

# September 28-Omaha NE

## Eating Disorders Conference Eating Disorder Coalition of Iowa & Nebraska Eating Disorders Network

### PURPOSE

A full day of presentations with a community track and a professional track aimed at promoting awareness, understanding, diagnosis and treatment for eating disorders in our community.

### WHEN & WHERE

Saturday, September 28, 2019  
Hixson-Lied Science Building  
2555 Burt St. Omaha, NE 8AM-5:00PM

### Intended Audience

General Public (anyone impacted by Eating Disorders or wanting to learn more)!  
Social workers, Counselors, Psychologists, Dietitians, Nurses, CN's, APN's, PA's, & other professionals.

Audience:	Fee Structure:
General Public (anyone impacted by EDs)	General Registration is free. Freewill donations given will enable planning of future events.
Licensed Professional Packages:	Basic Package: \$75 full day of educational credits & food Premiere Package: \$100 Basic package plus commemorative ED Awareness Items

Register 9/9/2019 to 9/13/2019 and Enter code **"Save10Now"** for \$10 off your professional registration!

## KEY NOTE PRESENTATION-*Eating Recovery Center*



### Dr. Ralph Carson

Dr. Ralph Carson is a clinical nutritionist an exercise physiologist with nearly 40 years of experience in the treatment of addictions, obesity and eating disorders. Dr. Carson is the author of *Harnessing the Healing Power of Fruit* and *The Brain Fix: What's the Matter with Your Gray Matter*, and has published more than 20 articles.

### Shannon Kopp



After battling depression and a debilitating eating disorder for seven years, Shannon found hope in the unlikelyst of places: at her local animal shelter National Recovery Advocate, is the best-selling author of *Pound for Pound: A Story of One Woman's Recovery and the Shelter Dogs Who Loved Her Back to Life* (HarperCollins).

# SPONSORS



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

[www.recovernebraska.com](http://www.recovernebraska.com)

## Conference Schedule to Date

**Saturday, September 28**

**8:30-8:45 AM Welcome & Light Breakfast- *thank you EDCare***

**8:45-10:00 AM KEYNOTE ALL Attendees:**

Psychology of Happiness, a Provider and Patient Perspective –

Dr. Ralph Carson, RD, LD, PhD and ERC National Recovery Advocate Shannon Kopp

**10:15-11:15 AM BREAKOUT SESSION 1**

**Room #1 CE session –** Keynote continuation Dr. Ralph Carson Neurobiology

**The Healing Brain: How Understanding the Neuroscience of Eating Disorders Enhances Treatment Compliance**

**Room #2 General Public Session–** Key Note continuation - Shannon Kopp

SoulPaws Recovery Project Workshop.

**11:30AM-12:00 PM Lunch/Q & A session- *thank you Veritas Collaborative for Lunch***

**Thank you Amy's Gift for sponsoring our Q & A session**

**12:15-1:15 PM BREAKOUT SESSION 2**

**Room #1 -** Veritas Collaborative Dr. Anna Tanner MD, FAAP, FSAHM, CEDS The Diagnosis and Management of Eating Disorders in Children and Adolescents

**Room #2** – EDCare Emily Estes- MS, RD, LMNT- The Nourished Life

**Room #3** – Eating Recovery Center-Elizabeth Curran, LCPC Director of ERCs Children and Adolescent Center-- Caregiver Empowerment: An EFFT-Informed Approach

**Room #4** – Laureate sponsored presentation- Co-Founders of EDCI, Michelle Roling and NEDN and Casey Tallent - Advocacy 101: How to advocate for your loved ones

### **1:30-2:30 PM BREAKOUT SESSION 3**

**Room #1** – Veritas Collaborative Dr. Anna Tanner MD, FAAP, FSAHM, CEDS The Diagnosis and Management of Eating Disorders in Children and Adolescents

**Room #2** – EDCare –Emily Estes- MS, RD, LMNT- The Nourished Life

**Room #3** – McCallum Place Eating Disorder Center- Melinda Lericos LPC  
Clinical Approaches to Addressing the Mind-Body Relationship with Clients

**Room #4** – Omni Inventive Care Katie Jones, MS, LIMHP, NCC, CPC -Eating Disorders 101: Diagnosis, Assessment, & Treatment of Eating Disorders

**2:30-2:45 PM Afternoon Snack** *thank you McCallum Eating Disorder Center*

### **2:45-3:45 PM BREAKOUT SESSION 4**

**Room #1** - Veritas Collaborative Dr. Anna Tanner MD, FAAP, FSAHM, CEDS The Diagnosis and Management of Eating Disorders in Children and Adolescents

**Room #2** – Eating Recovery Center-Elizabeth Curran, LCPC Director of ERCs Children and Adolescent Center Caregiver Empowerment: An EFFT-Informed Approach

