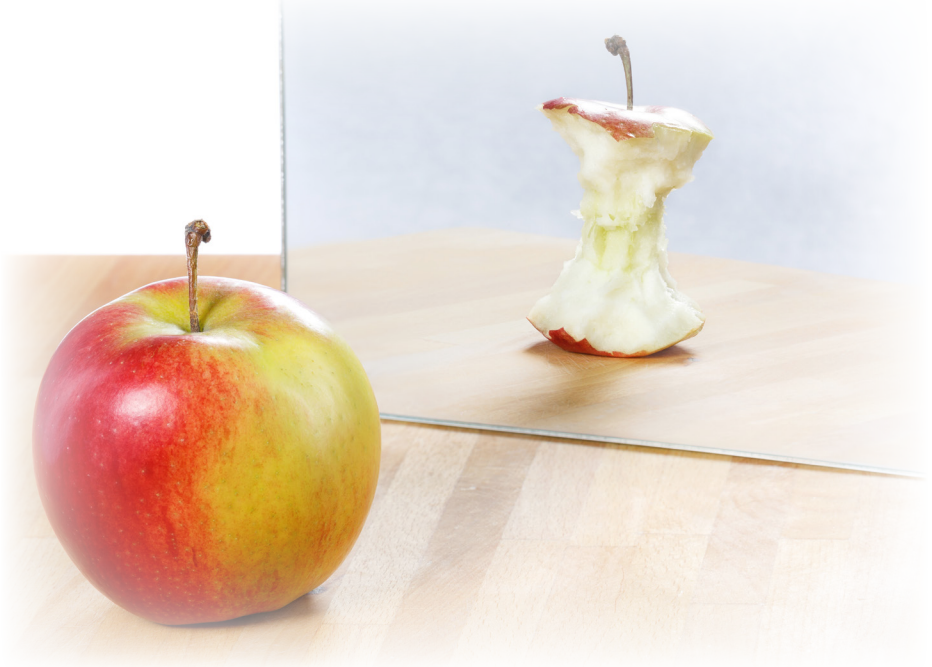
WVUDECC
DISORDERED EATING
CENTER OF CHARLESTON

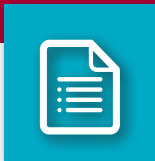
Register online at camcinstitute.org/conference



Program overview

The West Virginia Eating Disorder Network was developed in the summer of 2013 to provide a forum for providers of all disciplines to better understand and treat the complex challenges faced by clients with eating disorders. This conference is designed to review state-of-the-art clinical concepts and treatment considerations for individuals with disordered eating. It will also provide ample time for networking with other providers and treatment centers. Health providers including Psychiatrists, Psychologists, Licensed Professional Counselors, Social Workers, Nurses, Registered Dietitians, Addiction Counselors and other interested professionals and students are invited to attend. There are no prerequisites.





JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Accreditation

This activity has been planned and implemented by CAMC Health Education and Research Institute. CAMC Health Education and Research Institute is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE) and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

Physicians – CAMC Health Education and Research Institutes CME program is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. CAMC Health Education and Research Institute designates this live activity for a maximum of 6.5 AMA PRA Category I credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in this activity.

Nurses – CAMC Health Education and Research Institute is an approved provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This offering has been approved for 6.5 contact hours. (JA0026-22-18283) Expiration date is 2 years from the course date.

Psychology – The West Virginia Board of Examiners of Psychologists has approved this program for 6 contact hours.

LPC- – An application has been submitted to The West Virginia Board of Examiners in Counseling. Approval is pending

Dietitians – This program has been approved for 6 CPE hours by the Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association.

Social Work – CAMC Health Education and Research Institute is an approved provider of continuing education by the West Virginia Board of Social Work Examiners. This program has been approved for 6.5 hours of social work credit. Approval number #490045.

Addiction/Prevention – An application has been submitted to the WV Certification Board for Addiction and Prevention Professionals. Approval is pending



Program faculty *(Listed alphabetically)*

Whitney Carney, MS, LD, RD

Registered Dietitian
Nutritionist
WVU Disordered Eating
Center of Charleston
(DECC).
Charleston, WV

**Michelle Christy, LICSW,
CADC, C-EMDR-T/C**

Co-Founder and Clinical
Director of WV Therapy and
Wellness Center
Morgantown, WV

**Heidi O'Toole, MS, LPC,
EMDR-T, C-EH-P**

Teaching Instructor
Department of Counseling,
Rehabilitation Counseling
and Counseling Psychology
West Virginia University
Morgantown, WV

Jessica Talley, MD

Assistant Professor
Department of Behavioral
Medicine and Psychiatry
WVU School of Medicine,
Charleston Division
Charleston, WV





Agenda – Friday, March 16

8:00 a.m. Registration/Continental breakfast

8:30 a.m. Introductions & Program Overview

Jessica Luzier, PhD, ABPP

Clinical Director, WVU Disordered Eating Center of Charleston

Welcome and Opening Remarks

Senator Shelley Moore Capito

9:00 a.m. Morning Workshop:

