

REGISTRATION

Rate Includes
Lunch

\$100 - Early Registration (Received by November 23)

\$125 - Regular Registration (After November 24)

Group Rate - (3 or more in same envelope who are not already receiving a student discount) deduct \$5 per person.

Student Rate - \$75 (Received by November 23) \$100 (After November 24) - must include copy of a current college ID (student rates are not eligible for additional group discount)

Family Rate - For 2 members \$150, each additional member \$50 each.

Refund Policy

A \$20 administration fee will be deducted from each refund requested after November 23rd. Refunds will not be issued for registrants who fail to show on the day of the workshop without prior notification to the Nutrition Clinic.

Name: _____

Credentials: _____

Agency: _____

Address: _____

City, State, Zip: _____

Home/Cell Phone: _____

E-Mail: _____

Please Enclose Payment with Registration

Check Enclosed in the Amount of \$ _____

Make Checks Payable to The Nutrition Clinic

For Credit Card Registrants: Visa, Mastercard

Name on Card: _____

Card Number: _____

Exp. Date: _____ Billing zip code: _____

Receipt required: Yes No

The Nutrition Clinic
1003 Walnut Street
Elmira, New York 14901

Telephone: 607-732-5646 Fax: 607-732-0373

Update New York Eating Disorder Service
1003 Walnut Street
Elmira, New York 14901

BREAKTHROUGHS IN TREATING BINGE EATING DISORDER

The Role of Neurobiology, Physiology, & Trauma



Friday,
December 7, 2018

Radisson Hotel
125 Denison Parkway East
Corning, NY 14830

The 19th Annual Erin Leah Robarge
Memorial Seminar

KEYNOTE SPEAKERS



Amy Pershing, LMSW, ACSW

Amy Pershing is the Clinical Director at the Center for Eating Disorders and the Founding Director of "Bodywise™," a comprehensive treatment for Binge Eating Disorder. Pershing lectures internationally on the treatment of BED and her own recovery. She is Past Chair of the Binge Eating Disorder Association and the co-author of *Binge Eating Disorder: The Journey to Recovery and Beyond* (Routledge, 2018).



Chevese Turner

Chevese Turner founded the Binge Eating Disorder Association (BEDA) in June 2008 recognizing the need for an organization to advocate on behalf of individuals affected by Binge Eating Disorder and the providers who treat them. Turner's well-rounded career in the health care, pharmaceutical, political and non-profit arenas, as well as her many leadership roles within these fields, prepared her to launch BEDA. Chevese is co-author of *Binge Eating Disorder: The Journey to Recovery and Beyond* (Routledge, 2018).



Amelia McGinnis, MSW, LCSW

Amelia McGinnis is a founding practitioner of the Individual and Family CHOICES Program. Amelia is a brain-based therapist and uses her knowledge of the brain in therapy using modalities such as EMDR and Neurofeedback. She has specialized training in attachment focused family therapy as well as other family approaches.

SCHEDULE

8:00-8:30am

Registration

(Coffee & Tea Provided)

8:30-8:45am

Welcome

Carolyn Hodges Chaffee, MS, RDN, CEDRD
Andrew Seubert, LMHC, NCC

8:45-11:45am

(includes a 15 minute break)

Amy Pershing, LMSW, ACSW

"Unsafe as a Way of Life: Complex Trauma in the Development of Binge Eating Disorder"

The impact of complex trauma on the development of BED using a "strengths perspective" will be explored. Powerful cognitive, emotional and somatic interventions will be discussed focused on somatic healing, the critical role of attuned eating and movement and a "wellbeing at every size" perspective in treating co-occurring BED and C-PTSD.

11:45-12:45pm

Lunch

12:45-2:00pm

Ameila McGinnis, MSW, LCSW

"Rewiring the Brain"

Recent research in neuroscience has shown that the brain structure is changeable and adaptable. This presentation will explore how Neurofeedback can help in the reduction of co-occurring anxiety and Obsessive Compulsive Disorder and how it can be used as an integral component in eating disorder treatment.

2:00-3:00pm

Carolyn Hodges Chaffee, MS, RDN, CEDRD

"A Missing Piece of the Puzzle...BED and Insulin Resistance: Is there a Connection?"

Insulin Resistance (IR) can result in increased carbohydrate cravings, exacerbated hunger, and also prevents satiety. As part of the medical assessment for BED should IR be evaluated? This presentation looks at the incidence of IR in individuals with BED, use of the Homeostatic Model Assessment of IR, and uses clinical case examples to illustrate the medical and nutritional management of individuals with BED and IR.

3:00-4:00pm

Amy Pershing, LMSW, ACSW
Chevese Turner, Founder BEDA

"Binge Eating Disorder: The Journey to Recovery and Beyond"

A clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminate the experience of BED from the patient perspective while also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery.

ABOUT THE WORKSHOP

Binge Eating Disorder (BED) is the most common eating disorder in the United States. More than 14 million people suffer from this disease. Despite being more prevalent than anorexia or bulimia, it is one that is rarely talked about and was not recognized as a specific psychiatric disorder until 2013 by the American Psychiatric Association.

People struggling with BED often suffer in silence. They feel tremendous shame and guilt, often believing if they only had more willpower they could follow a "good" diet plan and take care of the problem. Physicians often approach higher weight individuals, including those with BED, with recommendations for weight loss, further silencing this patient population. Few realize that weight, in and of itself, is not a risk factor for BED and weight loss as a treatment for BED is contraindicated. People with BED can live in any size body. BED is just as threatening to mental, physical, and emotional health as other eating disorders.

Recent breakthroughs in neuroscience have identified neurobiological differences in the brains of people that struggle with BED. Different physiological markers are also being studied. This conference will explore current research and treatments of BED. Particular focus will be given to BED co-occurring with a history of complex trauma.

Erin Leah Robarge

10/4/76-2/8/00

Erin struggled with an eating disorder for more than half her life. Yearly, we honor her memory with this conference to increase awareness and promote eating disorder education.

Sponsors

**Upstate New York Eating Disorder Service
Nutrition Clinic and Sol Stone Center**

607-732-5646

unyed.com

ClearPath Healing Arts Center

607-962-8309

clearpathhealingarts.com

Ophelia's Place

315-451-5544

opheliasplace.org

Eating Recovery Center

877-920-2902

info@eatingrecoverycenter.com

Certificate of Attendance

A certificate of completion for 6 hours will be given for attending this event. There are no approved CEU's.