**Room #3** - McCallum Place Eating Disorder Center- Melinda Lericos LPC  
Clinical Approaches to Addressing the Mind-Body Relationship with Clients

**Room #4** – EDCI’s Holly Paulsen RD, LD, CEDRD & and NEDN’s– Community Nutrition Presentation

**3:45-4:30 PM Closing Ceremony- Rose Sponsor: Omni Inventive Care**

*\*\*\* sessions may change based on unforeseen circumstances. Temperature in rooms shift, we encourage dressing in layers. CE approvals pending. Please check our web site for updates\*\*\**

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[REGISTER HERE!!!](#)

**Accommodations Click Link Below to Reserve Your Room:**

**Omaha Marriott Downtown at the Capitol District**

222 N 10th St, Omaha, NE 68102

139 USD per night

**[Book your group rate for Nebraska Eating Disorders Network Conference](#)**

## CE Presentation Details to Date:

<b>Sponsor/Level</b>	<b>Eating Recovery Center/ELITE SPONOSOR</b>
<b>Headline Speakers:</b>	Dr. Ralph Carson, RD, LD, PhD and ERC National Recovery Advocate Shannon Kopp-
<b>Title:</b>	Psychology of Happiness, a Provider and Patient Perspective
<b>Description:</b>	Hope is consistently identified as both a key component of—and even a prerequisite—for recovery across mental illnesses. A trigger for healing as well as a maintaining factor, hope has important implications for lasting recovery. Using a neuroscientific model, this unique presentation combines research and clinical knowledge with a patient’s perspective to demonstrate how hope is real, tangible, and even required in eating disorder recovery. An informative, interactive as well as entertaining presentation, Dr. Ralph Carson and Shannon Kopp provide a practical, neuroscientific explanation of hope as well as concrete tools for helping clients to achieve lasting recovery.
<b>Objectives:</b>	<ul style="list-style-type: none"> <li>- describe the ways that emotional stress damages the brain.</li> <li>- illustrate how the amygdala and left prefrontal cortex provide an explanation for emotional balance.</li> <li>- differentiate the contributions of genetics and environment to depression and happiness.</li> <li>- propose a theory on how to insulate our brain from over exposure to harmful brain chemicals.</li> <li>- discuss the brain mechanism that may account for meditations soothing effect.</li> <li>- explain how happiness improves the robustness of the immune system and influences our health.</li> </ul>

## CE Presentation Details to Date:

<b>Sponsor/Level</b>	<b>Eating Recovery Center/Elite</b>
<b>Speaker:</b>	Dr. Ralph Carson, RD, LD, PhD-
<b>Title:</b>	The Healing Brain: How Understanding the Neuroscience of Eating Disorders Enhances Treatment Compliance
<b>Description:</b>	In the last decade, novel brain imaging techniques have identified the imbalance of interconnecting brain circuits responsible for the symptoms and behaviors of eating disorder patients. The 'Healing Brain" is a presentation that offers hope by employing user-friendly neuroscientific explanations on how the brain can repair itself. This model connects psychotherapeutic techniques to biobalancing the brain and contributes to a better adherence to treatment.
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Outline the neuroscience of eating disorder behavior.</li> <li>2. Provide a viable explanation as to how psychotherapy contributes to recovery.</li> <li>3. Understand how the brain heals through bio-balancing neurotransmitters, plasticity and triggering new cell growth.</li> <li>4. Understand the transition from denial, resistance, exploration and commitment.</li> <li>5. Prepare yourself to make presentations to groups to prevent eating disorders or motivate an individual to seek help.</li> <li>6. Employ a practical technique of establishing and maintaining trust with the eating disorder patient.</li> </ol>

<b>Sponsor/Level</b>	<b>Eating Recovery Center/ELITE</b>
<b>Speaker:</b>	Elizabeth Curran, LCPC Director of ERCs Children and Adolescent Center
<b>Title:</b>	Caregiver Empowerment: An EFFT-Informed Approach
<b>Description:</b>	Emotion-Focused Family Therapy (EFFT) can enhance the empowerment of caregivers by providing additional 'advanced caregiver skills' such as emotion coaching and identifying and processing emotional blocks. This presentation discusses a few of these skills and how their integration into family-based approaches improves parental self-efficacy and further empowers caregivers and in turn their loved ones in the recovery process.
<b>Objectives:</b>	<p>Define the components of EFFT</p> <p>Illustrate Emotion Coaching for caregivers</p> <p>Increase awareness of Emotion Blocks in caregivers</p>