UNLOCK the BLOCK: Clinical Application of Trauma Informed Techniques to Address Eating Disorders

Heidi O'Toole, MS, LPC, EMDR-T, C-EH-P

Michelle Christy, LICSW, CADAC, C-EMDR-T/C

The overall focus of this training is to demonstrate the efficacy of the current paradigm shift that now embraces the integration of basic neuroscience principles into clinical treatment strategies, general wellness, and allied health assessments. The high correlation between trauma and disordered eating will be addressed from both a clinical and allied health informed perspective. The training will be delivered in two parts. Part 1 will overview illustrated descriptions of neuroscience principles and how they can be utilized when assessing and/or treating patients, clients, or students. Part 1 will also overview the now required evidenced-based trauma informed strategies that all professionals are required to ascertain.

Objectives:

- Describe and illustrate how the brain adaptively and maladaptively processes information.
- Propose the use of bi-lateral stimulation and somatic interventions to improve client functionality and capacity to process information and emotionally regulate.
- Distinguish trauma informed interventions and criteria from trauma therapy.
- Present and categorize the correlations between trauma and disordered eating.



Agenda – Friday, March 16 — Continued

- 10:30 a.m. Break
- 10:45 a.m. Morning workshop continued
- 12:15 p.m. Lunch - provided
- 1:15 p.m. Afternoon breakout sessions

Beyond DSM –5: Medical and Nutritional Sequelae in Patients with Eating Disorders

Jessica Talley, MD
Whitney Carney, MS, RD, LD

Abstract:

This workshop will first present an overview of DSM-5 diagnostic criteria and address strategies which can be utilized by professionals working in medical, nutritional or educational settings when screening for disordered eating behaviors and attitudes. Relevant medical and nutritional markers of concern will be discussed as well as an overview of interventions that can be utilized. In addition, the workshop will discuss the use of a multidisciplinary team for the treatment of eating disorders and will detail the roles of team members, the nuances of creating a treatment team, challenges treatment teams may face and research supporting the benefits of team treatment. Case presentations will be utilized during the workshop to illustrate concepts discussed and facilitate discussion.

Objectives:

- List the diagnostic criteria for various eating disorders and appropriate screening questions
- Understand medical complications that emerge as a result of disordered eating and malnutrition
- Recognize the value of team treatment of eating disorders, including the roles of different team members.
- Provide various case examples to highlight best practices in assessment and treatment of individuals with eating disorders



Agenda – Friday, March 16 — Continued

1:15 p.m. Afternoon breakout sessions

Part 2

UNLOCK the BLOCK: Clinical Application of Trauma Informed Techniques to Address Eating Disorders

Heidi O’Toole, MS, LPC, EMDR-T, C-EH-P

Michelle Christy, LICSW, CADC, C-EMDR-T/C

Part 2 will expand upon the clinical application of the principles overviewed in Part 1. Specific strategies and somatic interventions will be demonstrated, as well as, the integration of trans-theoretical models into practice, such as, the Stages of Change[©], the Triune Brain Theory[©], the Adaptive Information Processing Model[®], and Emotional Freedom Technique (EFT)[©]. Participants will leave this training with the “keys” that may unlock the block to the growth, change and healing process for those they serve.

Objectives:

- Present and categorize the correlations between disordered eating and other comorbid disorders.
- Present and categorize the correlations between trauma and disordered eating.
- Demonstrate bi-lateral stimulation strategies and somatic interventions combined with transtheoretical approaches to solidify and expedite the healing/recovery/change process.

2:45 p.m. Break

3:00 p.m. Afternoon breakout sessions continue

4:30 p.m. Evaluation/adjourn



Presenter backgrounds *(Listed alphabetically)*

Whitney Carney, MS, LD, RD

Whitney is a board certified Registered Dietitian Nutritionist who serves as the Registered Dietitian Nutritionist of the WVU Disordered Eating Center of Charleston (DECC). She attended Marshall University for her undergraduate and graduate training, and received her Dietetic Internship training at Marshall University. She also completed a Sports Nutrition Internship at the University of Tulsa in Tulsa, Oklahoma. Whitney enjoys treating eating disorders via a non-diet approach, utilizing intuitive eating, and loves helping others achieve a better relationship with food. Whitney is currently working towards her certification in eating disorders (CEDRD) through the International Association of Eating Disorder Professionals Foundation (IAEDP).

Michelle Christy, LICSW, CADC, C-EMDR-T/C

Ms. Christy's 25+ years of experience in the human service field includes clinical mental health, community

corrections, residential and outpatient services, crisis intervention services, disability inclusion, employee assistance programs, and private practice. Michelle is the Co-Founder and Clinical Director of WV Therapy and Wellness Center in Morgantown, WV. Her clinical expertise is in treating comorbid disorders, specifically trauma & addiction. Michelle has developed an integrative evidence-based trauma treatment approach, combining Eye Movement Desensitization Reprocessing (EMDR) and Internal Family Systems (IFS), which includes both neuro-cognitive and somatic interventions. She has held adjunct instructor positions at both WVU and Marshall University Graduate College, is a frequent guest lecturer, and provides statewide clinical consultation, as she is the only credentialed EMDR consultant in the WV. Michelle's genuine compassion is rivaled only by her depth of commitment to offer the most exceptional clinical care to those she serves. She too is honored to be a part of the 2018 WVEDN Conference.

Continued



Presenter backgrounds — Continued

Heidi O'Toole, MS, LPC, EMDR-T, C-EH-P

Heidi has been a dedicated helping professional for 30+ years, where her experience has spanned the spectrum of both Education and Human Services. She started her career as a special educator for the public school system, teaching students with varying disabilities K-12. The impetus to leave education and obtain her Masters' degree in Rehabilitation Counseling was motivated by wanting to help people in a greater capacity – which she has, and currently continues to do. Although Heidi has held state, regional and academic positions, she has always maintained a direct clinical service component with a client-base. She is a staunch advocate for individuals, families and systems change. Heidi resolutely believes that “people don't care about how much you know, until they know how much you care”, and so, her personal mission statement is to “simply be of service”. She currently holds

a full-time Teaching Instructor position at West Virginia University in the Department of Counseling, Rehabilitation Counseling and Counseling Psychology, as well as, co-operates WV Therapy and Wellness Center, a private practice in Morgantown that offers specialized clinical and family services in both trauma and addiction. In addition, Heidi has also developed and presented several conference workshops and curriculums that are designed to facilitate growth, change and healing. Heidi is honored and excited to have the opportunity to be a part of the 2018 WVEDN conference.

Jessica Talley, MD

Dr. Talley is an Assistant Professor in the Department of Behavioral Medicine and Psychiatry with the WVU School of Medicine, Charleston Division. She is board certified in psychiatry, child/adolescent psychiatry and forensic psychiatry. She serves as the child and adolescent psychiatrist for the WVU Disordered Eating Center of Charleston.



Location

Robert C. Byrd Health Sciences Center Auditorium



Auditorium of the Robert C. Byrd Health Sciences Center of West Virginia University/Charleston Division, 3110 MacCorkle Avenue SE, Charleston, WV.

(Adjacent to CAMC Memorial Hospital). The facility is located on WV Route 61, east of downtown Charleston and is easily accessible from the 35th Street exit of I-64 east and I-77 south, and the MacCorkle Avenue exit of I-64 west and I-77 north.

Parking

CAMC employees may park in the employee parking building. Non-CAMC employees may park in the visitor parking areas.

If you require special accommodations and/or assistance, please inform us prior to your arrival at the conference.



Accommodations

Participants are responsible for their own lodging reservations. Convenient lodging may be found at the following locations:

Nearby

CAMC Medical Center Inn
3101 MacCorkle Avenue SE
(304) 344-2461

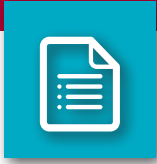
Downtown

Charleston Town Center Marriott
200 Lee Street
(304) 345-6500

Embassy Suites
300 Court Street
(304) 347-8700

Hampton Inn
1 Virginia Street, West
(304) 343-9300





Cancellations and substitutions policy

Full refunds are guaranteed until the day before the conference. If you cannot attend, you may elect to send a substitute from your organization.

Comfort zone

Although every effort is made to have a comfortable temperature in the meeting rooms, we realize everyone's comfort zone is different. Therefore, please bring a sweater or light jacket in case the room is too cool for our comfort.

Disclosure

It is the policy of the CAMC Institute that any faculty (speaker) who makes a presentation at a program designated for AMA Physicians Recognition Award (PRA) Category I or II credit must disclose any financial interest or other relationship (i.e. grants, research support, consultant, honoraria) that faculty member or spouse/partner has with the manufacturer(s) of any commercial product(s) that may be discussed in the educational presentation.

Program planning committee members must also disclose any financial interest or relationship with commercial industry that may influence their participation in this conference. All faculty and planning committee members have disclosed that no relationships exist.



Register online at camcinstitute.org/conference

5th Annual WV Eating Disorder Network Conference Friday Mar. 16, 2018

Please register no later than Wednesday, March 7.

****On-site registration is available; however, we do encourage pre-registration to be assured a spot and meals for the day.**

Name _____

Degree/Specialty _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Hospital/Institution _____

Conference fee:	All Participants.....	\$75.00
	CAMC/WVU-Charleston employees	\$50.00
	Community/Family	\$30.00
	Students (must include college ID)	\$20.00
	CAMC Residents	No charge

Please note that payment must accompany registration. Conference fee includes credit processing fee, conference materials, continental breakfast and lunch.

You may register online at camcinstitute.org/conference

Method of payment: MasterCard VISA Check enclosed

Account # _____

Expiration date _____ Amount _____

Signature _____

Make check payable to: CAMC Institute
CAMC Health Education and Research Institute
3110 MacCorkle Ave. SE
Charleston, WV 25304



email: institute@camc.org
Phone: (304) 388-9960
Fax: (304) 388-9966



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CAMC Institute is proud to be jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the health care team.

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