## CE Presentation Details to Date:

<b>Sponsor/Level</b>	<b>Veritas Collaborative/ Platinum</b>
<b>Speaker:</b>	Dr. Anna Tanner MD, FAAP, FSAHM, CEDS
<b>Title:</b>	The Diagnosis and Management of Eating Disorders in Children and Adolescents
<b>Description:</b>	Eating disorders are one of the most lethal mental illness with medical complications that affect the whole body. Many providers have limited familiarity with the medical complications seen in eating disorders, in particular the unique The Diagnosis and Management of Eating Disorders in Children and Adolescents and often irreversible medical complications seen in children. The goal of this talk is to help providers learn about the diagnosis of eating disorders in children, understand the medical evaluation and understand how the most serious medical complications should be managed.
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. How medical complications of eating disorders may present differently in children and adolescents</li> <li>2. Explain normal child/adolescent growth and development and how it is impacted by eating disorders</li> <li>3. Describe the medical complications seen in children and adolescents that may not be reversible</li> </ol>

<b>Sponsor/Level</b>	<b>EDCare/Gold</b>
<b>Speaker:</b>	Emily Estes MS, RD, LMNT
<b>Title:</b>	The Nourished Life
<b>Description:</b>	Eating disorders come in all shapes and sizes. Utilizing principles of the Health at Every Size (HAES) philosophy allows eating disorder professionals to offer individualized treatment plans. Healthcare professionals have the unique opportunity to empower individuals in defining health when they can step aside from biases they may have around food, weight, and body image. The Nourished Life will help explore personal bias to create more awareness around one's approach to care and how to integrate principles of the HAES philosophy into eating disorder treatment.
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Identify personal biases around food, weight, and body image.</li> <li>2. Understand the principles of the Health at Every Size (HAES) initiative.</li> <li>3. Understand how to integrate HAES concepts into eating disorder treatment.</li> </ol>

## CE Presentation Details to Date:

<b>Sponsor/Level</b>	<b>McCallum Place Eating Disorder Center- Silver Sponsor</b>
<b>Speaker:</b>	Melinda Lericos LPC
<b>Title:</b>	Clinical Approaches to Addressing the Mind-Body Relationship with Clients
<b>Description:</b>	This session will explore using the trust and body narratives to help clients mend their body trust and navigate barriers to eating disorder recovery such as cultural fatphobia and thin privilege. Attendees will learn creative ways to engage the body relationship in session and gain an understanding of the importance of doing so.
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Understand why we need to address the body with clients</li> <li>2. Learn creative ways to engage the body relationship within session</li> <li>3. Explore how to utilize elements of trust and body narratives to mend body trust</li> <li>4. Discuss how to navigate the thin privilege and fatphobic barrier to treatment and recovery</li> </ol>

## General Public Presentation Session Details to Date:

<b>Elite Sponsor</b>	<b>Eating Recovery Center</b>
<b>Speaker:</b>	Shannon Kopp Eating Recovery Center National Advocate
<b>Title</b>	SoulPaws Recovery Project Workshop.
<b>Description:</b>	Join us to experience the healing power of the paw firsthand! SoulPaws, a 501(c)(3) nonprofit organization, offers evidence-based animal-assisted therapy experiences to people impacted by eating disorders. <u>Studies show that time spent with animals not only improves our physical health, but our mental and emotional well-being.</u> In this session, learn how therapy animals can support eating disorder recovery in a signature SoulPaws Workshop involving therapy dogs, a clinician-led group discussion and journaling.

## General Public Presentation Session Details to Date:

<b>Sponsor/Level</b>	<b>Laureate Eating Disorders Program/Bronze</b>
<b>Speakers:</b>	Michelle Roling, LMHC, CEDS, EDCI Co-Founder & Casey Tallent, PhD, NEDN Co-Founder
<b>Title:</b>	Advocacy 101: How to Advocate for Your Loved Ones
<b>Description:</b>	This community presentation is given by two knowledgeable professionals with years of experience helping family and patients advocate for their needs. Learn about selecting the right insurance, advocating with health care providers, developing school plans, and so much more. This will be an interactive discussion where you'll be able to ask the questions that you have and get recommendations from peers and professionals.

<b>Sponsor/Level</b>	<b>Omni Inventive /Hope</b>
<b>Speaker:</b>	Katie Jones, MS, LIMHP, NCC, CPC
<b>Title:</b>	Eating Disorders 101: Diagnosis, Assessment, & Treatment of Eating Disorders
<b>Description:</b>	This presentation will include basic information about eating disorders, signs and symptoms people can look for, what treatment looks like, and talks about resources for help.

	<b>EDCI &amp; NEDN Present</b>
<b>Speaker:</b>	Holly Paulsen RD, LD, CEDRD &
<b>Title:</b>	Eating Disorders Community Nutrition Presentation
<b>Description:</b>	